



Winning your
mental game
starting
today

In The Zone Student Athletes

The Fast and Easy Way to Relax,
Recharge & Refocus, Improve Grades,
Accelerate Recovery & Regain Confidence



IN THE
ZONE
Performance Centers



FROM THIS MOMENT

Year-round sports, travel clubs, camps, private training, conditioning, school work, test prep, social stresses, , and recruiting pressures - being the parent or coach of a student athlete is a tough job. We love our kids. We believe in them and in their dreams. But no matter how much time and money we spend, there's often still something missing. And that's where our Zone Team comes in. Quickly and easily, we use proven methods and the latest in scientific research to teach student athletes powerful techniques that not only help them reach their goals today, but also equip them with tools they can use for the rest of their lives.

BRING HOME THE GOLD

IMPROVE GRADES & TEST SCORES

Erase test-taking anxiety, improve mental recall & memory, develop lasting self-confidence, & comfortably speak in front of groups.

INCREASE ATHLETIC PERFORMANCE

Quickly & easily visualize & achieve game-winning success, relax, recharge, refocus, remove mental blocks, & regain confidence.

ACCELERATE RECOVERY

We'll work in a complementary role with your doctor, trainer or physical therapist to assist with pain relief & help you speed up recovery times.

GET IN THE ZONE

Athletes know the ultimate place to be while performing is "In The Zone." We'll teach you techniques to get yourself into that powerful state of flow.

...TO THIS ONE

**ALWAYS
A STUDENT
ATHLETE**



WINNING YOUR MENTAL GAME



Private Sessions

Looking for the "Gold Medal" in the world of Mind Performance Training? Then start with one-on-one sessions... always the fastest & most direct route to success. Phone/Skype available too.



Team Sessions

Coaches: Have you ever said to yourself, "*If I could just get (fill in the blank) into my athletes' heads...*"? Well, now you can. We help your kids with focus, relaxation, confidence, and of course, your specific team goals!



Zone Recordings

Our exclusive 3-part Zone Works Recording Systems are created specifically for your individual sport. They are perfect for busy people, since most of the "magic" happens at night as our head hits the pillow!

Would you Allot
5% of Practice Time

5%

to Gain an Extra
10% in Performance?

10%



IMAGINE

You're **CALM & RELAXED**, stress & anxieties are gone.

No longer afraid & unsure, rather **COURAGEOUS & CONFIDENT**.

RECHARGED & REFOCUSED, your mind is clear, your body's energized.

You've learned to be **PAIN FREE & RECOVERY IS ACCELERATED**.



His coach said that was the best game he's ever played!

She's more relaxed and so much happier now.

His test score went up!

Wow! I only wish we'd done this sooner.



In the Zone Performance Centers

Online: InTheZonePerformance.com

Text or Call: 720-532-2956

Call Toll Free: 866-8-THE-ZONE

Email: InTheZoneCenters@gmail.com

Main Office: 6860 S. Yosemite Ct., Suite 2000
Centennial, Colorado 80112