# GENERAL SYNOPSIS (The Big Picture in 3-4 sentences): Fantastic presentation about impact of mental state of an athlete on his/her performance. He emphasized that while there is no proof that positive thinking has a positive impact, we know that negativity has a negative impact on athletes, both by what they tell themselves and by what comes from the outside. The mere absence of negativity creates an opening for the mind to find a way to achieve a goal.

# POSSIBLE MAIN POINTS OR TAKEAWAYS FOR…

|  |  |
| --- | --- |
| LSC Board/Committee Members | Teams in Wisconsin |
| Coaches | Officials |
| Athletes | LSC Others |

ADDITIONAL NOTES OR INFORMATION CAN BE ADDED ON FOLLOWING PAGES