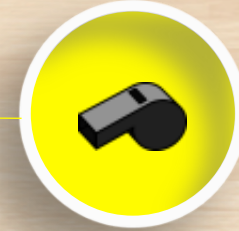


I.Am.Mentally.Tough

Determination. Dedication. Discipline.



MENTAL GAME TOUGHNESS PROGRAM

Athletes who use mental strength training often report rapid improvement, not only in performance but in general mental attitude and the ability to respond easier to changing situations. Do you want to avoid the dreaded choke during games? Do you want to get in a zone and stay in a zone when competing? Are there any mental blocks that are preventing you from reaching your peak performance? Do you want to play consistently? If any of these questions sounds similar to your situation then you need an effective mental game coach like myself. Through effective assessments and communications skills I will be able to help you gain confidence, stay motivated, improve your focus, and maximize game performance. I will not only help you set personal goals, but I will also help you effectively achieve your goals. The goal of mental strength training is to help athletes perform their best by improving the necessary mental skills to excel in their sport. Let me help you reach your peak performance. **Remember, the toughest opponent of all is the one inside your head!**

MENTAL GAME TOUGHNESS SESSIONS

Coaching sessions are an hour long and can take place over the phone, via skype or face to face (additional charges pay apply for traveling fees). Before the initial session the athlete will be given a free assessment to complete. The assessment will identify the areas where the athlete needs/wants to improve. After the e areas are identified I will develop a customized program for the athlete which includes goal setting. By working with me, the athlete will be working with an expert coach who motivates, inspires and encourages the client during each and every session. The athlete will quickly and effectively learn mental game toughness and how to master situations that keeps them from performing at their peak level. * *Call for speaking programs for camps, schools, academies, and non-profits**

MENTAL GAME TOUGHNESS TOPICS

- Confidence building
- Getting into the zone
- Playing under pressure
- Recovering after a loss
- Bouncing back from an injury
- Handling fear
- Self doubt
- Pre-game rituals
- Choking
- Handling emotions
- Concentration
- Mental readiness ... And More!

I Am Mentally Tough Coaching Investments



SLAM DUNK

\$720.00

- 10 sessions (Save \$180.00 versus paying for sessions individually).
- 60 minutes per mental game coaching session
- Personal mental game assessment
- Customized mental game toughness program
- Unlimited emails to coach
- Two (2) appearances by coach to the clients competition to assess performance (game footage can also be sent to me)



JUMP SHOT

\$400.00

- 5 sessions (Save \$50.00 versus paying for sessions individually)
- 60 minutes per mental game coaching session
- Personal mental game assessment
- Customized mental game toughness program
- Four (4) emails to coach within coaching sessions



LAY-UP

\$245.00

- 3 sessions (Saves \$25.00 versus paying for sessions individually)
- 60 minutes per mental game coaching session
- Personal mental game assessment
- Customized mental game toughness program
- Two (2) emails to coach within coaching sessions



FREE THROW

\$90.00/SESSION

- 60 minutes mental game coaching