iPerformance Psychology Releases New Sports Psychology App Today

**U.S. Track and Field sports psychologist Dr. Steve Portenga is releasing the world’s most advanced sport and performance psychology mobile app for the iPhone in the Apple App Store today. [www.iperformancepsychology.com](http://www.iperformancepsychology.com)**

Denver, CO (PRWEB) July 15, 2012 -- U.S. Track and Field sports psychologist Dr. Steve Portenga is releasing the world’s most advanced sport and performance psychology mobile app for the iPhone in the Apple App Store today. Dr. Portenga’s Olympic athletes have been among the first to use the app. CEO and Founder of iPerformance Psychology, Dr. Portenga has developed the iPerformance Sport & Performance Psychology Mental Skills Trainer app behind eight years of direct professional experience and proven industry data on how to maximize sports performance beyond physical skills.

The app is a standalone utility for training athletes—both professional and amateur—to help them reach their peak performance levels. Using a combination of precise Sport and Performance Psychology assessments, meditations, exercises, worksheets, games, routines, and more, the iPerformance Sport & Performance Psychology Mental Skills Trainer acts as personal advisor and trainer for those wishing to improve their mental preparation and focus for sporting events. Portenga has released the iPerformance Sport & Performance Psychology Mental Skills Trainer early to members of the U.S. Track and Field team to rave reviews.

“The app takes the best of performance psychology and integrates smartphone technology allowing me to help performers in a way not possible before. This app has grown into a tool that isn’t just a substitute for face-to-face meetings; it’s something I’m incorporating even when I meet with a performer in-person. In your hand you can now hold years of mentoring from the best sport psychology consultants, years of work as a professor in one of the most highly regarded graduate programs, and years of experience working with some of the best athletes in the USA and the world!”

- Steven Portenga, PHD

Recent research on athlete’s success at the Olympic Games highlights the importance of psychological skills. In one study 325 past Olympic athletes shared their beliefs that ambition, determination, confidence, and focus were more important than natural ability (Wann, 2012). In another study on Olympic champions, the researchers found that a positive personality, commitment, concentration, and confidence were keys to managing the distractions, stress, and pressures of the Olympics (Flethcher & Sarkar, 2012).

Dr. Portenga, chair of the Psychological Services Subcommittee and the Sports Science Representative on the Coaching Education Committee for USA Track & Field, leaves today for London in order to attend the Olympic Games as part of the 2012 U.S. Track and Field team and is using the world’s largest sports stage to release iPerformance Sport & Performance Psychology Mental Skills Trainer.

The iPerformance Sport & Performance Psychology Mental Skills Trainer app came about in response to Dr. Portenga’s desire to find a more efficient and effective way to help the athletes and performers he works with develop the basic psychological and performance skills necessary for optimal performance. Psychological strengthening has long been an important aspect of an athlete’s training, however has never been globally available and readily accessible. Dr. Portenga started his consulting with USA Track & Field and other professional sport franchises. He wanted a better way to communicate with the athletes with whom he was working. Due to their travel schedules, he wanted a better way to help them develop as performers when they
couldn’t meet face-to-face. As an ex-engineer, he knew that the things he’s done for years to help these athletes become the best in the world could be delivered through a smartphone. Drawing on his engineering background he set out to develop an app based on his work with performers that would incorporate technology, neuroscience, and learning theory. The solution was to create a coach that you could take with you to practice and on the road to keep in peak mental fitness, everywhere you are and are going.

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