

Workshop to given on self confidence techniques for athletes

October 28, 1975

Self confidence techniques and how they can help athletes will be the subject of a one-day workshop for coaches, athletes and sports fans Saturday, Nov. 1, at the University of California, San Diego.

The program will be held from 9 a.m. to 3 p.m. in the UCSD Recreation Gym. It is co-sponsored by the UCSD Physical Education and Athletic Departments, the San Diego County Department of Education and the San Diego unit of the California Association of Health, Physical Education and Recreation.

Workshop activities will include panel presentations by area coaches and student athletes and small group discussions on personal goal setting, self-confidence as it applies to sports and ideas for extending self confidence beyond athletics.

Sessions will explore questions like "What is self confidence?," "How can you get some if you don't have any?" and "Where does conceit end and confidence begin?"

Discussants and group leaders will include Lyle Olsen, UCSD baseball coach and member of the Physical Education faculty at San Diego State University; Lem Lemmons, varsity basketball coach at San Diego High School; Mike Bafalo, varsity baseball coach at San Pasqual High School, and Nancy Hubert, physical education instructor at Madison High School. Among the student athletes on the program will be Randy Miller, UCSD senior and a pitcher in the Baltimore Oriole's farm club organization.

Workshop coordinator is Robert Moss, assistant supervisor in the UCSD Physical Education Department. Moss teaches a course on the psychology of officiating which stresses the development of self confidence in training individuals to become officials at athletic events.

Participation is open to interested men and women, and is limited to 120 persons. The program is free and includes lunch, but reservations are required.

For information and registration, individuals should contact Moss at the UCSD Physical Education Department in the Main Gym or call the department at 452-4032.

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For information contact: Joan Rasmussen, 452-3120