



Mental Advantage Products Page

ONLINE COURSE:

- Description: Mental advantage is a year program that enables you to obtain your optimal sustainable success seeking a goal of value. The current course offered is for athletes seeking to become basketball champions. You will be provided a step by step course to carry out over one year. Upon completion you will have graduated from the base stage for exceptionalism as a championship caliber basketball player.

Mental Advantage Table of Contents

Course Objectives:

- This course introduces techniques that when practiced daily, will give the student of basketball, whose goal is to become a leader at the sport, a mental advantage when practiced with the physical routines and requirements of basketball under the direction of a coach. It has been shown that all sports are 80% mental focus. This course trains the athlete in attaining that focus to optimize performance. The course work includes relaxation and visualization techniques, general nutrition guidelines, and thought tracking for developing self talk that is consistent to goals set by the basketball player.

Course Requirements:

- Minimum One Year Commitment- Practice must be consistent during the year to reach your potential and achieve success. You will gain the mental tools necessary to give you a “mental advantage” in achieving your basketball goal.
- Course is a 52 week course. Weeks 1 -3 will be gaining introduction to relaxation, visualization and thought tracking techniques. During the first week you will also be introduced to the nutrition guidelines that you will need to keep in mind throughout the course. In the subsequent weeks you will have daily practice using the techniques described and practiced in the first three weeks.
- During the entire course, you are required to keep THREE journals. One for logging daily food intake, one for a daily log of your thoughts, and the last journal logs how many minutes you spend mediating and visualizing your basketball goal.
- Additional opportunities to enrich your experience will be offered such as readings, activities, and specific web sites that enhance your mental advantage.

PART I

Weeks 1-3 General Objectives / Relaxing and Clearing the Mind

- 1- Meditation Method**
- 2- Visualization Method**
- 3- Thought Tracking Method**

PART II

Weeks 4 -16 Taking Charge

- 4 - 6 - Power Talk**
- 7 - 8 - Thought Observation**
- 9 -12 - Assessment and Goal Setting Nutrition Log**
- 13 -15 - Nutrition Log**
- 16 - Champion Mindset Part 1 of 3**

PART III

Weeks 17 - 30 - Deliberate Practice /Self Reflection

- 17 - 19 Passion Assessment**
- 20 - Nutritional Journal Renewing Commitment**
- 21 - Identifying Repetitive Thought**
- 22 - Thought Replacement**
- 23 - 24 - Overcoming Fear**
- 25 - 27 - Visual Meditation**
 - Task 1 - Visual Collage**
 - Task 2 - Situation readiness**
- 28 – Essential Reading- Online Articles to Enhance Development**
- 29 - 30 - Tracking Your Progress- Champion Mindset Part 2 of 3**

PART IV

Weeks 31 - 45 - Putting It All Together: Capturing Progress, Lock-in Good Habits

PART V

Weeks 45 - 51 - Tracking Your Progress Champion Mindset Part 3 of 3

52 - Certification and Feedback

- **NOTE: Post Graduation:** Upon completing the Online Course you will receive a certificate of graduation and be welcomed into a circle of success warriors. Completion of this course provides you the tools and habits required to build on the new successful you. Graduation is not the end of the program but the beginning. The life long journey to fulfillment of the course starts now. Further individualized direction is possible for expert guidance on your goal. Please contact me regarding the possibility of obtaining further consultation (MentalAdvantage@outlook.com).
- **Post Graduation private Consultation Cost:** TBD based on time invested, goal type, and level of instruction needed.
- **Online Course Cost: \$680**
 - **To enroll and obtain login codes contact:**
MentalAdvantage@outlook.com

ADDITIONAL GROWTH OPPORTUNITIES:

Note for any Mental Advantage Courses offered or additional growth opportunities listed below: We reserve the right to cancel any program offered at anytime for any reason, even if progress has commenced, so long as any paying participants impacted are given a full refund. Potential reasons for cancelation include but are not limited to: 1) Conflict with the instructor's schedule, 2) Minimum client sign up not being met. Should such variables pose a conflict the course may be cancelled and refunds will issue.

- **SCOUTING SERVICES & REPORTS:**

- Description: Receive a through 12 point player assessment report card based on three scouted games. Obtain a player profile online posting accessible to all basketball recruiters (NBA, high school, collegiate) for marketing/ career advancement purposes.
- ***VISUAL PROFILE:***
Description: Receive a multi-media profile created by working with you. It will be composed of photographs and film. Part of the media will be from three recorded games.
- Cost: \$1,350 (individual)
 - -Financial assistance may be available
 - Or bulk pricing (For example: A fifteen person team \$300 per person)

- To express interest in enrollment contact: MentalAdvantage@outlook.com

- **CUSTOM BASKETBALL CAMP EXPERIENCE:**

- Description: Sign up to attend a week long basketball camp. Expert ball handling, shooting, defensive and offensive foot work drills are highlights. Throughout the camp you will receive inspirational speech designed to provide you the mind set of champions. The camp is the result of the program's inventor's observation of the Nike All-American camp, participation in Five Star Basketball Camp. Further the inventor has had NCAA Championship success and is an AAU champion. During his development he interacted and or trained with Samaki Walker, Antonio Daniels, Michael Reid, Adonal Foil, Trajan Langdon, Jahadi White, Lawrence Funderburke and Derek Anderson. These are all NBA players. Some are NBA Champions. A sure value for anyone seeking to be a champion.
- Cost: 1 week \$375 per camper

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- **MOTIVATIONAL SPEAKING:**

- Description: Motivational speech consisting of cutting edge techniques to focus your mind on obtaining optimal sustainable success. Interact with literature from David Campbell, Eckert Tolle, Michael Jordan, and Phil Jackson. You will laugh and may cry but you will leave inspired with some tools to take forth in your journey to success. A must attend for anyone seeking success.
- Cost: 1 hour flat fee of \$479 per hour for a team size group of 15.
 - It is possible a larger group can be accommodated, depending on the location costs.

- To express interest in enrollment contact: MentalAdvantage@outlook.com

- **TRAINING FOR TRAINERS:**

- Description: This is a train the trainer course designed to allow you to create additional Mental Advantage Ambassadors. More instructors can only add to any culture of success. Choosing to adopt this approach will assist continued exceptional attitude and productivity.
- Become a Mental Advantage Ambassador for your group.
- Cost: TBD based on organizations size and special goals

- To express interest in enrollment contact: MentalAdvantage@outlook.com

- **PRIVATE COACHING SESSIONS:**

- Description: Obtain individual instruction on:
 - Shooting
 - Conditioning
 - Strength
 - Mental toughness, emotion stability under pressure and thought control
 - Cost TBD based on individual needs, duration and scope of training.

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