

Under pressure, will you break down or break through?

Do you perform well at certain times, but poorly at others? Do you work hard and have the capability, but still fail to consistently get the results you expect and deserve? Do you know exactly how to become a clutch performer? The answers to all these questions exist not in your physical ability to execute a skill, but in your set of mental skills used in



Is good balance emotional or physical? Or both?

performance. To succeed, you need a plan that is guaranteed to work if you execute it precisely. Mental skills training is the study of what successful athletes do. Your performance will improve from knowing exactly what to do and when to do it. You will learn strategies for anchoring successful thoughts, feelings, and behaviors and routines that guarantee your best effort in each performance!

Today's society usually teaches the physical skills of performance impressively well, but **it's a sink-or-swim world when it comes to mental skills.** Help is now available! If you have invested significant time or money into your performance, but have not maxed out your potential, then you cannot afford to miss Coach Traub's Mental Skills Training!

Learn to imitate the mental techniques of Michael Jordan, Tom Brady, Tiger Woods, and Greg Maddux

Learn how to come through in the clutch!

Private Consultations:

Personalize your instruction for only \$75/hour.
Free initial phone consultation.

For more information:

Visit www.CoachTraub.com

call Coach Traub @ 214-264-4373

or E-mail: aaron@CoachTraub.com

Team Workshops; Seminars;

Baseball or Softball Mental Skills Camps;

Baseball Showcase Camps.

Check the website for the next event near you!

Want the benefits of mental skills training without the high cost of private consultations?

Small-Group Mental Skills Training is now available on Sundays in North Irving.

Each session is 90 minutes and only \$30.

It's limited to the first 8 student-athletes to register each week. Buy 3, get 1 free.

Register online or by phone.

Client Reviews:

"My daughter really got a lot out of hearing you speak, and she purchased your book. This is a kid who hates reading! I've caught her reading it several times already."

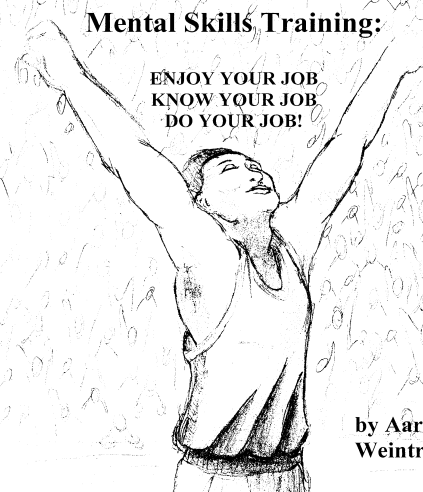
"You turned our season around"

"Thank you for coming and sharing your knowledge, and I hope it has impacted more members of our team because if it did, I believe we will now be much stronger."

"Coach Traub gives athletes an edge over their competition." -Heath Autrey, Head Coach, TCL Champion Coppell Copperheads

Finding Your Peak Performance with Mental Skills Training:

ENJOY YOUR JOB
KNOW YOUR JOB
DO YOUR JOB!



by Aaron Weintraub

Coach Traub's Book is available now for only \$15!