

Coaching Program “Mastery of Sports Mental Toughness”

“The mental toughness work David does is a serious contribution to athletes and their performance. He offers a HUGE competitive edge that I didn’t even know was available by getting players to access their untapped, full potential with his highly effective methodology. It’s like nothing I have ever seen! If you want to win more, take it to a new level or tap the full potential of your body, I highly recommend you talk to David!”

Duane Clemons, Defensive End; 1996 NFL First Round Draft Pick;
Minnesota Vikings (96-99); Kansas City Chiefs (00-02); Cincinnati Bengals (03-05)

Background:

There is more to sports than physical ability. The mental aspect of the game is often what makes the difference between winning and losing. Regardless of its importance, mental toughness is often overlooked or passed by all together. There is usually more opportunity to develop one’s physical ability than the mental part of the game.

This is often due to insufficient access available to impact this area. As a result, many people are left unsupported in the mental arena of sports, causing them to be deprived of the full potential of performance, effectiveness and victory available.

Intention of the Program:

Gain the ability to generate outstanding mental toughness on demand, giving players the ability to use the mental aspect of the game as a tool to win.

Participants will leave the program with:

- **Players on average increased their ranking by 25% within 2 months and 45% within 6 months**
- Playing as well in competition as in practice
- Peak performance at crucial moments and in challenging or high stakes situations
- An entire team be operating on the same page
- Increased tenacity, confidence and motivation
- Freedom from pressure, anger and upset
- Ability to avoid ‘choking,’ maintain the lead and make a significant comeback
- The freedom and power to be in the moment, fully engaged in the game
- Greater ease and speed in learning the physical components of the game
- Increased enjoyment and satisfaction while playing the game

Coaching Program:

A custom tailored Workshop to address the unique needs of each team, consisting of an in-depth inquiry into the realm of what the participant(s) do not know about themselves and their choices that will transform and elevate their mental toughness to win in sports.

“I’m very impressed- if you want an advantage, talk to David. What he provides is not just a useful, but vital tool for performing and winning. His work does not just apply to soccer, but any athlete in any sport that is looking for an advantage and hungry to win. A ‘must have’!”
Kip Kelley; Grinnell College; Soccer Team Letterman 2002-05; Team Captain 2005;

Coaching Program Outline with Specific Outcomes: (preliminary)

The Coaching program will address issues specific to the players regarding the mental side of the game. The workshop will consist of some strategy, but will mostly entail an in depth inquiry into the realm of what the participants do not know, revealing blind spots that are barriers to their reaching the next level in mental toughness. In uncovering these “blind spots,” players will cause a breakthrough in their mental game, and develop tools and capacity for toughness and rigor, allowing them to begin the mastery of mental toughness.

- **Team Building:** There are often factors such as animosity, doing things one’s own way, selfishness, lack of trust or “stardom” that get in the way of a team operating as one. This has a severe impact on performance by impeding the collective efforts of each team member.
 - **The team members will cause a breakthrough in their ability to operate as a team of one by becoming mutually supportive and caring about team results as much as individual results.**

- **Eliminating the Blame Game:** Athletes commonly blame teammates, coaches, playing conditions, equipment or other circumstances for losing or poor performance, unknowingly decreasing their own ability to be effective, play at a high level and win.
 - **Players give up the paradigm of blame in practice and competition and become responsible for their own results, giving them the say in the matter of generating high performance and victory.**

- **Focus and Clarity:** One’s head is filled with various worries, concerns and stray thoughts before competition. Unaddressed, they remain in the background and have a detrimental effect on a player’s performance, causing tightness, lack of concentration and avoidable mistakes.
 - **Participants will gain the tool of becoming ‘clear’ before a game or match, allowing players to dissolve anxiety and nervousness beforehand and execute peak performance right out of the gate.**

- **Integrity:** Integrity is the base for large results but difficult to instill in the culture of a team, yielding diminished work ethic, team workability and results.
 - **Players gain a powerfully relationship to their word, do what they said by when they said they would do it and create a solid foundation for extraordinary results.**

- **Controlling the Momentum:** Momentum is mostly seen as a phenomenon that is out of the hands of the players, shifting back and forth seemingly uncontrollably but often dictating the results of the game or match.
 - **Players gain a heightened awareness of momentum, and the ability and skill to manipulate, regain and control the momentum in a game.**

“The work David does is amazing. Just like a strength coach builds your body’s muscles, endurance and power- he specifically does the same thing with your mindset so you can get your mind right to focus and win. And just like a strength coach, your performance in the end is greatly enhanced. If you are not using David, you are missing out.”

