



FOR ATHLETES, COACHES, PARENTS AND PROGRAMS

The physical game is only part of the game.

What happens after the error, the bad call, the pressure moment or the slump? Talent sets the ceiling; the next thirty seconds decide how often an athlete reaches it.

Mental Fitness trains the reset.

WHAT IT TRAINS

- **Reset after the mistake**
Compete from the next moment, not the last.
- **Manage the internal voice**
The slump has a pattern. Patterns break.
- **Compete under pressure**
Late innings. Final minutes. Steadier mind.
- **Respond, don't react**
A trained pause before the next move.
- **Sharpen focus**
One pitch, one rep, one possession.
- **Last the season**
Resilience across a long schedule.

Scan to start.

A short, private read of how you respond under pressure — for one athlete, a coaching staff, or a full program.

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TRAIN THE MIND LIKE THE BODY

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