



FAQ's for AD's/Coaches

Question: How can your group/team workshops help my program?

The student-athletes and coaches will learn cutting edge mental toughness practices. On a physical basis the integration of mental toughness practices will help the athletes or team to maximize their skills, fitness, and technique. On a mental basis these practices will help them "get comfortable being uncomfortable" by working through setbacks with increased patience and confidence on and off the field. This process oriented approach creates a win/win scenario for everyone involved. The following are other ways I have seen how Inside the Zone Programs impact athletes:

- Empowers athletes to find their passion, purpose, and intrinsic reason for competing
- Helps athletes to work together to bring out each other's personal and team best
- Empowers athletes to become leaders, make choices and accept responsibility
- Helps athletes and teams embrace challenges and break through barriers
- Helps coaches bring the fun back to the game

Question: Do you do workshops for parents and coaches?

Yes! I realize the huge role that parents play in a child's competitive sports experience. A parent has the ability to be the program's biggest advocate or detractor. Most parents don't understand their role on the team

of coach, player, and parent and just how their behavior may adversely affect their child's performance and team goals. Additionally, I do workshops with coaches that focus on helping them to create and coach mentally tough and adaptable players.

Question: Do you do private one on one consultation with athletes?

Yes, this is the foundation of my private practice and the foundation of my group and team work. Referrals are a priority and very much appreciated.

Question: What sports do you work with?

I work with all sports at all levels. I have experience working with athletes as young as 10 years old all the way up through High School, College and Club organizations. Additionally, I have also worked with professional players in baseball, tennis, and billiards.

Question: How can we bring your services to our program?

It usually starts with a question just like this! And then turns to conversation in terms of what you're looking to accomplish and the goals. The more I know about your expectations and goals, the more I can customize a plan that will work best for your program.

The attached packet will list the services which I offer. We can customize a program based on content and length once I understand your goals.



Rob Polishook, MA, CPC is the founder and director of Inside the Zone Sports Performance Group. As a Mental Training Coach he works with athletes and teams at the middle school, high school, national, college and professional levels. His work focuses on helping athletes and teams gain the mental edge, often the difference between winning and losing. Rob has spoken to athletes, coaches, parents both nationally at USTA, USPTA, ITA conferences and internationally conducted workshops and worked with top ranked juniors in India, Israel, Switzerland and the Czech Republic. He was awarded the 2008 USPTA - Eastern Division High School Coach of the Year award. Additionally he has published articles in national publications including USTA and USPTA publications. Rob can be contacted about his private or team consultation at 973-723-0314, rob@insidethezone.com, www.insidethezone.com.