

8/84

3) SPORTS MEDICINE/COMPETITION

NO KILL DATE

:60 PSA

WHAT IS BEHIND THE DRIVE TO EXCEL IN OUR NATION'S OLYMPIC-CALIBER ATHLETES? WE ASKED SPORTS PSYCHOLOGIST DR. JERRY MAY OF THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE:

.22 "There really are several components. The one we find that's most important..... But they must have that in balance. If they're overly competitive, they'll never reach the top.

BEING OVERLY COMPETITIVE WORKS AGAINST THEM, AND ADDS PRESSURE, SAYS DR. MAY, WHO HELPS WITH THE MEN'S AND WOMEN'S OLYMPIC SKI TEAMS.

.15 "Athletes need to know how to deal with pressure..... It's very easy for athletes to get distracted by the crowd or by the competition."

THIS IS HEALTHLINE, FROM THE UNIVERSITY OF NEVADA SCHOOL OF MEDICINE.