



## **PEAK PERFORMANCE COACHING**

### **TAKING YOUR GAME TO A NEW LEVEL**

**Peak Performance Coaching** is designed for young student athletes who want to take their game to a higher level by applying the secrets and techniques world-class athletes use for their mental game. Using the extremely powerful ACE Training method, athletes raise their *Awareness* of their mental game, engage in the most sophisticated *Coaching* techniques, and then *Execute* a customized game plan unique to their sport, skills, and ability. Athletes are introduced to the 'Five Pillars of PRIDE' Peak Performance Program and taught how to utilize them to be better prepared and focused to elevate their performance both on the field and in the classroom.

### **COACH RANDY**

Randy Nathan, MSW, PCC (also known as Coach Randy) has been involved with competitive sports for over twenty years. Having coached All-Americans, college athletes, and Middle/High School standouts, he truly understands what it takes to guide young athletes to reach their full potential. Coach Randy is an international keynote speaker, coach, trainer and workshop facilitator. His hands-on experience, coupled with his background, education, training, and contagious enthusiasm has proven to be extremely effective in helping student athletes reach their true potential.

Peak Performance Coaching is a culmination of over twenty years of commitment to young and elite athletes. It is designed for athletes who understand the significance of the mental game and want to push themselves to an entirely new level to reach their full potential.

### **VALUE ADDED BENEFITS**

- ✓ Develop the tools and confidence to succeed both on and off the field
- ✓ Utilize a fun and innovative approach to impact performance
- ✓ Identify the numerous mental skill sets to improve their game
- ✓ Add a powerful dimension to their game plan
- ✓ Maximize their athletic potential and performance

### **EVERYTHING ELITE ATHLETES NEED TO SUCCEED\***

- ❖ Bronze Package – Basic Mental Coaching
  - 4 Individual Coaching Sessions (virtual/phone)
  - 'Five Pillars of PRIDE' Program
  - Unlimited Texts/Emails
  - Mental Training Handouts
- ❖ Silver Package – Basic + ACE Training
  - Bronze Package, but 4 Individual Coaching Sessions done in-person (if possible)
  - Peak Performance Mental Attitude Assessment
  - PPMMA Debrief
  - Customized Mental Game Plan
- ❖ Gold Package – ACE Training + SSA Conditioning
  - Silver Package
  - Strength, Speed & Agility Conditioning
  - Athlete Observation & Feedback

*\*Contact Project NextGen for package rates*

PEAK PERFORMANCE COACHING is for student athletes who want to maximize their potential and take their skills to the next level. If you are looking for a way to improve your game, PEAK PERFORMANCE COACHING can help you maximize your athletic potential and sports performance.

Additional services are available including customized athlete dvds, showcase preparation, parent, family, and team mental coaching.

Project NextGen

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