

Monday 17th February, in Padova (Euganeo stadium), it was organized the National Congress of the Italian Society of Sport Psychology (SipsiS) in collaboration with the Italian Equestrian Sports Federation (FISE, Committee of Veneto). The theme was: "How to optimize performance. A concrete help from the sports psychologist to athlete". There was a large participation with about 50 psychologists from several parts of Italy and an excellent level of the interventions of the various speakers who have certainly made a major contribution in clarifying the role that psychologists in the building and maintenance of success in sport. Interesting the contribution of the President of the Veneto Committee of FISE, Dr. Maria Vittoria Valli, about the importance of sport psychology in the youth activity and in high level of equestrian sport.

The contributions of the morning:

Annalisa Avancini "The sport psychology: roles, functions and intervention techniques"

Marina Gerin Birsa "The mental preparation in the discipline of show jumping, experiences and perspectives of intervention"

Roberta Lubrano "The mind-body integration for a winning performance"

Cristiana Conti "Sports Psychology and injury: the role of the coaches"

Antonio De Lucia "The nikefobia: fear of winning or overcoming fear".

In the afternoon, the conference continued with an interesting discussion led by Antonio De Lucia, President of SIPsiS on the theme "Winning: limits and experiences". There were involved trainer of FISE, international equestrian athletes and sport psychologists: Barbara Carlon (international trainer and athlete, Co.Re.Veneto), Massimiliano Banda (psychologist), Virginia Argenton (athlete and instructor), Gilberto Sebastiani (instructor), Silvia Rodo (psychologist and professor FISE).

A special thanks to Marina Gerin Birsa and Sergio Birsa for the organization of the conference, and the Secretary of SIPsiS, Federica De Lucia, for the coordination work.