Will Tipton; St. Mary’s College of Maryland; Varsity Lacrosse; Varsity Rugby

- **Maintaining the Lead and Mounting Comebacks:** Choking is one of the most common and dangerous pitfalls in competitive sports, causing enormous upset, frustration and letdown for players who lose a hard-earned lead.
 - **Participants gain the ability to not only maintain the lead and avoid choking, but also learn to leverage this former pitfall to gain an expanded ability to make a significant comeback.**
- **Eliminating Burnout:** High performance athletes easily forget they are ‘playing’ a sport, and they start ‘working’ their sport, causing the game to occur as labor and driving themselves to become burned out, exhausted and dissatisfied.
 - **Players will get in touch with what inspires and excites them about competition, not only preventing burnout, but also causing them to be motivated, inspired and enlivened about playing and practicing.**
- **Developing Leadership:** Most of the time, leadership among players arises due to seniority or experience, giving coaches little say regarding which player becomes a leader and when.
 - **Each and every player gains an increased ability to be a leader and acquires what it takes to exercise leadership effectively.**
- **Playing At A New Level:** Players can have difficulty adjusting to a new and higher level of play, causing discouragement, long-term poor performance or unnecessary attrition among talented players.
 - **Players gain the ‘toughness’ to successfully transition to the new level faster and more easily, allowing them to make the cut and quickly perform at a high level.**
- **Stopping Upsets:** Something can happen in a game or match to upset a player, and he or she can continue to be upset, hampering performance and causing losing.
 - **Players will give up being upset during competition and learn to leave past mistakes in the past, allowing for the ability to keep a fresh frame of mind and full concentration.**
- **Existence and Practice:** Mental toughness is a muscle like any other. However, most people do not exercise it nearly as much as physical endurance, so their mental toughness and ability to perform fades relatively early or at crucial junctures of a game or match.

- **Players gain the knowledge and muscles to keep mental toughness strong and alive throughout an entire game or match, allowing for a strong inner game from start to finish, and in high stake situations.**

"David does very high quality work. I don't really believe in any of this mental training stuff EXCEPT for what he does- REALLY. The immediate and lasting increase in ability, performance and teamwork that David provides is amazing. If you want to win, you need to have this, otherwise you better hope you're not going up against someone who does."

