Name _____

Mind Games and Victories: The Journey of Nico Teamo

Short Answer

1. Can you describe a specific technique or strategy mentioned in Nico Teamo's story that he uses to help athletes improve their mental game?

2. Why do you think the mental aspect of sports is important, and how can it influence an athlete's performance?

3. How does Nico Teamo's work with Olympic athletes reflect his commitment to helping athletes reach their full potential?

4. In what ways do you think Nico Teamo's dedication to teaching the next generation of sports psychologists and athletes contributes to the world of sports psychology?

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