

3rd Annual Seminar

(Sunday, January 22nd, 2012, 4-6 pm):

**Peak Performance for Baseball:
Keys to “beefing up” your Mental Game**

PRESENTERS:

Dr. Ben Strack

Proball, Inc.

Sport Psychologist, Book Author

and

Shawn Green

Former MLB All-Star, Book Author

Proball Seminar

In today's highly competitive world of baseball, athletes are looking for ways to get bigger, stronger, faster and more mentally equipped to excel in their game. The purpose of this 2-hour hands-on course is to introduce players, coaches and parents to the latest, most advanced training techniques and technology for the mental game of baseball. In the first hour of the seminar, Dr. Strack will present several mental skills and techniques that will help you perform at your best. In the second part of the seminar, participants will gain a better understanding of the daily inner struggle and pressure to perform at the major league level. Shawn Green, Gold Glove winner, MLB All-Star, Silver Slugger winner and author of “The Way of Baseball: Finding stillness at 95 MPH”, will share some of the key moments in his career that helped him develop resilience, mental toughness, and the art of “letting go”.



BASEBALL TRAINING FOR MIND AND BODY

Seminar Learning Objectives:

Lecture 1

Introduction: managing and harnessing your mental game to maximize results on the field

- Develop a "Mission Statement" to help you reach your full potential.
- Improve concentration and the ability to get in the "zone" quicker
- Develop confidence boosting strategies
- Visualize success! Using imagery to set the "tone" for more consistent at-bats
- Manage adversity and distractions during competition
- Channel competitive/distracting energy into a highly focused state
- Identify competition "stress warning lights" and learn how to use these cues to make helpful performance adjustments.

Lecture 2

Introduction: Major League Baseball Routines

- Gain insight into the life of major league baseball
- Preventing common stresses of baseball from getting in the way of enjoyment
- finding "stillness" or a "quiet mind"
- learn tips about the mind-games between hitters and pitchers
- use daily routines to lock in your potential



BASEBALL TRAINING FOR MIND AND BODY

Proball Seminar Registration Card (Ages 10 & up)

Players \$55/each; Parents/Coaches \$25/each

Name(s) _____ Age(s) _____
_____ Age(s) _____
_____ Age(s) _____

Address _____

How many kids will attend? ____ How many adults will attend? ____

Total amount enclosed \$ _____

Email: _____ Phone#: _____

Comments: _____

Location/Date/Time:

Proball, Inc.

2668 S. Grand Ave, Santa Ana 92705 proballbaseball.com

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Registration Fees Due by: Jan. 20th, 2012

Send Payment to address above