Antonio Cancino Baeza,
Instituto Profesional de Santiago Soccer Team

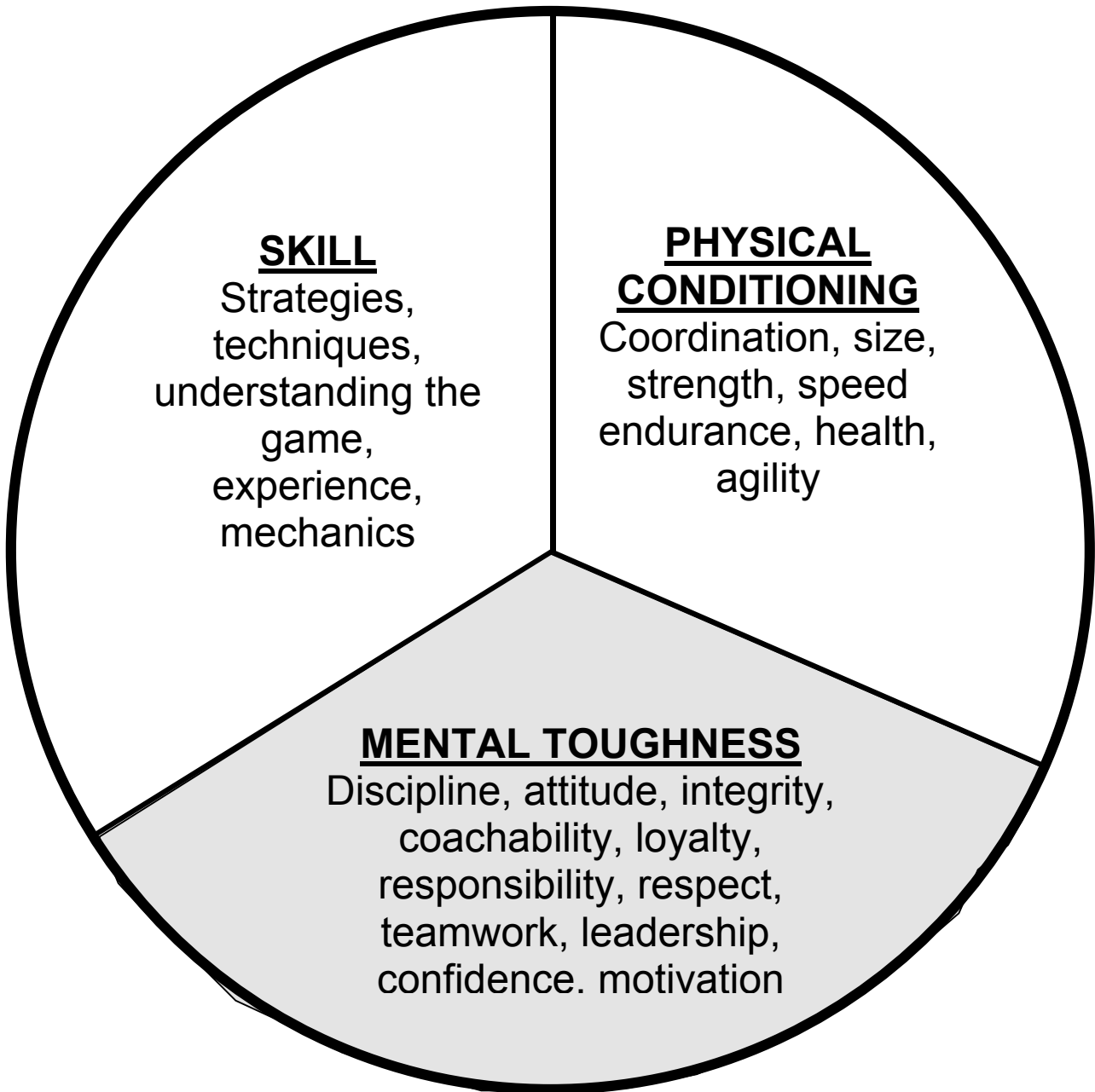
- **Playing Full Out:** Everybody has a relationship to winning and losing, oftentimes one that is not empowering. Undistinguished, players easily become attached to the results, get tight and playing far worse in competition than in practice.
 - **Participants will distinguish their hidden relationships to winning and losing, providing them with the ability to effectively execute their game plan, play full out and perform up to their full potential.**
- **Intention and Visualization:** During crucial points, players often just tell themselves to concentrate, do not mess up or try really hard, which has a limited amount of effectiveness.
 - **Participants will gain the tool of visualizing an intended outcome and mental state, causing a greater capacity to powerfully getting their head in the game and be focused at important junctures.**
- **Staying In the Zone:** Players often get in the game or match and hope to play 'in the zone,' while peak performance appears to be a random or uncontrollable phenomenon.
 - **Players gain access to consistently generating peak performance and being in the zone, allowing for reliable high performance and consistent play.**

"I am writing on behalf of Mr. David Groemping. I have had the pleasure of knowing David for many years now. He does great work, covering individual to a whole team's mental toughness. He is able to instill the qualities that every coach wants in their players such as motivation and teamwork. Also, David helps players display a positive attitude in a fast way that works on and off the field!"

