

A.I.M. (Athletes Increasing Mindfulness)

To Achieve YOUR Best!



Frequently Asked Questions

- **How old does the athlete need to be to attend?**
 - Athletes as young as 10 years old through college aged are invited to attend. Sessions will be designed according to age to make it more age appropriate!
- **What sport does the athlete need to play to be eligible?**
 - Any sport played would make the athlete eligible. The belief is that achieving one's best with mindfulness will lead to success in any sport!
- **What is the cost of the program?**
 - The cost is \$150 per athlete.
- **What does the program consist of?**
 - The program consists of 3 one-hour sessions.
- **Are the sessions in person or virtual?**
 - The sessions will be conducted in person with the necessary precautions taken to ensure everyone's health and safety.
- **What can the athlete expect to get out of this?**
 - The goal of the AIM Program is to strengthen the mental side of sports, increasing mindfulness to succeed. The belief through years of experience with athletics is that is the area that tends to be lacking for most athletes, with a focus on physical performance only. Being stronger physically and mentally not only increases the probability of success on the field, but also off the field and throughout one's lifetime!