

Abled Athletes

MENTAL IMAGERY

Disabled Athletes

SELF-TALK

MOTIVATION

MANAGING

EMOTIONS

GOAL SETTING

SKILLS

TRAINING

FITNESS

EMOTION

CONFIDENCE



THE ROAD TO ATHLETIC GREATNESS IS NOT MARKED BY PERFECTION BUT THE ABILITY TO CONSTANTLY OVERCOME DIVERSITY AND FAILURE.



clear your mind of "can't"



770 ATHLETE MINUTE: CHAMPIONS CONCENTRATE ON THEIR POWERS NOT THEIR PROBLEMS



THE ROAD TO SUCCESS IS ALWAYS UNDER CONSTRUCTION.



ANXIETY

MENTAL HEALTH

INTENSITY

TRANSFORMATION SPORTS

FOCUS

COMPETITION DEVELOPMENT

LIFESTYLE



YOUR ONLY LIMIT IS YOU.

DISABLED MEAN SUPPORTED-ABLED



THE ONLY PERSON YOU NEED TO BE BETTER THAN IS THE PERSON YOU WERE LAST TIME.



THE ONLY disability IN LIFE is a bad attitude. Scott Hamilton

