

Iowa BPA High School Bowling Coaches Clinic

Presented By: Dr. Dean Hinitz, Sports Psychologist

Saturday, August 25, 2018
Lancer Lanes, 3203 6th St SW
Cedar Rapids, IA 52404

9:00am-12:00pm: Session 1
12:00pm-1:00pm: Lunch
& Iowa Coaches Association Meeting
1:00pm-4:00pm: Session 2



Who Should Attend:

All High School Bowling Coaches and Advanced Level youth league coaches

Registration: Send registration with \$30 fee to Iowa BPA, 2518 Clarkson Ave, Des Moines, IA 50310 or call 515-255-0808 or email iowabowling@iowabpa.org or fax 515-255-8915.

Developing Champions—Building The Mental Game

Players who win, and win repeatedly, are not simply more skilled. These athletes think in special ways. They concentrate more effectively, and they recover from mistakes and losses better than common bowlers. The coaches who develop these players also train in unique ways. In this fast paced and informative workshop Dr. Dean Hinitz will present the secrets of world class coaches in developing championship play. This interactive seminar will give you multiple tools to develop a champion mindset in the bowlers you are training.

An additional component of the Coaches' Mental Game workshop are on-lanes demonstrations of drills designed to develop and strengthen bowlers' abilities to focus and concentrate, to stretch their skill level, and to learn to focus on the process of making great shots under pressure. Join Dr. Dean's presentation on practical tools that you will be able to apply immediately with your players.

Dr. Dean is the consulting sports psychologist for Team USA, and he has worked individually with many PBA, PWBA, and U.S.B.C. Hall of Fame champions. He is also the consulting sports psychologist for numerous national champion collegiate programs. He is the author of the newly released book "Bowling Psychology" with a forward by Jason Belmonte, and also the acclaimed "Focused For Bowling".