



Parent & Athlete – 2 for 1

A seven-week foundation program for leadership, winning and fun

Zone Foundation

With the SportExcel Parent & Athlete version of the *Ignition Series*, you and your young athlete learn to support each other and build a system for winning, leadership and fun. You learn to implement a powerful Zone in only seven weeks - your teen athlete in sport and school, and you in work and/or coaching.

Via Skype, you train alongside our child for a hands-on and strategy-based series where you'll be empowered to eliminate the fear of failure, nervousness and even intimidation.

The two of you will learn to:

- Identify and develop your Zone and apply it in all areas
- Model the skills of elite athletes, students, mentors, etc.
- Access adrenaline easily, any time you need it
- Learn to lead in all situations
- Build skills and visual acuity, strength, speed, power, etc.
- Create excitement and displace anxiety and fear

"She is a completely different player since working with Bob. In the last tournament she scored half of the team's 15 goals. She has more confidence and fun and has developed a scoring touch around the net." — AK, Canada

The Parent & Athlete one-on-one training package includes:

- A free, introductory, no-risk session where you dive right in and learn how the Zone will elevate your game
- Six - 45-minute coaching sessions for parent and teen athlete where you learn the tools to support leadership and winning
- Weekly review of the material at the start of each session
- Follow-up written, audio and video material
- Direct contact with trainer, Bob Palmer during, and for a short period of time after, your training period
- Comprehensive program manual
- Complimentary copy of Bob's book - *A Mind to Win or Mind vs Target*
- A system you'll use for life in sport, school and work

Note:

- For one parent and one child (11 – 17 years of age)
- Ask us about our small-group training to include more family members, teammates and colleagues

895.00 + applicable tax

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 Space is limited

