

AASP LEARNING GUIDES HELP TEACH KIDS LIFE LESSONS WHILE WATCHING THE 2010 WINTER OLYMPIC GAMES

Just in time for the Winter Olympic Games the Association for Applied Sport Psychology (AASP) is offering a series of interactive learning guides that adults can share with children while watching sports together. Sports provide an excellent opportunity to observe athletes in positive and negative situations, and with the assistance of the AASP Learning Guides, watching the 2010 Winter Olympic Games in February and beyond can be a source for valuable life lessons.

When children watch a sporting event like downhill skiing or ice skating and see their favorite athletes at the height of their careers, there are important lessons to be learned, including the importance of good sporting behavior, cooperating within a team, handling disappointment, and learning to focus. A series of 11 guides for parents, caregivers and teachers can be found in Resources for Parents at AASP's Resource Center at www.appliedsportpsych.org.

“AASP has developed a series of topics and questions that adults can discuss with children and have a healthy dialogue when they watch sporting events on television or attend a local sports event or competition,” explained Dr. Sean McCann, U.S. Olympic Committee Senior Sport Psychologist and AASP Past President. “Your child doesn't need to be an athlete to benefit from these discussions as children experience many of these issues in daily life.”

The complimentary learning guides include:

- #1 Importance of Good Sporting Behavior
- #2 Negative Effects of Poor Sporting Behavior
- #3 Cooperation vs. Competition within a Team
- #4 Defining Success (Winning and Losing)
- #5 Setting Goals in Sport and Life
- #6 What Sacrifices Do We Have to Make in Order to Do Great Things?
- #7 Using Five Minutes Before Your Performance
- #8 Dealing with Nervousness
- #9 Learning to Focus
- #10 Dealing with Disappointment
- #11 Resilience: “Bouncing Back Quickly”

The international Association for Applied Sport Psychology (AASP) promotes the ethical practice, science and advocacy of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport and exercise psychology. With more than 1,200 members in 28 countries, AASP is a worldwide leader, sharing research and resources with the public via its Web site, www.appliedsportpsych.org.