

This site is for junior, collegiate, and professional athletes who want to gain ***The Mental Edge*** to outperform the competition.

By going thru the Elite Performance ***Mental Conditioning Program***, athletes learn and apply key mental skills to consistently perform to the upper ranges of their talent and abilities, especially in pressure situations. These mental performance skills include:

- **Mental preparation**
- **Internal self-confidence**
- **Trusting in your training**
- **Focusing on external targets**
- **Visualizing flawless execution**

- **Relaxation techniques**
- **Generating rhythm and flow**
- **Composure and emotional calm**
- Letting go of scores and results
- **Effective perception of mistakes**