

Connecting the Pieces

The role of sport psychology has become more prominent than ever before. This is primarily due to the tremendous amount of research showing psychological skills training improves athlete performance. But it's also due to the thousands of professional and college athletes who have experienced positive results.

Over the past few years, there has been a tremendous interest in teaching sport psychology to teens and children – preparing them for the future challenges that await them inside and outside of sport. Psychological skills training can both improve athletic performance in the short-run, and life success in the long-run. Sport psychologists simply connect the pieces of proper preparation, effective self-talk, and emotion control so athletes can perform at their best.

High School Program Pricing

- **1 Team for 5 Weeks**
(2hrs/wk): \$1500
- **2-5 Teams for 5 Weeks**
(2hrs/wk/team): \$1350/team
- **6-10 Teams for 5 Weeks**
(2hrs/wk/team): \$1200/team
- **1 Hr Group Workshop**
(more than 20): \$1000
- **1 Hr Group Workshop**
(less than 20): \$500
- **Individual Coach or Athlete Sessions:** \$100/hr

Contact Information

(214) 773-4813

email@robertneff.com

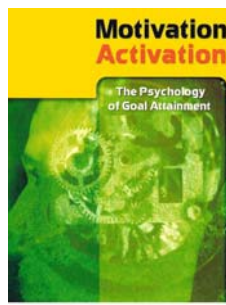
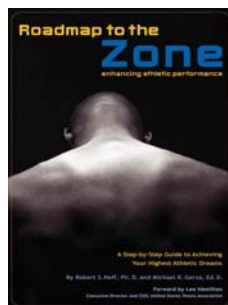
<http://www.robertneff.com>

ROBERTNEFF.COM



Dr. Robert Neff's Qualifications

- Doctorate from Michigan State University
- Brookhaven College Psychology Professor
- Author of the Books: Roadmap to the Zone: Enhancing Athletic Performance, and, Motivation Activation
- Certified, Association of Applied Sport Psychology Professionals (AASPP)
- Certified High Performance Coach (USTA)
- Member, American Psychological Association
- 15 Years of Applied Sport Psychology Experience
- Former Professional Athlete (tennis)
- Collegiate Scholarship Athlete (football & tennis)
- 3-Time High School 'Athlete of the Year' (Sir Winston Churchill H.S., St.Catharines, Ontario, CA)



High School Sports

- | | |
|--------------|-------------------------|
| • Football | • Swimming |
| • Basketball | • Diving |
| • Baseball | • Track |
| • Softball | • X-Country |
| • Soccer | • Other Official Sports |
| • Volleyball | • Non-Sport Teams |
| • Tennis | • Golf |

Enhancing Performance of High School Athletes™

Sport Psychology Services

Athlete Training

- Team Cohesion
- Goal Setting & Motivation
- Emotion Control
- Leadership Training
- Finding Ideal Muscle Tension
- Visualization Training
- Concentration, Focus & Attention Control
- Anger Management
- Problem Solving Skills
- Time Management
- Individualized Psychological Skills Training Programs
- Burnout Prevention
- Mental Skills for Overcoming Injuries

Coach Education

- Coaching Assessments & Feedback
- Leadership Effectiveness
- Communication & Motivation
- Effective Reinforcement Methods
- Organization/Time Management

Reserving Services

Follow the steps below to get more information, meet Dr. Neff, and choose the services that are right for your program:

- 1) Call (214) 773-4813 to make an appointment.
- 2) Dr. Neff will come out to your school for an initial meeting. This meeting involves assessing the specific needs of your athletic program and discussing service options.
- 3) Create a schedule for sport psychology services to be provided.
- 4) Reserve dates with 50% deposit, balance paid by last session