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High-performance athletes claim that 90% of their success comes from mental training and ability. In professional sports, there aren't huge differences between athletes in terms of potential, training, or physical ability.The determining factors of success, therefore, lie in the psychological realm.

What Psychological Factors Help Improve Sports Performance ...

Paul Castle is the author of Psychology of Motorsport Success (4.50 avg rating, 4 ratings, 0 reviews, published 2008), Shooty Dog Thing (4.67 avg rating,...

Paul Castle (Author of Psychology of Motorsport Success)

FULL JOB DESCRIPTION: Dale Coyne Racing is an American professional open-wheel racing team that currently competes in the IndyCar Series. The team was founded in 1984 and is owned by former driver Dale Coyne. After the 1988 season, Coyne stepped out of the cockpit and turned his talents to the tutelage of several up-and-coming drivers.

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Books by Paul Castle (Author of Psychology of Motorsport ...

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