



3D SPORTS LIFE COACHING

LIFE TRAINING ACADEMY



3D Sports Life Coaching 4 Athletes



What makes a great athlete? Practice

What makes a great person? Practice

Athletes become champions by being coachable, committed to excellence in their training, and disciplined to manage their time, energy and emotions. Every day small decisions lead to either championship results or disappointing performance.

Is your athlete being coached and trained for excellence in how to manage their time, energy and emotions?

Club 10 is "Life Training" practice to create championship results utilizing 3D Sports Life Coaching Tools.

3D Sports Life Coaching Tools Equip and Train your athlete in the following "Life Fundamentals"

- **TIME MANAGEMENT:** Gain an understanding of how to prioritize, say "yes" to what matters most and "no" to choices that lead to disappointing results
- **ENERGY MANAGEMENT:** Discover how to Rest and Recover by creating a "Play List" of favorite activities to do during down time, with friends and family that share a passion for fun and healthy life choices
- **EMOTIONAL MANAGEMENT:** Determine "Winning Strategies" and "Performance Barriers" that get in the way of being able to be and achieve championship results
- **GOAL SETTING:** Create a "destination postcard"- the journey to a defined destination of success, personally and academically- that aligns with family values

Meet the Club 10 Coach. . .Wendy Woudenberg

To me a "10" is a highlight in my life. I am committed to creating a life full of "10"- experiences and opportunities- that align with my personal goals.

The principles I learned growing up and playing sports defined and instilled in me great character qualities and life skills. Through these experiences I have had great successes, but what I have truly found to be the real success in my life is the opportunity that I can have a chance to work and make a difference in teen's lives!

All these experiences I will forever be grateful for, because through them, it shaped what I am called to do - be a Sports Life Coach.

Course:

Club 10 is designed for 10 or less participants - Club Members.

Course Details:

It is created based on the day and time that best fits the schedules and location of the interested Club Members.

Club 10 is offered after school for 6 weeks

Hosted Once a Week: Day, TBD
Time: After-school for One Hour
Location: TBD

Investment: \$250 for the 6 Weeks, per person

Registration:
www.pattersonsportsventures.com



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For more information on how to become involved in Club 10 contact Wendy at 602.397.0165