Joshua Moffatt; Wheaton College Lacrosse

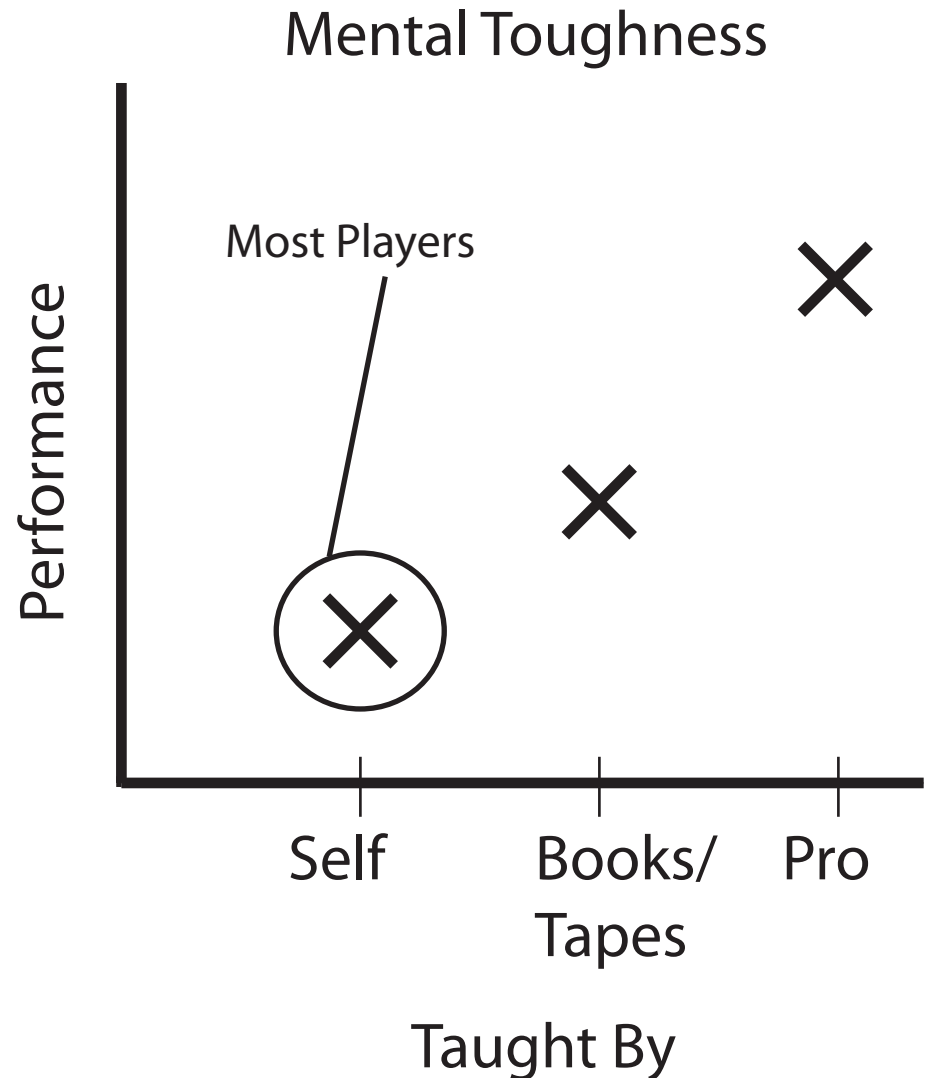
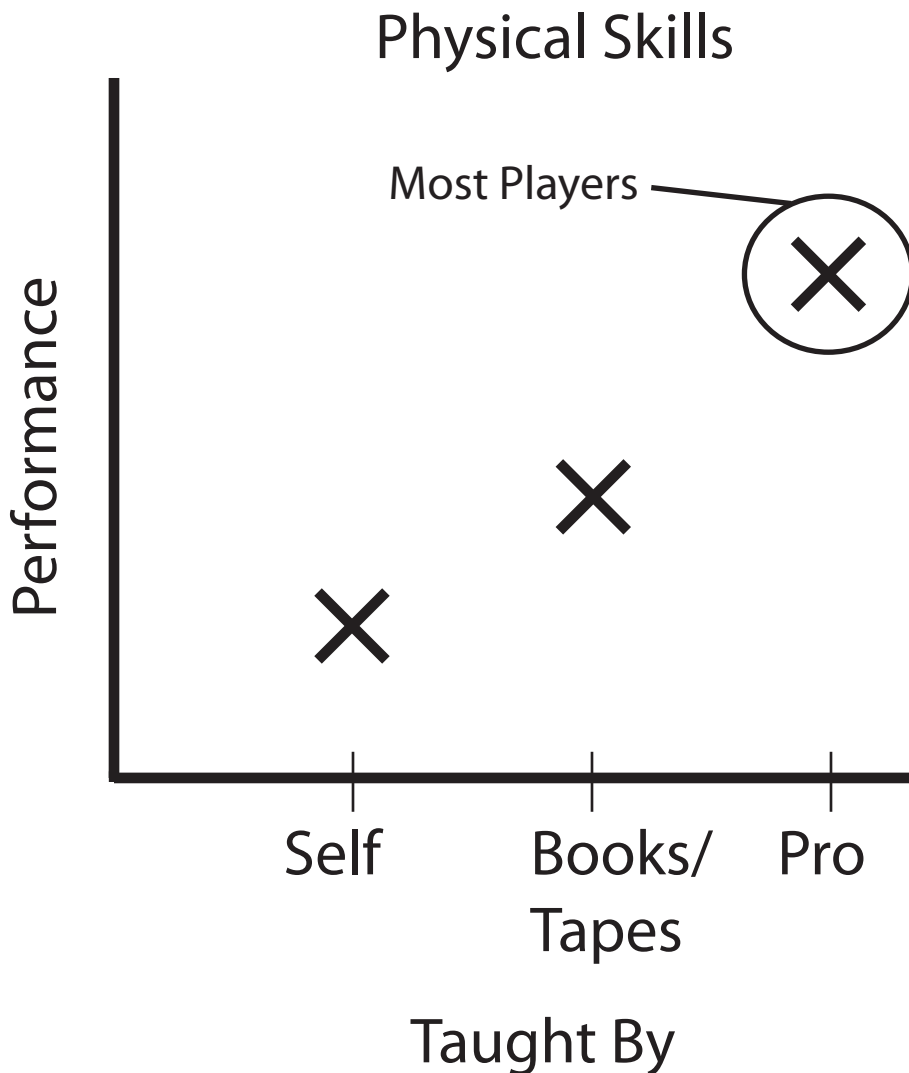
- **Power:** Power is what is needed to generate mental toughness.
 - **Participants will be coached to increase their power, increasing their ability to generate mental toughness at any time, regardless of the circumstances or other outside factors.**

