

ENHANCING SPORTS PERFORMANCE

The demands of **COMPETITION** in **SPORTS** require **SPECIALIZED TECHNIQUES** that enable the **DEVELOPMENT** of **FOCUS** in order to **CREATE A COMPETITIVE ZONE** resulting in a **WINNING ATTITUDE**.

My training methods are used by professional as well as amateur athletes. These athletes are then able to take vital points with them to their **PRACTICES** and **COMPETITIVE EVENTS**. Some of the athletes that have benefited from my programs include the **BUFFALO SABRES**, **NFL players**, and most **OLYMPIC** disciplines. They have all come away with techniques that they can use for the rest of their lives.

My methods teach **THE MOST EFFECTIVE USE OF THE MIND** and include:

- **LEARNING HOW TO COMPETE EFFECTIVELY**
- **MAINTAINING FOCUS & STAYING IN YOUR ZONE**
- **MANAGING THE “JITTERS” OF COMPETITION**
- **USING ANGER TO ADVANTAGE**
- **MIND CLEARING EXERCISES**
- **VISUALIZATION & IMAGERY TECHNIQUES**
- **CREATING EFFECTIVE PRACTICE SESSIONS**

The programs I offer include both individual and group involvement and are “tailor made” to the needs of **ATHLETES** and the **SPORT** in which they engage in order to create a truly **POSITIVE COMPETITIVE WINNING ATTITUDE**.

My methods aren't ONLY ABOUT THEORY but teach PRACTICAL TECHNIQUES... THAT WORK!