



## FAQ's for Kids

### How will working with you help me?

This is a great question. I can help in a few ways! Here are some of them:

- help you become a better competitor and give you a better chance to win!
- help you to gain the mental edge that all the top players have.
- provide you with the keys to the mental game and help you apply them in high pressure situations.
- gain more confidence in yourself and your game.
- help you focus and concentrate on what you can control and let go of what you can't.

If the mental game is between 50% and 99% of competition, are you spending enough time on it? Remember, the mental game is the glue that holds it all together.

### Does it mean I'm a "head case" or "broken" if I see a mental training coach?

Absolutely not. In fact, the vast majority of the elite athletes in the world work on the mental edge. What it really means is that you're committed to improvement and you're willing to take the extra step to be your best. Any serious athlete is very much aware of the huge impact of the mental game on peak performance, so I often wonder, why would such an athlete limit him or herself by ignoring the chance to improve their mental edge?

Asking for help is actually a sign of strength, not weakness. I once learned that your own shoulders can only reach so high, yet if you seek another to climb on their shoulders, you will reach greater heights.

Lastly, I never met a client that was "broken." Sometimes a client will say "I can't win the big matches" or "I'm not a competitor." The question here is what does it mean to compete? What does it take to win? We all get stuck at times (this is part of the process). It's impor-

tant to be curious and learn how to use all experiences, both positive and negative, to your future advantage.

### When will I see results?

This is another great question, and a bit harder to answer! Really, the answer to this questions lies within you. It comes down to you buying into the program and to your discipline, purpose, and commitment to follow it. Our work is a process; you must be willing to risk, experiment, try new things and learn from them.

Part of the reason you're seeing me is that you want to uncover your true potential and reach another level. In short, what was happening in the past was not working, there is still room for improvement, and you still have the ability to unleash the player within!

Most kids leave each session feeling more and more empowered, responsible for their results, and knowledgeable about the mental game and how to use it. Our sessions will build on each other in a cumulative fashion. Much like your game does.

### How do you do it?

I start off by asking you some questions and listening to your answers and feelings. This way I can understand who you are as a person. We will talk about what your "big why" is, that is, your personal reason that you play your sport and compete. We will also talk about previous successes, challenges, obstacles, setbacks and failures, and understand how you dealt with them. We will discuss your injury history. Lastly I'll ask what you want to change, what you think might be holding you back, and what you see as the challenges to reach your unlimited personal potential.

The second part of the process is to delve into mental training skills such as: concentration, focus, awareness, rituals, goal setting, visualization, breathing, and confidence. There is also an emphasis on how to use these skills to maximum effect in competition.

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At different times during the process we may explore what's holding you back - what's in your way of using these skills and techniques in competition. It is important to understand that the athlete brings issues and stresses onto the court/field which may affect performance. For example, you may be holding onto a bad loss or a time you felt you let the team down. Perhaps you are holding onto an injury that is preventing you from going full out on the court or field. Issues such as these or many others can impede our progress toward reaching our potential.

### **What do we do in the sessions? Is it fun?**

Clients tell me that sessions are fun. By talking and including interactive exercises, games, and demonstrations we usually uncover some cool insights and help you to become aware of things which you never knew and can be helpful to you both on and off the court/field.

Usually a client will leave feeling more in control and relaxed. Of course, this will translate onto the court/field in terms of the level of your play. Remember: the journey begins INSIDE THE ZONE!



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](mailto:rob@insidethezone.com), [www.insidethezone.com](http://www.insidethezone.com).