



Jamie Smith, B.Sc. M.A. CSPA

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Education:

- M.A. (Intervention and Consultation in Sport, Physical Activity, and Health) – University of Ottawa
- B.Sc. (Human Kinetics) – University of Ottawa
- CSPA (Mental Performance Consultant)

Hockey Experience:

- CIS – University of Ottawa Gee Gees – 4 seasons
- Jr. A – Cornwall Colts – 2 seasons
- Jr. B – Akwesasne Wolves, Kempville 73's – 2 seasons
- Seaway Valley "AA" Rapids – 6 seasons

Mental Performance Consulting Experience:

- Individual Consulting experience with over 50 hockey players.
- Team Seminars for over 25 teams – AAA, AA, B, Jr. A, NCAA

Areas that can be improved with Mental Training:

- Improved Focus and Concentration
- Enhanced ability to deal with distractions and let go of mistakes
- Positive attitude and teamwork
- Building confidence and belief
- Mental imagery and visualization
- Improved motivation and commitment levels
- Goal-setting and attaining excellence
- Consistency and playing to potential
- Pre-game preparation and Routines
- Maintaining composure and keeping emotions in check
- Performing under pressure
- Managing stress and emotions