Overall Ability



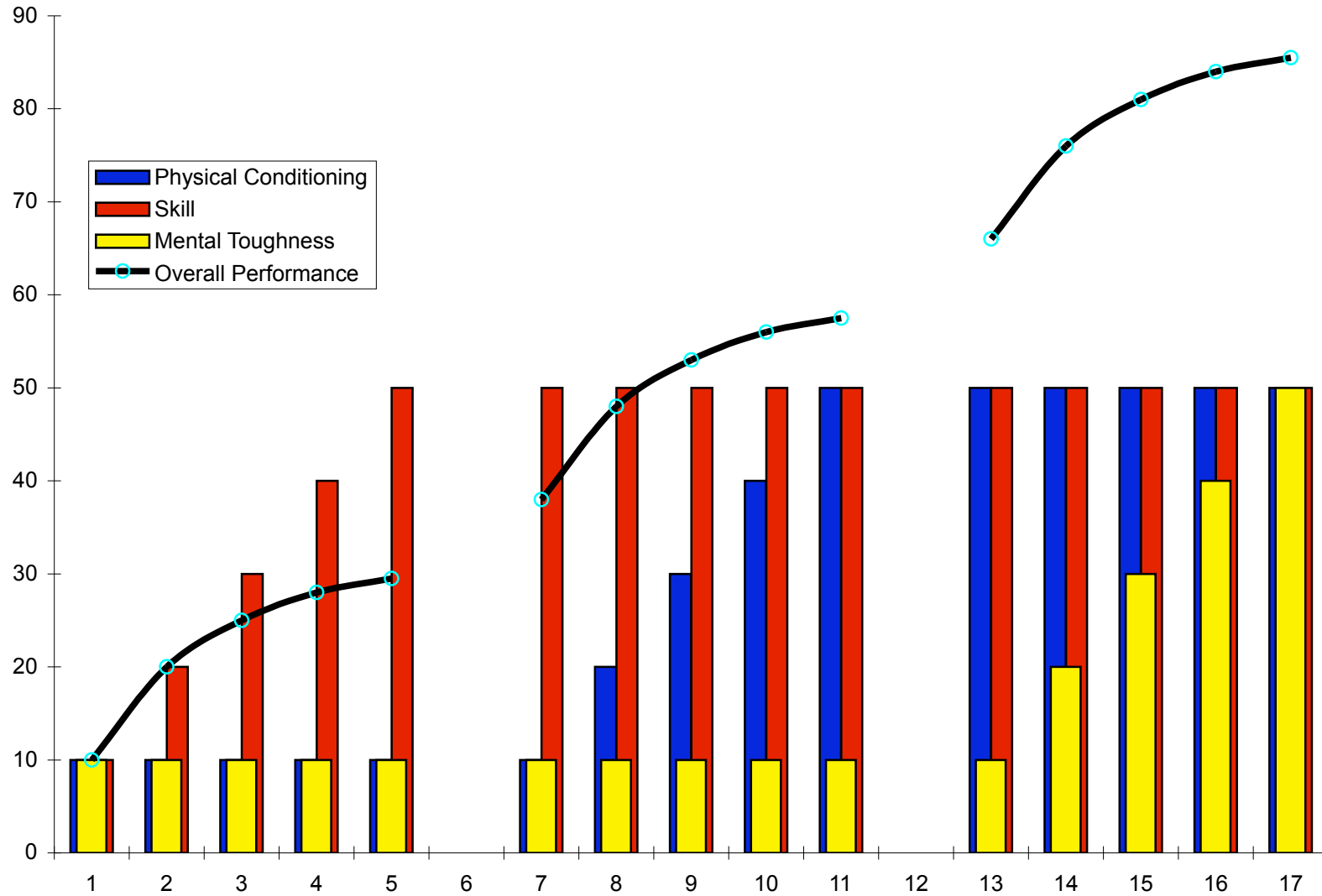
Self vs Pro Taught

The vast majority of players have self-taught mental toughness, synonymous to being self-taught in the physical skills of the game, giving equal levels of performance and effectiveness.

