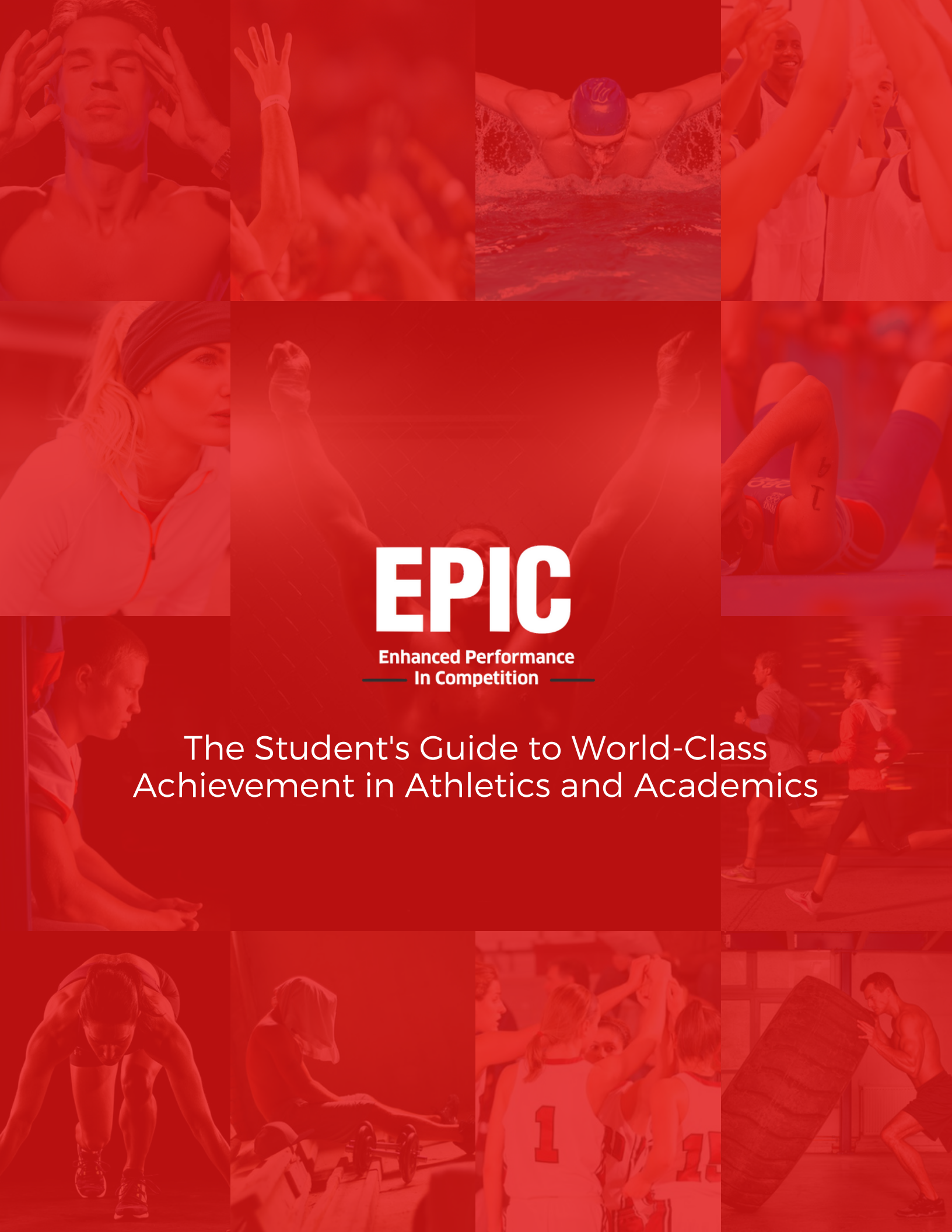
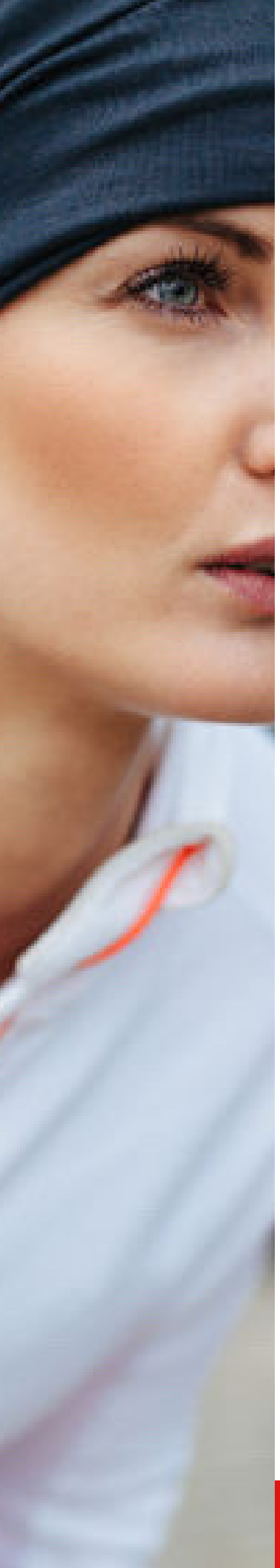


