

## Mental Management FAQ

### **1. What is Mental Management®?**

Mental Management® is a recognized mental training program that is taught to and used by Olympic Champions throughout the world, and by design will help you as a coach to improve the mental game of your archers. For more information please visit [www.mentalmanagement.com](http://www.mentalmanagement.com).

### **2. Why is USA Archery requiring the Mental Management® course for Level 3-NTS instructors and above?**

USA Archery is committed to developing and producing the most capable archery coaches in the world, and to better improve what we offer in our certification courses. As of January 1, 2016, we are partnering with Mental Management® to provide enhanced education on the best coaching practices.

### **3. How much does the Mental Management® course(s) cost?**

Mental Management 101 cost \$50 and Mental Management 102 cost \$100.

### **4. I am already a certified as a Level 3-NTS, 4-NTS or 5-NTS coach. How long will I have to complete the Mental Management® course Training?**

Currently certified Level 3-NTS, Level-4 NTS and Level 5-NTS coaches will be required to complete the Mental Management® course requirements prior to their coach certification renewal, starting January 1, 2017.

### **5. Where can I go to complete the Mental Management® course?**

The Mental Management courses may be accessed at the following links:

[Mental Management® 101 Course](#)

[Mental Management® 102 Course](#)

### **6. If a coach previously purchased Mental Management® archery products (CD's or DVD's) will they still be required to pay for and complete the Mental Management® courses?**

The following products sold by Mental Management® are comparable to the Mental Management® 101 course only:

1. Mastering the Mental Game of Archery and Performance Coaching
2. Mental Management for Shooting Sports and Performance Coaching

If you have previously purchased these products from Mental Management® in the past 10 years you may request to take the online exam at no charge by contacting USA Archery at [certifications@usarchery.org](mailto:certifications@usarchery.org). USA Archery will verify with Mental Management® that the products were purchased from them. Once verified, your ability to pass the Mental Management® 101 exam will be dependent on your comprehension of the information taught in the Mental Management® products.

**7. If a coach previously attended a 2 day Mental Management® Course or Mental Management Coaching Course will they still be required to pay for and complete the Mental Management® courses?**

If you have previously taken a 2-day course from Mental Management® in the past 10 years you may request to take the online exam for the 101 and 102 course at no charge by contacting USA Archery at [certifications@usarchery.org](mailto:certifications@usarchery.org). USA Archery will verify with Mental Management® that the coach did take a 2-day course from them. Once verified, your ability to pass the Mental Management® 102 exam will be dependent on your comprehension of the information taught in the Mental Management® courses.

**8. What is the difference between the Mental Management® archery products and the online Mental Management® 101 and 102 courses?**

The archery products sold by Mental Management® are comparable to the Mental Management® 101 course only and were developed by Mental Management® with the sport of archery as the focus.

The Mental Management® 102 course was developed as a collaborative effort between the USA Archery high performance coaching staff and Mental Management®. USA Archery retained the services of Mental Management® prior to the development of the course to provide mental training for resident athletes at the Olympic Training Center. USA Archery wished to extend this level of mental training to all USA Archery coaches, thus the Mental Management® 102 training course was developed.

**9. Can coaches teach general concepts learned during the Mental Management® course to archers, even when charging a fee for coaching services?**

Yes, general concepts and tools learned during the Mental Management® courses may be taught to athletes, even during paid coaching sessions.

However, coaches may not present Mental Management® content as their own information.

For example: A coach may not conduct a Mental Management® or sport psychology class inclusive of step by step instruction from the Mental Management® courses and charge a fee.

#### **10. Why has USA Archery partnered with Mental Management®?**

The Mental Management® philosophy compliments the National Training System and provides a solid platform for mental training for coaches and athletes. Mental Management® yielded positive results for USA Archery resident athletes, and therefore USA Archery wanted to broaden this training experience to the entire coaching program so that all athletes may benefit from these tools and concepts. USA Archery views Mental Management® as a good investment for a centralized online training program with courses specifically for use by USA Archery coaches.