



THE "GOOD TO GREAT" ADVANTAGE

For the past 25 years, high-performance coach, Bob Palmer has been empowering thousands of athletes around the globe to go from *good to great*.

Bob's SportExcel formula has been helping athletes to stand out, get noticed and achieve their scholarship dreams, as well as Olympic medals and professional contracts. The advantages you can expect are listed below.

FROM GOOD

TO GREAT, WITH SPORTEXCEL

1 Team player

1 Team leader

2 Skillful, good learner and coachable

2 Outpaces peer development

3 Affected by coach, opponents, teammates and a good or bad game

3 Leads coach, opponents, teammates and game without exception

4 Driven by parent(s)

4 Self-driven and supported by parent(s)

5 Works hard, but is not sure how to improve

5 Always looking to improve—win or lose—and has the tools and support to do it

6 Good member of team

6 Irreplaceable member of team

7 Influenced by others on team

7 Always influences team to play better

8 Good academic student

8 Great academic student

9 Generally plays on par with peers

9 Plays one level ahead of peers

10 Usually mentally tough

10 Has strategies to resolve almost any problem

Disadvantage:

Can have periodic slumps and may be afraid to ask for help or doesn't know help exists

Advantage:

Just a cellphone call away for help from Bob Palmer—and uses his assistance

SportExcel/ 1-on-1 high-performance coaching is the difference maker
Contact Bob for the "good to great" advantage: bpalmer@sportexcel.ca