



## MENTAL STRATEGIES & PERFORMANCE MANAGEMENT SEMINARS

### 3 Hour - Classroom Seminars

#### WHAT YOU WILL LEARN:

- Shot Planning
- Plan Rehearsal & Visualization
- Pre-shot Routine & Execution
- Post-Shot Analysis
- Post Tournament Evaluation
- Mental Game Overview
- Question and Answer
- Knowledge, Skill, & Performance

Over the last 25+ years Anthony's understanding of and development of his "mental game" has been a work in progress. In this 3-hour classroom seminar he will share with you everything that makes him one of the toughest competitors in the world. The format for the class is something that Anthony has recently developed and he looks forward to sharing it with shooters trying to improve their performance.

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#### **COST:**

\$195 per person

#### **LOCATION:**

M&M Sporting Clays Clubhouse

#### **TO REGISTER:**

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