

Aaron Weintraub, Performance Consultant
Mental Skills Coach for Baylor Baseball, UCA Softball, UH Softball, and you!
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REGISTER ONLINE TODAY!

Softball or Baseball **MENTAL SKILLS CAMP**

Saturday, September 20 @ Sandlot Academy in San Antonio

Ages 13-18; Limit 50 campers. 9:00-2:00
11909 Starcrest Drive San Antonio, TX 78247

Dear Student-Athletes,

Under pressure, will you break down or break through? Do you work hard *and* have the capability, but still fail to consistently get the results you expect and deserve? Do you know exactly *how* to practice to get the most out of your ability and be a clutch performer? The answers to these questions exist first in your set of mental skills and second in the way you practice your physical skills. To succeed, you need a plan that will work every time, as long as you execute it precisely.

By special invitation, you are cordially invited to participate in a softball training camp that is **guaranteed** to be the best day of camp you have ever experienced. Coach Traub's clients include Baylor and DBU baseball, and UH Softball. Now he wants to help you learn how to get the most out of your time and efforts on the diamond. He wants you to **WIN** the mental side of the game. Coach Traub, accompanied by a superb staff, will not only teach you to "*Know Your Job*," but will also lead you through practice sessions that will help you "*Do Your Job*" successfully. **Space is limited to only 50 campers**, so register today.

This will certainly be a camp unlike any you have ever participated in. Parents and siblings can listen and watch at no additional charge. Check out this schedule, and feel free to e-mail Coach Traub for more details.

- 9:00 Introductions and Mental Skills Training Overview – The Holy Grails: Focus and Attitude
- 9:50 Conditioning, Base-running, and Concentration; Defensive Fundamentals
- 10:45 Break, then Mental Skills Training - Handling Adversity and Pressure
- 11:15 Pitchers or Hitters and Fielders Pre-Performance Routines
- 11:45 Relaxation and Imagery Training
- 12:30 Hitting Stations (includes more pitching practice for primary pitchers)
- 1:50 Wrap-Up

Many of you are already familiar with Coach Traub. During his time coaching baseball at five different colleges, each program was nationally ranked in the top 25, and three were in the top 5. He has coached over 50 players who have gone on to play professionally. Baylor Coach Steve Smith says, "Aaron does a great job of presenting valuable information in a way that players can relate to and put to use." Coach Traub's guarantee to you is that if this is not the best single-day of camp you have ever experienced; simply tell him so after the camp. Your suggestion about how to make it better will be worth the money he will pay you: a 100% refund. Of course, that isn't very much. ***This camp is only \$60 in advance!***

It is important that you register ASAP online or by mailing this form to the address above. Your space will be confirmed by e-mail when your application form is received, so act quickly. Bring your gear and lots of positive energy!

Detach Here

www.CoachTraub.com

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Coach Traub's Mental Skills Camp 9/20 San Antonio Mental Skills Camp Team or Individual Performance Consultations Available

Camper's Name: _____ Parents: _____

High School: _____ Position(s) played: _____ Birth date: ____/____/____

Home Address: _____ City: _____ Zip: _____ Year You Graduate: _____

Varsity Letters Earned: _____ E-mail Address: _____ Phone: (____) _____ - _____

As of June, 2008

Print Very Clearly

Registration Paid (\$60): Cash Check # _____ Remember...**space is limited to the first 50 registrants.**

Or Late \$75; or \$45 for **3+ Teammates discount**. Payable to Coach Traub Refunds of \$45 will be given to cancellations received one week before your camp. Credit card payments accepted online.

Camp Price: \$75.
Register early and
it's **only \$60!**

**Satisfaction
Guaranteed!**

3+ Teammates:
Only \$45 ea.