

Positive Performance Plus

"Do you believe you're a starter or a benchwarmer? Do you believe you're an all-star or an also-ran? If the answers to these questions are the latter, your play on the field will reflect it. But when you've learned to shut off outside influences and believe in yourself, there's no telling how good a player you can be. That's because you have the mental edge."

---- Rod Carew



Unlocking Your Optimal Level of Performance

Do you want to learn how to:

- **"Get in the zone" of your optimal performance**
- **Increase your level of motivation**
- **Increase your level of concentration**
- **Visualize yourself winning**
- **Increase your enjoyment from training and competing**
- **Successfully handle stress and anxiety**

*If you answered "yes" then come to the **March 25th** seminar at **7 pm** to learn more about mental training and how it can improve your performance. There will be a sign up for more detailed workshops.*

For more information visit my website:

www.positiveperformanceplus.net

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Matthew received his masters' degree in counseling from Fairfield University. He has designed performance programs and worked with numerous high school and Division I college athletic teams.

Getting In The Zone

Concentration	Staying focused on the task-at-hand for optimal performance
Motivation	How do you get yourself ready for practice and competition!
Visualization	Seeing is believing! Learn how to train like you have already won!
Self-Talk	Helping you to break down the wall!
Satisfaction	Enjoying the training and competition so that you are more successful!



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