

Mental Work

It is proven that to practice and perform any sport at a high level it requires not just a well physically conditioned athlete but also a well mentally conditioned athlete. To be mentally conditioned is to be able to keep focus on the task on hand regardless the situation/context surrounding an individual so the effort can be maximized. We provide the following services:

F.A.S.T™ Program

This is an intense program in small group set-up where each participant will receive a Participant guide where to work from and with the material from each session. Participants will work from week to week on specific tools and assignments. It requires strong commitment from the participant to maximize the results. We combine on site with web conference sessions.

The peak performance program **F.A.S.T™** (Foundation, Action, Solution and Transformation) uses a powerful methodology to help participants to develop a peak performance mentality.

The program's objective is to help each participant to:

- ✓ Gain Clarity
- ✓ Keep Focus
- ✓ Reduction of Anxiety
- ✓ Increased Physical and Mental Energy
- ✓ Self-Confidence

Workshop

This three hours workshop provides the foundation to the mental aspects that support Peak Performance. Participants will learn and experience tools to help them to create a peak performance mentality.

Individual Coaching

A one-on-one personalized program focused on the objectives of each individual. The coach and swimmer work together to develop the goals for the coaching process. The role of the coach is to facilitate the overcoming of obstacles and providing emotional support. We offer web conference one-on-one coaching.

All of these services are offered to individuals, teams and/or swim camps. For services inquiries, please e-mail us at info@planetswim.org or call us at (904) 285-7545.

