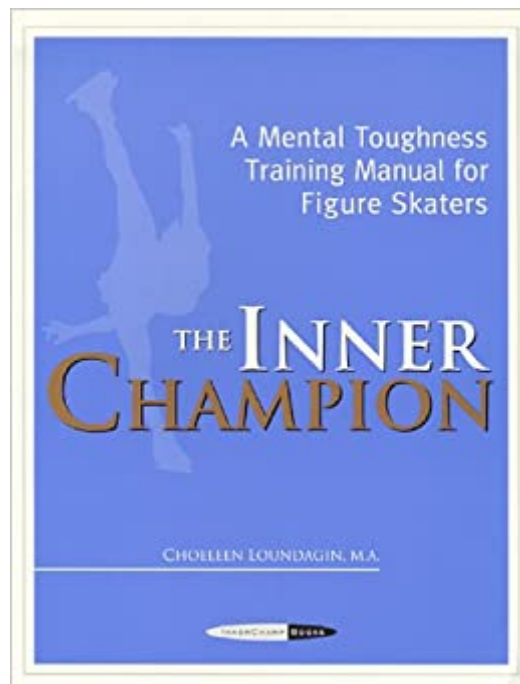




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# The Inner Champion : A Mental Toughness Training Manual For Figure Skaters



## Synopsis

The skating world is quickly recognizing that aside from hiring a Sport Psychologist, *The Inner Champion* is the best resource for addressing the mental aspect of skating. *The Inner Champion* is written for skaters of all levels and disciplines who want to realize their full potential. This easy-to-use manual is designed to encourage skaters to excel both on and off the ice. It is also a practical guide for coaches and parents wishing to enhance their skaters' total skating experience. Readers will learn how principles of sport psychology and mental skills directly relate to skating success. Skaters can work through the book on their own, with the help of their parents, or coaches can use the book's contents to lead an off-ice class for their students. The nine chapters include over thirty fun, step-by-step worksheets which enable the reader to easily apply what they have learned. The book also includes a glossary of important terminology as well as an index and a list of resources. *The Inner Champion* is written at the reading level of young skaters, while also appealing to more mature skaters. The information and exercises are designed to apply to every one from the recreational skater to the Olympic-level competitor. The various disciplines within skating are also covered, including singles, pairs, dance, and synchronized skating. Although skating terminology is used throughout the manual, *The Inner Champion* is full of invaluable information that can be applied to achieve success and fulfillment in every area of a person's life.

## Book Information

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## Customer Reviews

"A book aimed at helping skaters prepare psychologically for training and competition has been written by Choeleen Loundagin, a former competitive figure skater with a Master Degree in Sport Psychology. Entitled *The Inner Champion*, the book is clearly written, easy to understand, and

organized in a fill-in-the-blank workbook fashion designed to help the skater work through and keep track of his or her goals and progress." -- Skater's Edge, September/October 1997."Fantastic book! The practical information and worksheets written in the language of figure skaters makes it especially appealing. I highly recommend it to the entire skating community." -- Testimonial of Kathy Casey; National, International, World, & Olympic coach, Past PSA President."In The Inner Champion: A Mental Toughness Training Manual for Figure Skaters, Choeleen has taken the principles of Sport Psychology and shown us how it applies specifically to figure skating. Her easy to understand format allows you to immediately incorporate the various mental skills into your daily training and performance. A 'must have' for skaters and coaches of all levels." -- Testimonial of Diane G. Miller, PSA Sports Medicine Committee Chairperson; PSA Master Rated Figure and Freestyle Coach."The Inner Champion encourages skaters to think and then write about various feelings in a typical workbook format.... The manual is written for all ages but some of the vocabulary seems to be appropriate for ages 11 and up (grade 5). A glossary defines more complex words and concepts. What I liked most about the manual is its organization. The table of contents and index are very detailed which makes for easy reference. ... In terms of information, the manual covers many topics in a simple, easy to understand way for skaters, parents, and coaches....The sections I found most useful and informative covered goal setting and attention focus control. I very highly recommend this manual as a mental learning tool." -- Tom Zakrajek, The Professional Skater Magazine, May/June, 1998."The Inner Champion is outstanding! It covers tools that helped me reach my potential, such as my ability to relax, control my focus, and effectively use imagery. This outstanding manual makes sense to skaters, the worksheets are easy to follow, and it covers everything needed to master the mental game. It is a long awaited resource for coaches and skaters. Skaters can use the tools on their own or with the help of their coach. Coaches can use it as a guide to mentally train their skaters as well as apply the tools to their own lives." -- Testimonial of Charlie Tickner; 4 time U.S. Champion, World Champion, and Olympic Bronze Medalist, Professional Performer, Coaching Consultant."[The Inner Champion] is an excellent basic introduction to aspects of mental training and mental training skills. I thought the text was very readable and understandable and organized in a good, progressive sequence. I also thought the idea of a glossary at the end to be very beneficial. I believe [the] worksheets add a unique aspect to the [book] and will prove to be helpful to skaters. I applaud [Choeleen Loundagin] for her excellent effort and valuable contribution to introducing mental skills to figure skaters." -- Testimonial of David Coppel, Ph.D., Sport Psychologist, U.S.F.S.A. Sports Medicine Committee member.

Choeleen Loundagin, MA, owner of InnerChamp Consulting, is an Athletic Enhancement Consultant with extensive experience working with figure skaters. She has a Master Degree in Sport Psychology and a background in figure skating as a former competitor, triple gold medalist, professional performer, and coach. Choeleen is an active member of the United States Figure Skating Association, Professional Skater Association, and the Association for the Advancement of Applied Sport Psychology. She has developed mental toughness training programs and created seminars for athletes, parents, and coaches from a variety of sports at the amateur, professional, recreational, national, and elite levels of participation.

I bought this book, because I love figure-skating, and I was interested in entering an amateur competition. This book was extremely helpful to me for the competition, and for my ice-skating hobby in general. However, the principles in this book apply to musical performance, too. I'm a flutist, and I teach at a State College, so I gave a lecture on the book and how useful its principles are to the entire music department. To my surprise, the whole basketball team and its coaches showed up to my lecture, too.

The Inner Champion is great! It has been so helpful to my skating. I have always gotten very nervous during competitions and tests, which often kept me from performing my best. But by using the techniques and excersises provided by this book, I am able to skate so much better and have a blast! Now that I have learned how to use my mind as a tool, I can enjoy myself so much more. I recommend this book to every athelete !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

This is a wonderful, easy-to-read, "makes a lot of sense" guide to using your mind to get where you want to go! The truth in this book will help anyone become a better skater (or anything else that you want to become!). If it can help me (and it did!), it can help you! Don't be surprised to see me at future competitions as a Champion...thanks to this book! It has helped me gain confidence and improve my performance in every way!

A nineties approach to discipline your child for quicker achievement in their sporting field. A confidence builder for anyone. The methods in the book have helped my child not only in the sport but in every aspect of her personal life and social skills. A parents tool to keeping the fun in life rewarding childhood sports and careers.

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