

Register by contacting
aaron@CoachTraub.com OR
Phone/Text: 214-264-4373

Free Workshops
@ each of the 2015 Elite
Diamond Sports Showcases

The workshop is 15-50 minutes.

Location is at fields unless
otherwise pre-arranged.

Time is at your team's request
first come, first-served.

Individuals may join a scheduled workshop
or request a private meeting.

HAPPY WE ATTENDED:

“The day after your Performance Seminar our team came back from 6 runs down and won.”

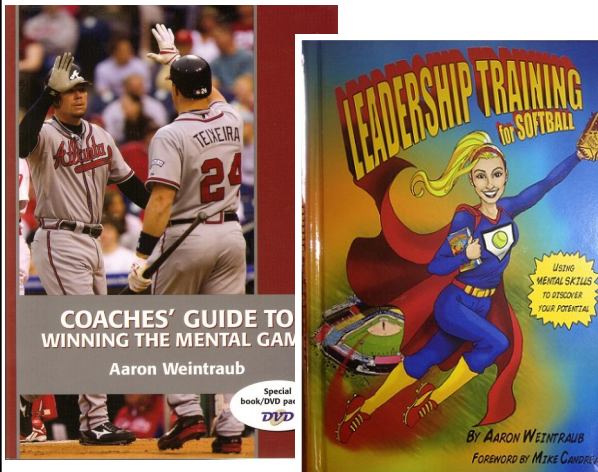
“We attended this event in Round Rock, then again in Plano. Our team's overall attitudes and performances have been greatly impacted.”

“Thank you for coming and sharing your knowledge, and I hope it has impacted more members of our team because if it did, I believe we will now be much stronger as a whole.”

“Thanks for your tips. Today I was relaxed and calm.”

Aaron Weintraub

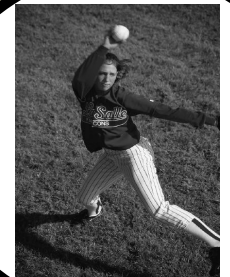
- Owner, www.CoachTraub.com.
- Nine years helping individuals, teams, and organizations ‘win’ the mental side of the game by over-delivering value on sport psychology goods and services!
- Local and National Clinician including ABCA, NFCA, THSBCA, and Glazier Clinics.
- Author of 2 books:



- M. Ed. from the University of Virginia, and B.A. from Emory University.
- Former College Baseball Coach for 13 years, including three at UVa.
- Coached college baseball at three schools that were nationally ranked in the top five.
- Certified Trainer for the Positive Coaching Alliance, a national non-profit organization.
- Clients have included Arizona, Baylor, UTA, UCF, NMSU, Houston, Ga Tech, Ole Miss, LA Tech, and many others.
- Disciple of Harvey Dorfman. Fan and imitator of John Wooden and Tony Robbins.

Elite Diamond Sports
College Showcases
Presents:

Coach Traub's Performance Workshops



Using Your Mind
to
Bridge the Gap
Between
Potential
and
Performance

You don't have to be sick... to get better! Learn to imitate the thought patterns of the world's greatest athletes.

Leadership: Making Your Teammates Better

Lead by Example: Consistent Best Effort because Winning Begins Now!

The workshop is 15-50 minutes short.

Time and Specifics — at your team's request.

**FIRST COME,
FIRST-SERVED.**

In addition to workshops for student-athletes, "Parenting in Athletics" is now an option for your team!

Contact Coach Traub to schedule or attend an already scheduled workshop:
aaron@CoachTraub.com or
Phone/text: 214-264-4373



**Register at: www.CoachTraub.com
or Phone or TEXT: 214-264-4373
or Email: aaron@CoachTraub.com**

Athletes want answers!

You don't have to travel to an expensive convention to find out how to be a mentally tough team leader.

You can do it!
Coach Traub can help.



Under pressure, will you break down or break through?

Coach Traub's Performance Seminar

Details and Distinctions to Help You Maximize Your Athletic ROI

Today's sports culture teaches the physical skills of performance impressively well, but it's often a sink-or-swim world when it comes to mental skills. This workshop will help you:

- 1. Get Better, Faster**
- 2. Work Effectively With Others**
- 3. Perform Consistently Under Pressure**

You are incredibly powerful, but wins aren't going to come get you. You've got to go get them. The goal is to accelerate your maturation in softball by discussing the details of how elite performers think, including how they flush the past, control their attitude (including confidence), and give their best effort (not just try hard) one pitch at a time.

FOCUS



*Is good balance
emotional or physical?
IT'S BOTH!*

COURAGE