

A hiker with a large black backpack is walking through a narrow, rocky canyon. The hiker is wearing a black t-shirt and is looking down. The canyon walls are made of reddish-brown rock and are covered with sparse green vegetation. The lighting is bright, suggesting a sunny day.

# *Performance Psychology in Action*

with  
Professor Peter Terry  
11 - 18 June 2011

**A UNIQUE LEARNING EXPERIENCE FOR PSYCHOLOGISTS  
EMBEDDED IN AN UNFORGETTABLE WALKING ADVENTURE.**

# PERFORMANCE PSYCHOLOGY IN ACTION - 2011

**Performance Psychology in Action** is a workshop facilitated by Professor Peter Terry PhD FAPS FBASES, which examines the psychology of performance in the context of a challenging physical journey along the most remote sections of the Larapinta Trail. The workshop is styled for psychologists but has also been designed with athletes, coaches, medicos, business executives and indeed anyone involved in high performance occupations, in mind. **The program is endorsed by the Australian Psychological Society (APS) as a professional development activity. It attracts 30 specialist points for members of the APS College of Sport Psychologists and 30 generalist points for all other APS members.** Daily workshops form just part of this unique learning experience, as a group of professional psychologists interact while walking and socializing. **Performance Psychology in Action** will provide an unforgettable journey, sharing the glory of the Larapinta Trail with fellow professionals.

## Biography



Dr Peter Terry is Professor of Psychology at the University of Southern Queensland and was formerly Psychology Coordinator at the Queensland Academy of Sport. Peter is one of the most experienced performance psychologists in the world. Over the past 27 years he has provided support to a host of international and professional performers, including Olympic medallists in nine sports. Peter has been team psychologist at eight Olympic Games and more than 80 other major international events. Author of over 170 publications, he is a Fellow of the APS and the British Association of Sport and Exercise Sciences (BASES), and past-President of the APS College of Sport Psychologists. His latest book, *Inside Sport Psychology*, was published in October 2010. In the distant past he played sport at state level in rugby, soccer and athletics, sky-dived with the Red Devils, competed in the British bobsleigh championships, and ran a three-hour marathon.

Sat	Check in to Chifley Alice Springs Resort at 2pm for gear check. and final briefing.
Sun	Section 3. Depart from Resort at 7 am for Jay Creek to Millers Flat. A spectacular walk thru ancient Arrente waterholes and along amazing ridges. Camp out at Millers Flat. [6-8 hours walk with steep ascent and descents.]
Mon	Millers Flat to Standley Chasm. A beautiful day amongst the caverns and gorges of the Chewing's Ranges. Transfer to our camp and a visit from Traditional Owners. [6-8 hours walk with boulder scrambling]
Tues	Section 4 - Standley Chasm to Brinkley Bluff. One of the great ridge walks of the world. Camp on on exposed ridge. [8 hours walk with long ascents to Bluff]]
Wed	Brinkley Bluff to Birthday Waterhole. A classic descent into Stuarts Pass and on to Birthday Waterhole. [6 hour walk with steep descent]
Thur	Section 5 - Birthday Waterhole to Creek. A mesmerizing section into the labyrinth of Spencer Gorge and then the rugged Razorback. Camp at Creek in our own secluded valley and waterhole. [8 hours walk over narrow ridge]
Fri	Creek to Hugh Gorge. A well earned easier day that allows time to explore the remote Hugh Gorge. Return to Alice Springs Resort and celebratory evening meal. [4-6 hour walk]
Sat	Personal time in Alice Springs before transfer to airport.

## TOTAL COST OF \$2990 INCLUDES

### INCLUSIONS

- 2 nights accommodation at the ALICE SPRINGS RESORT - twin share - [single upgrade \$165 per night] - includes cooked breakfasts.
- 5 nights desert camp under the stars with all camping equipment provided.
- Workshops with Professor Peter Terry.
- All coach transport including shuttle to and from Alice Springs Airport.
- Lead guide, support vehicle & camp manager.
- All cooked breakfasts, morning & afternoon teas, lunches, dinners, snacks on the track.
- Indigenous interactions.
- First aid, satellite phones, all National Park fees etc.
- Surprises that you will just have to take my word for.

### EXCLUSIONS:

- airfares - flight options can be viewed on the website
- evening meals in the Alice Springs Resort
- alcohol

A non-refundable deposit of \$600 will secure your your place.  
 All details and trip notes available at from Into the Blue Creative Walks  
[www.intotheblue.com.au](http://www.intotheblue.com.au) - 0414 929768

# PERFORMANCE PSYCHOLOGY IN ACTION - 2011

## OVERALL

**Into the Blue** designs your itinerary around the capacity and objectives of the group. The itinerary seeks to blend elements such as indigenous culture, gentle stretching and interpretative guiding within the context of a walking journey. Please note that the itinerary may change due to weather, aboriginal cultural imperatives or simply to better suit the objectives of the group.

## CURRICULUM

### **Performance Psychology in Action includes:**

In the mood - How feelings affect performance.  
Imagery and performance – What you see is what you get.  
Listening to the voice within - The influence of self talk.  
Focus, flow and positive doing.  
Music for performance excellence.  
The team - Greater than the sum of its parts.

## ABORIGINAL

The BIG FAT DESERT WALK includes an interaction around the campfire with Arrentre people of the Central Australian desert. This interlude allows for walkers to get some sense of the struggle and story of indigenous Australians.

## FITNESS & TRAINING

The Macdonnell Ranges terrain is uneven with frequent ascents. Each day on the track involves between 4 - 8 hours walking. The adventure is graded **HARD**, requiring a good level of aerobic fitness. Frequent rough descents and ascents can be challenging and require good walking skills. Please contact Into the Blue Creative Walks to discuss any fitness issues. Your packs will weigh between **12-14 kilos** per person and food will be restocked every second day at our supported camps. Water drops on the trail mean that you will only carry water for personal use.



## CAMP LIFE

Sleeping will be in comfortable mosquito-proof bivvy bags. All camping gear is supplied. You will be expected to share some tasks around the camp such as rolling your sleeping bag etc.

## CLIMATE

Expect cool nights and warm, clear days. This is generally a magnificent time of the year in the Australian desert with everything that crawls soundly asleep and no or few flies.

## WHAT TO BRING

A printable equipment and clothing list is provided on the website.

## FLIGHTS & ACCOMMODATION

All accommodation is at the Chifley Alice Springs Resort. If walkers are intending to arrive earlier in Alice or to stay longer they can book their own accommodation at the Alice Springs Resort at the Into the Blue corporate rate. When booking quote the Into the Blue Trip Name. CONTACT - 08 89514545

## UPON BOOKING

A representative of the Into the Blue shall call you upon booking. Final payment is due one month before your departure. Please don't hesitate to call with any questions you might have.