

# How To Be A Successful Student Athlete: 21 Tips For Elite High School And College Athletes

*Announcing A New Program To Help Student Athletes Manage Stress, Avoid Choking, Get In The Zone And Stay In The Zone*

RIVER EDGE, NJ, UNITED STATES, January 14, 2017 /EINPresswire.com/ -- Beginning on January 17, 2017, Dr. Jay Granat, Psychotherapist, Author and Founder of [www.StayInTheZone.com](http://www.StayInTheZone.com), will run a weekly seminar and support group for elite athletes in the tri-state area.

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Participants will learn tools, techniques and strategies to help them perform to their fullest potential, find balance in their lives as student athletes and enjoy this special time of their lives.

*Jay P. Granat, Ph.D. Founder,  
StayInTheZone.com*

The group will meet at Dr. Granat's offices in River Edge, New Jersey.

“Over the years, I have counseled thousands of student-athletes from virtually every individual and team sport you can think of. In doing this work, I have discovered the variety of stressors and the tools that athletes need to understand and utilize in order to excel in both their sporting life and their academic life.”

Student athletes frequently need help with the following kinds

of issues:

1. Performance anxiety related to competing at the next level
2. Resolving conflicts with teammates and coaches
3. Getting more playing time
4. Bouncing back from a setback, loss or slump
5. Recovering from an injury
6. Managing pressure from parents, coaches and the media
7. Time and task management
8. Anger management
9. Choking
10. Losing to teams or players they should beat
11. Being intimidated by opponents
12. Transferring to another school
13. Loss of focus
14. Loss of confidence
15. Overthinking during competition
16. Weight control
17. Alcoholism and substance abuse
18. Burn out
19. Moving up from high school to college
20. Moving up from college to the pros
21. Mental training including self-hypnosis, visualization, meditation and guided imagery

During weekly meetings, athletes will share their concerns with Dr. Granat and with their fellow

competitors. Participants will get tools, techniques and strategies that will help them to perform to their fullest potential, find balance in their lives as student athletes and enjoy this special time of their lives.

To participate in this group or get more information, call Dr. Granat at 201 647-9191.

Or email him at [info@stayinthezone.com](mailto:info@stayinthezone.com)

Can't attend the group? Dr. Granat is available for individual counseling. Call him at 201 647-9191.

Or, consider getting one of his many self help programs, cd's, dvd's and books. Click here:

<http://stayinthezone.com/product-category/cd-and-dvd-programs/>

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This press release can be viewed online at: <http://www.einpresswire.com>

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