

in some universities are able to obtain these services as they are a fee for service and time consuming.

Because it is a new technology, the coach must first decide the purpose (arousal, attention, etc) and value. Additionally, the coach must be cautious of those who make claims and cannot demonstrate improvements in sport performance. Athletes who can most benefit from Neurotherapy training include:

1. world caliber athletes in track and field that require high levels of arousal control (starting from the blocks) or fine motor coordination
2. athletes with attention or arousal control problems
3. athletes with inconsistency of performance, and
4. athletes who have to think too much, of past or future events.

The ability to teach athletes how to control arousal and attention control is available. What is now needed in track and field is the understanding and commitment of coaches to recognize that the last frontier in performance improvement is to train the master controller - the brain.

To know and not do, is the same as To not know.

Selected Readings

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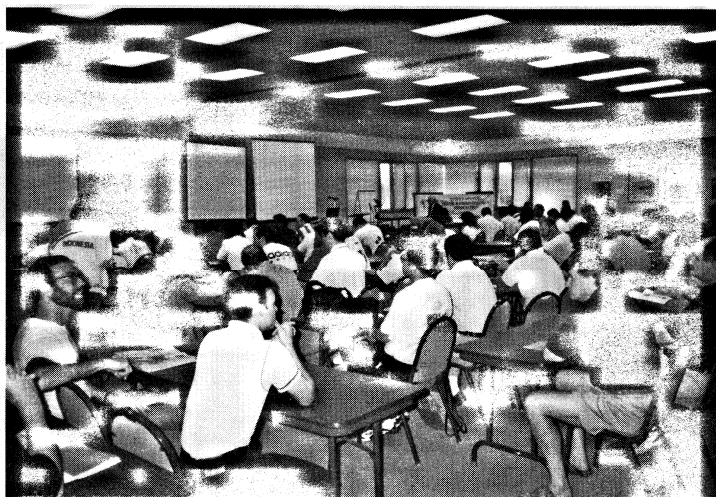
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