



# Parent & Athlete - 2 for 1 Mastery

14-week elite program for leadership, winning and fun

## Zone Mastery

This mastery version of the SportExcel Parent & Athlete program is comprehensive. You and your young athlete learn to support each other and build a system for winning, leadership and fun over the whole season. You learn to implement a powerful Zone in only seven weeks - your teen athlete in sport and school and you in work. In addition, you get seven weeks of additional strategies and support to ensure success throughout the season.

Via Skype, you train side-by-side for a hands-on series where you'll be empowered to eliminate the fear of failure, nervousness and even intimidation, as well as become a team leader.

#### The two of you will learn to:

- Identify and develop your Zone as a skill and apply in all areas
- Model the skills of elite athletes
- Access adrenaline easily, any time you need it
- Apply your leadership skills in all situations
- Develop visual acuity, strength, speed, power, etc.
- Create excitement and displace anxiety and fear
- Plus seven powerful leadership and focusing tools

*"My wife and I now have an active role that we never had before and it makes a considerable difference. We would recommend it to anyone wanting to advance."* — GE, USA

#### The Ignition Series one-on-one package includes:

- Seven - 45 minute weekly Skype sessions for parent and athlete with Bob Palmer (Ignition Series)
- Five - 45 minute weekly sessions with parent and athlete (Velocity Series)
- Two - 45 minute strategy sessions for parents to learn Zone Leadership to support their athlete
- One-on-one sessions with Bob Palmer, High Performance Trainer
- Follow up training material via email with audio, video and articles
- Session to session guidance as required
- Comprehensive program manual
- *Mind vs Target or A Mind to Win* paperback book

#### Note:

- For one parent and one child (11 – 17 years of age)
- Ask us about our small group training

**1,495.00 + applicable tax**  
(savings of 295.00 as a combo training package)

Toll-free: 877.967.5747 | Int'l: 705.720.2291  
Email: [caron@sportexcel.ca](mailto:caron@sportexcel.ca) | Skype: sportexcel  
[www.sportexcel.ca](http://www.sportexcel.ca)  
Space is limited

