

We often see kids who excel in practice, but freeze up during games. This can be frustrating and confusing for parents and coaches. What's going on in the young athlete's mind and what can parents and coaches do about it? **This training answer these questions and solves this problem and others!**

### **This Training:**

**teaches the *Real Science Of Succeeding* • improves self-esteem • maximizes talents • uncovers hidden talents • develops Leadership • improves learning ability • converts negative programming to positive • builds self-confidence and courage • removes limiting, mental blocks • overcomes known and unknown fears • Changes thinking away from failure and toward success • develops the positive, winning attitude • improves concentration • reduces stress • promotes positive emotions • conquers addictive behavior • builds mental toughness • and teaches the athlete techniques that he or she can use at anytime to remain totally free of free of all negative emotions**

### **Your young athlete needs this training if he/she:**

- worries about what others think about your performance
- doesn't perform up to obvious potential
- gets so anxious or stressed that you can't think straight when competition
- gets distracted easily by things that go on around you
- becomes easily frustrated when things do not go according to plan
- performs much better in practice than during competition
- beats up on self when he/she doesn't play up to expectations
- doesn't perform well when others are focusing their attention on him/her
- has doubts about his/her abilities before and/or during competition
- feels anxious or scared when in competition
- limits his/her performance with low expectations
- sense of self worth is directly connected to ability to perform
- loses focus during critical times of the competition
- After an injury, he/she is 100% recovered physically, but doesn't perform up pre-injury level
- has a burning desire to get better, but can't seem to do it

## ***THE BASIC SPORTS MENTAL TRAINING PROGRAM***

The First Mental Training Session includes the initial interview, testing of the client's communication preferences and the orientation along with a question and answer session. **Parents of minor children, taking this training, are urged to attend all sessions and to participate in the discussion.** After the question and answer session I conduct the actual, formal mental training session with the athlete.

**This program utilizes the latest, cutting-edge, body/mind technology to totally and permanently remove all existing negative emotions, usually with only session.**

**The first session requires about 2 ½ to 3 hours.**