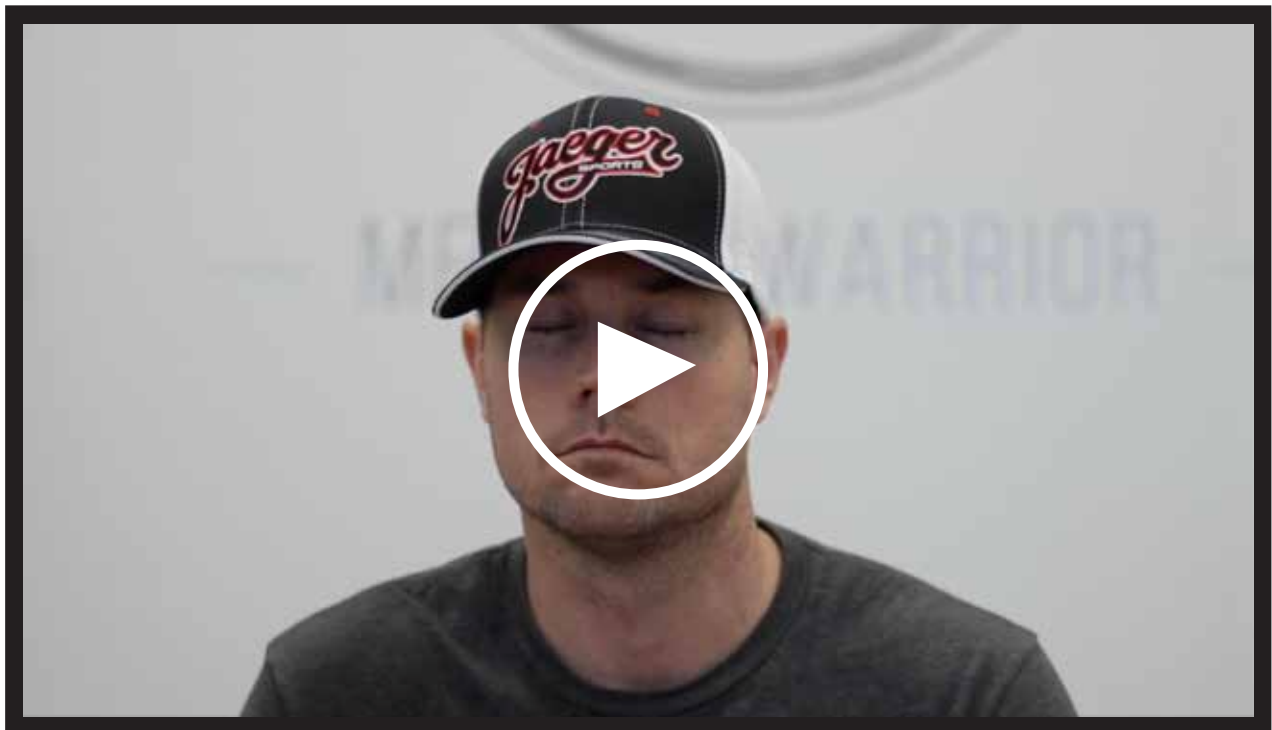


Resources

JAEGER SPORTS

WHAT IS MENTAL TRAINING?



MENTAL TRAINING IS TRAINING FOR THE MIND SO YOU CAN PERFORM OPTIMALLY REGARDLESS OF CIRCUMSTANCES.

MENTAL TRAINING AT JAEGER SPORTS IS BROKEN DOWN INTO TWO PARTS:

- Our Philosophy
- Our Mental Practice Methods

OUR PHILOSOPHY IS FOCUSED AROUND A FEW KEY CONCEPTS:

- Trust the Process
- Be Present
- Breathing
- Control the Controllables

OUR MENTAL PRACTICE METHODS:

- Define Your Process
- Meditation
- Visualization
- Breathing Exercises