

OPA WINNING ATHLETIC TEAMS

AND WINNING
LIFESTYLES
FOR ATHLETES



Give Yourself a True
Competitive Edge



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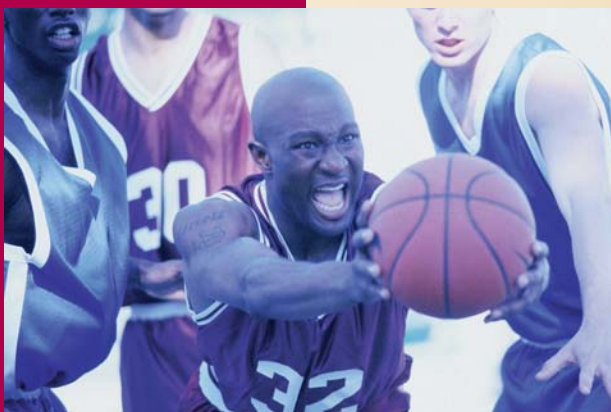


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Dedicated to Maximizing
the Skills Needed to
Succeed at Sport and Life

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The mission of the **OPA Winning Athletic Teams and Winning Lifestyles** is to assist teams, individual athletes, coaches, and parents to succeed in sport and life. Our highly experienced consultants work towards maximizing the abilities that will promote success at home, school, and in sport.

WINNING ATHLETIC TEAMS

Talent alone is not the only key to winning. Team chemistry is critical to building a championship caliber team. OPA will customize and facilitate a team-building workshop or a series of workshops that will give coaches and players the insights and strategies for

developing a championship team. **The Winning Athletic Teams** program is a hands-on, experiential team building program based on adventure based learning and sport psychology. Our highly interactive and innovative workshops will include initiatives and activities that will enhance:

- The development of common goals
- Team values
- Long lasting commitment
- Team communication
- Group decision making and problem solving skills
- Positive leadership
- Mutual support and team trust
- Appreciation of team roles
- Abilities to overcome conflict in a constructive manner

Learn the mental skills that will help you achieve your Optimal Performance.

The OPA Winning Team workshops will show coaches and athletes how to win the mental game for success in sport, school, and the game of life. Initiatives and activities will focus on:

- Targeting and achieving goals
- Developing a winning mindset
- Performing with self-confidence
- Sharpening focus and concentration
- Overcoming obstacles and adversity
- Gaining control of negative emotions and thoughts
- Using visualization to achieve success
- Employing stress management and relaxation techniques

ADDITIONAL WORKSHOPS

RAISING THE BAR: BUILDING A HIGH PERFORMING ATHLETIC TEAM

This hands-on workshop explores the specific principles and building blocks of high performing athletic teams. This workshop consists of highly engaging team building activities while learning the tangible skills that build mental toughness. This workshop will focus on the following principles:

- Teamwork
- Competition & Collaboration
- Team Communication
- Risk Taking
- Accountability
- Building Trust & Commitment
- Confident Mindset & Maintaining Focus
- Team Mission & Goal Setting

ATHLETIC DEPARTMENT KICKOFFS & ORIENTATION

Our Team Olympic & Kickoff workshops are a fast-paced, non-stop day or half-day of fun and team building that will enhance the camaraderie among your student athletes and coaching staff. Your group will be engaged in a series of mental, physical, and creative activities that will capitalize on the advantages of collaboration and team work.

STRESS BUSTERS FOR STUDENT ATHLETES

Our stress management workshops for student-athletes

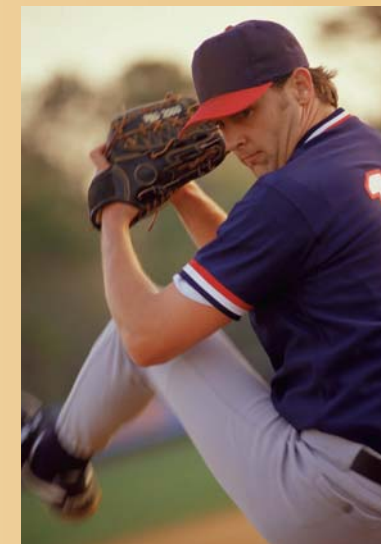
and coaches are interactive and are designed for each participant to learn tangible stress management skills. The format includes participating in experiential activities and learning specific stress management techniques that can be utilized in sport and in life.

DEVELOPING THE LEADER FROM WITHIN

Leadership is not only about what you do, it's about who you are. And it's also about leading and influencing others to make good things happen. This hands-on workshop is custom designed for college and high school athletic departments. Student-athletes will have the opportunity to practice the necessary mental and social skills to be an effective leader. This workshop includes team building activities that will help each student-athlete gain insight into effective leadership styles and to learn the tools to become an effective leader. Topics addressed: Maintaining team standards, accountability, motivating teammates, strategies on managing team conflict, goal setting, communication, promoting teamwork, and peak performance.

COACHES WORKSHOP: CHARACTER COUNTS — PROMOTING A POSITIVE TEAM ATMOSPHERE

This hands-on workshop is specifically designed for coaches who are committed to improving team atmosphere and the character development of each athlete. Each coach will learn, first hand, specific team



building activities and mental skill techniques that will enhance team chemistry, confidence, focus, and mental toughness.

Customizing our **Winning Team's Program** is what we do best. Whether you are a youth sport organization, high school team, collegiate team, or a professional team— we will customize a program that will meet your needs. The first step is simple; give us a call.

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