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Press Release

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Duke University Sports Psychologist Addresses Students at Saint Mary's Hall

(San Antonio, Texas) - Saint Mary's Hall Upper School students had the rare opportunity to interact with renowned sports psychologist, Dr. Gregory Dale on September 5, 2014. During Assembly, Dr. Dale spoke to students on the topic of "It's a Mental Thing: 5 Keys to Improving Performance and Enjoying Sport." Dr. Dale, is the director of the Sport Psychology and Leadership Programs for Duke Athletics and Duke University professor of Sport Psychology and Sports Ethics. Dr. Dale has been featured on *Good Morning America*, *ESPN*, *MSNBC*, *Court TV*, and numerous national radio programs.

More than a lecture, the students actively participated in team exercises aimed at driving home the ideas of how important it is to develop leadership skills and character, prepare for success, embrace pressure, trust your instincts, effectively set goals, and persevere in difficult situations to become a top-notch athlete, student, or artist. Dr. Dale also made the point of telling students that these skills were not only important to becoming a great athlete, but were life skills that would serve in all aspects of life. He specifically spoke about confidence and how essential that was in each and every one of our lives. He said, "Confidence is not a gift from other people ... it's something that comes from you."

After the interactive workshop, many students asked to speak to Dr. Dale to ask questions about how to apply these principles daily in their lives.

Since 1879, Saint Mary's Hall has set the standard for college preparatory education in San Antonio by providing a wide-range of exceptional opportunities in academics, athletics, fine arts, and core values education to create well-rounded students that are successful in college and life. Saint Mary's Hall offers exceptional opportunities for children ages 3 through grade 12.