



Park City Tennis Presents Dr. Kevin Sverduk, Sports Psychologist

Junior Workshop

When: July 19th - 21st from Noon - 5pm

Flat Fee: \$200, full participation required
light lunch served

Register by July 13th with Melissa
melissa.zuiderveen@parkcity.org or



Sample Schedule
Classroom
Lunch
Mind/Body Warm-Up
Drills and Skill Stations
Break
Competitive Sets
Mind/Body Recovery
Evaluation & Goal Setting

Dr. Sverduk is a sports psychologist/lecturer in the department of Kinesiology at California State University. A performance coach with over twenty years experience, Dr. Sverduk helps athletes achieve peak performance in sports, business, school, and life. His clients include professionals, Olympians, collegiate level, elite junior, and adult athletes in the disciplines of golf, tennis, volleyball, track and field, basketball, and figure skating. His approach to enhancing performance draws from his experience as an athlete, coach, university professor, and sport psychology consultant. Dr. Sverduk develops programs to help each athlete maximize skills, performance, and enjoyment.

“Developing a Mental Playbook for Tennis”

Tennis is played as much between the ears as it is between the baselines. Most players focus their energy on what is occurring on the court rather than in their mind. Research in cognitive, neurological, and sport sciences are showing that even subtle changes and shifts in one’s mental activity can have profound positive effects on the quality of one’s life. Enhance your mental performance through classroom and on-court lectures. You will learn and experience:

- The foundations of performance excellence, including the performance mindset
- Pre- and post-point routines for more effective focus
- Techniques for greater awareness and staying present
- Actions for promoting greater optimism and confidence