EPIC

Enhanced Performance In Competition

The Student's Guide to World-Class Achievement in Athletics and Academics



"EPIC Athletes are able to Shut Everything Out and Focus Solely on the Task at Hand."

EPIC
Enhanced Performance In Competition

GETTING IN THE ZONE.

"The Zone" is the highest level of mental focus and function.
Follow these four strategies to perform your best in training and competition:

1. EMBRACE THE CHALLENGE

The Zone happens when we're pushed outside of our comfort zone. Challenges are good because they demand our attention and keep us engaged. Highlight the challenge in your daily training and competition as an OPPORTUNITY, and even if you're playing against a "less-skilled" opponent, create a challenge within it.

2. SET GOALS NOT DRIVEN BY OUTCOMES

All research done on high-level athletes shows that they NEVER think about winning or losing when they're in The Zone. They're completely immersed in what they're doing.

The key is to set process-driven goals. These should not necessarily be technical - they should be based more on "feel." Use goals like playing aggressive, remaining relaxed and staying focused. These are the processes that, if executed well, will most likely deliver the desired outcome.

3. HAVE A CRYSTAL CLEAR MENTAL IMAGE

Ever notice how clear the picture is on the new 4k UHD televisions? That is how clear you want your mental images. Our brains respond to visuals.

What is the image that represents your best? It could be the image of a pro player or team and how they perform, or it could be the visual of "a smooth river flowing" or "a powerful freight train." This takes the pressure off of what you're actually doing and puts you in a position to let your true talent and ability come out.

4. STAY IN THE MOMENT

One shot, one play, one point at a time. Have an action or cue word that you can use to "reset" and constantly stay in the moment. It could be huddling up, clapping your hands, slapping the floor or repeating words like "Here" or "Now." The Zone happens by staying present and by not fixating on what happened before or what might happen later.

"EPIC is about you performing YOUR individual best, everyday, athletically...and academically."

EPIC
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WANT MORE?

I played football, basketball and golf growing up. While I had all the physical tools to be successful, when it came to the "mental game" of athletic performance, I didn't have a clue.

I lost my composure, didn't perform well under pressure, lacked confidence, lost focus, was undisciplined in my practice and preparation, always teetered on the edge of burnout and had the wrong types of goals.

I don't want you to repeat my mistakes.

Since getting my Master's Degree in Sport Psychology, I've worked with and studied some of the top athletes in sports. The EPIC program is a collection of the fundamental principles that ALL great athletes use.

The best part? None of them are governed by talent, genetics, size, strength, speed or power. The mental game is a level playing field where YOU are in total control.

I can't guarantee that you'll beat your rival, win a state championship, land a college scholarship or go onto play your sport professionally. But I can guarantee that, EPIC will put you in the best possible position to make these things happen.

All the best,

Scott Welle

Creator, EPIC
Founder, Outperform The Norm

CLICK HERE TO GET STARTED!

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