

Parents how do you find out what's going on with your son or daughter?

- Are they all of a sudden performing at a lower level?
- Is it impossible to get a response from them?
- Do they seem to be withdrawing under pressure?
- Are they not having fun anymore?
- Are they telling you that the lump in their throat seems to be getting bigger and bigger?
- Does it seem like they are sick all the time?



Before they hit bottom and quit or self destruct, take action and provide support and help.



Help them gain access to their potential to...

- Be that leader and graduate with honors.
- Promote honor and integrity.
- Bring respect to themselves.
- Develop awareness to their college potential.
- Perform with outstanding ethics and values.
- Establish strength under pressure.
- Earn that scholarship offer.



**You can have help
sorting through the
signs and developing a
plan that will help.
Call today for a free
consultation.**

Over thirty years of experience working with student-athletes, as a player, coach, and manager has not only prepared me to help your kids, it has motivated me to make a difference for as many as I can reach.

When talented kids wake up and suddenly tell their parents they don't want to play anymore or they are no longer interested in school, it's time we become more proactive. We will work together to help minimize burnout and imbalance and help everyone get back to the enjoyment of competition.



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Helping to overcome:

- Performance anxiety
- Academic challenges
- Wavering confidence
- Traumatic injury
- Difficulty following thru
- Negative thoughts
- Sabotaging behaviors



Helping to avoid:

- Self-punishing behaviors
- Angry outbursts
- Burnout

Helping to achieve or improve:

- Confidence
- Focus/Concentration
- Positive mindset
- Time management
- Optimal eating habits
- Relaxation in stressful moments
- Communication skills
- Strategies for peak performance
- Academic self-esteem

