

Register at:
www.CoachTraub.com

January 12th

9:00—Noon

**Dyess Park
Administration Building
16822 Kitzman Rd.
Cypress, TX 77429**

**Please register with Jeff Schroder:
Jeff_schroder@yahoo.com
713-816-5867**

Fee: Only \$20/person

Any additional costs for this event will be paid by the Cy-Fair Girls Athletic Association.

JEFF SCHRODER:

“I am excited to bring Coach Traub here. He has a unique ability to identify and communicate solutions to the mental obstacles facing our athletes. This event will help us develop high performance athletes to compete in softball and in the game of life.”



“You are as good as I’ve been told. Many in your position are popular with athletes but a little too soft. You are stern with your expectations and I like that.”

GLENN MOORE, Head Coach
Baylor University Softball

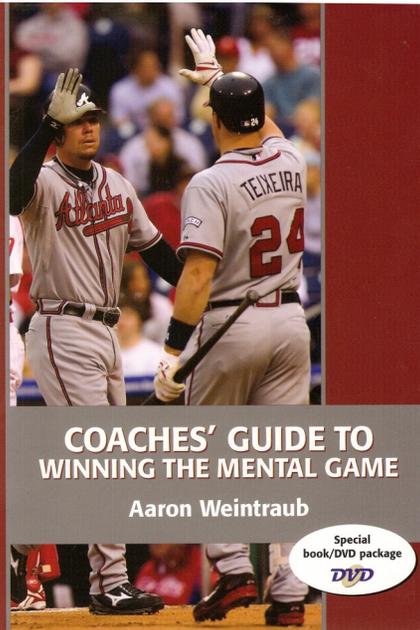
Coach Traub

- Author of *Coaches Guide to Winning the Mental Game* and *An Elite Athlete’s Manual for Training Mental Skills*.
- Clients include GA Tech, UTA, Baylor, DBU, Michael Johnson Performance.
- M. Ed. from the University of Virginia, and B.A. from Emory University.
- 13 Year of College Baseball Coaching Experience, including three at UVa.
- Coached at three different schools that were nationally ranked in the top five.
- Convention Speaker for the American Baseball Coaches Association, the

THSBCA, and others.

- Disciple of Harvey Dorfman.

- This Book with a DVD included is ideal training for coaches, parents, or athletes!



**CFGAA
presents:**

Coach Traub's Mental Toughness Training Workshop



**De-Mystifying
Sport
Psychology
& Leadership
Development**

CHANGE is Inevitable; GROWTH is Optional.

Be confident teaching the thought patterns of Cat Osterman, Whitney Canion, and Derek Jeter.



Cara Hulme, All-Conference at UTA in both 2009 & 2010, said "Having Aaron on my side was a huge advantage."

www.CoachTraub.com

Today's sports culture teaches the physical skills of performance impressively well, but **it's too often a sink-or-swim world when it comes to mental skills.**

Help them to help themselves!

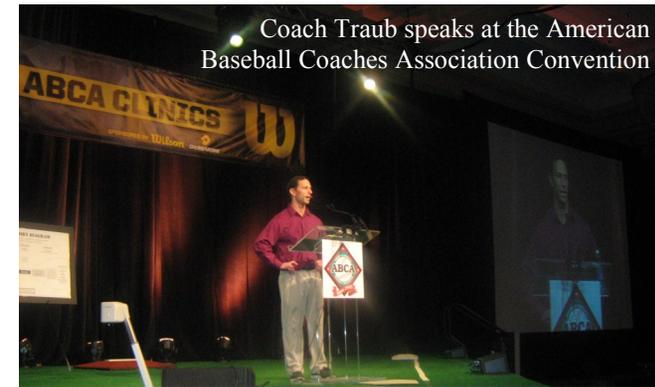
Today's athletes invest significant time, sweat, tears, and money into softball. It is the coach-as-servant's responsibility to help athletes get better, faster and maximize their Return On Investment. Mental Skills Training provides the edge coaches and athletes are looking for.

You don't have to travel to an expensive convention to find out how to 'win' the mental side of the game.

You can do it!
Coach Traub can help.



Coach Traub speaks at the American Baseball Coaches Association Convention



Under pressure, will your girls break down or break through?

What's this about???

BEST EFFORT -

FOCUS
ONE PITCH
AT A TIME!

PREPARATION

ATTITUDE

CONFIDENCE

TOUGHNESS



Is good balance
emotional or physical?
IT'S BOTH!

COURAGE

You don't have to be sick to get better!

Control the Controllables

Flush It, Next Pitch

Best Effort Now

Pitchers: Hit Spots Aggressively

Attitude is a choice—make sure you know how to choose wisely!

Use Your P.P.P.P. for Confidence

Use it or Lose It

Create an Ideal Performance State