



## THE ROWING MIND: PERFORMANCE UNDER PRESSURE

Our inner mental game is just as important as our physical one. Rowers face intense performance pressures whether that be evaluative audiences, competitors or the drive to be the best, this pressure can sometimes detrimentally affect performance depending on our mindset, thoughts and feelings.

This study investigates the thoughts, feelings and mindsets of rowers during different competitive scenarios and understand possible ways/techniques of preventing detrimental thought patterns. Anyone **aged 16+, a rower and has competed in races in the last 12 months**, can complete the online study which takes the form of a questionnaire, all answers will be **anonymous**. Completing the study will then make you eligible to receive the **results/psychological tips** in the form of a newsletter once the data is analysed (follow the instructions at the end). Additionally, as a show of appreciation for your time, I would also like to invite you to be entered into a prize draw to have the chance of winning one of three **amazon vouchers** (£50, £50 or £100 - equivalent in your country/state).

**Online study link: <https://www.smartsurvey.co.uk/s/RowMind/>**