

Name _____

Mind Games and Victories: The Journey of Nico Teamo

Short Answer Key

1. A possible answer could describe a technique like visualization, goal setting, or stress management and how it benefits athletes.
2. A possible answer could discuss the importance of mental resilience, focus, and confidence in achieving peak performance in sports.
3. A possible answer could describe Nico Teamo's experiences working with Olympic athletes and how he has contributed to their success through mental training.
4. A possible answer could discuss how Nico Teamo's mentorship and education efforts help pass on valuable knowledge and skills in the field of sports psychology.