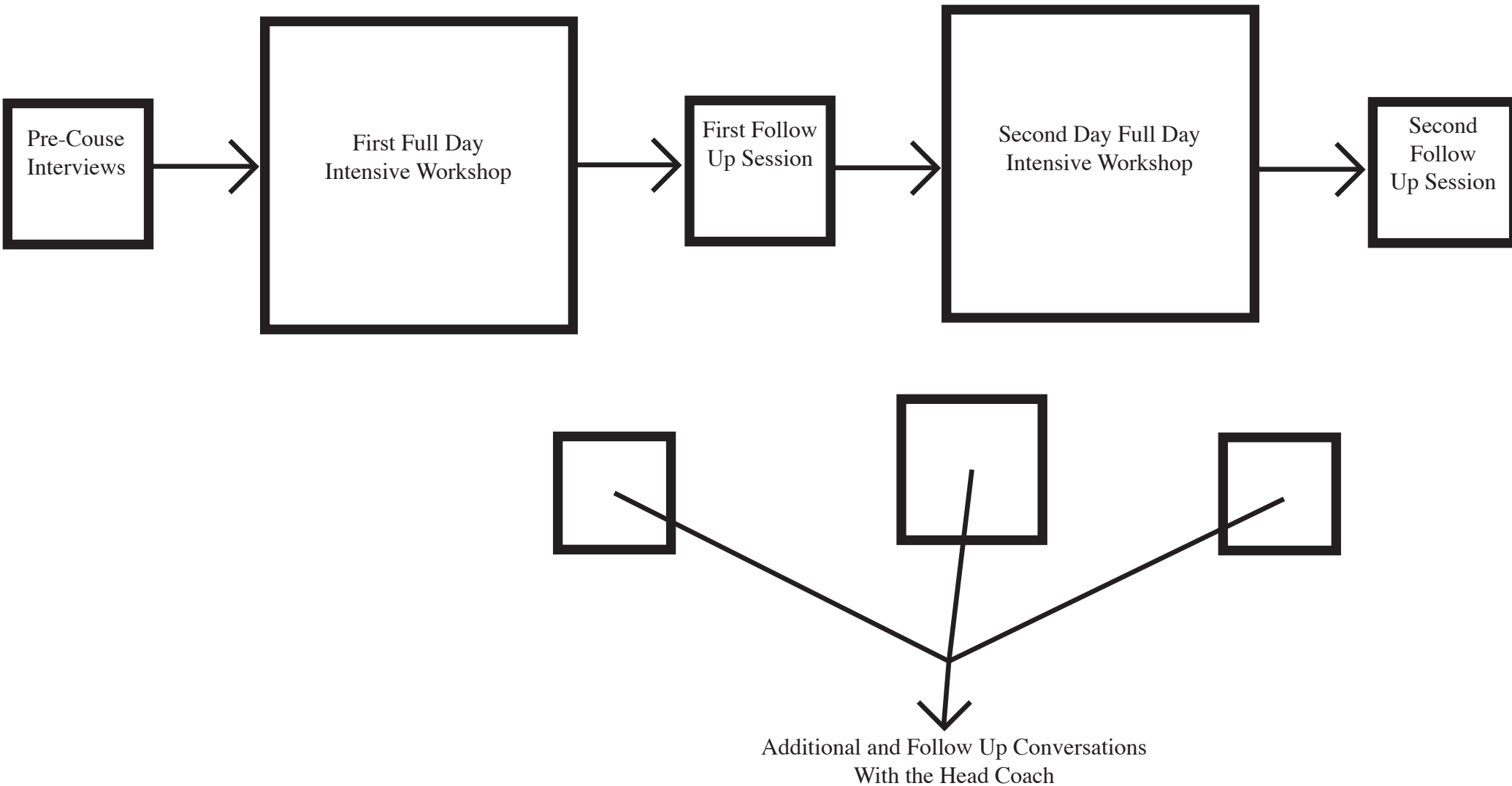


Sports Training Areas

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Mental Toughness Workshop: Option 1



Mental Toughness Workshop: Option 2

