

## Jamie Smith

### Hockey Experience

- Varsity level – University of Ottawa Gee Gees (4 yrs, assistant captain for 2yrs)
- Junior A – Cornwall Colts (2 yrs)
- Junior B – Akwesasne Wolves (2 Years, Captain for 1 season)
- Junior B - Kempville 73's (1 yr, assistant captain)
- Seaway Valley “AA” (6 years)

### Education

- M.A. – *Sport Psychology* (Graduate Dec 07), University of Ottawa
- B.Sc. (Honours) – *Human Kinetic*, University of Ottawa

### *Sport Psychology Experience*

I have met with over 30 hockey players of various ages. Levels that I have worked at include minor hockey, Junior B, Junior A, OHL, University, Semi-Pro, and NHL. My goal with these players was to help them enhance their performance through mental strategies. My interest in Sport Psychology began when playing for the University of Ottawa Men's hockey team. I believe that I improved as a player by implementing some mental strategies into my pre-game preparation as well as my overall attitude.

### *Some areas that can be improved with Mental Training:*

- Improved focus and concentration needed to excel
- Improved Confidence and Consistency
- Increased motivation to perform
- Set and achieve goals more effectively
- Remain calm under pressure
- Improved leadership and communication skills
- Being positive
- Dealing with distractions
- Pre-game Routines
- Improved Imagery and Visualization skills
- Relaxation and Stress Control Strategies

### *Partnership with Ottawa Jr. 67's*

My goal in working with the Ottawa Jr. 67's would include providing Mental Training services to players and coaches through team workshops as well as individual sessions when required. The coaches are the experts on their teams, and therefore, the subject matter to be discussed and presented would come directly from these individuals. For example, one team may want to cover **focus and distraction control**, while another team may have **confidence and consistency** issues. Followed by a workshop on a general topic such as **goal-setting**, or **pre-game preparation**.