

NFL Draft 2011: 'Clear Edge' Mental Discipline Helps Jarrell Harrison

By **Alex Monaco** (Contributor) on **March 21, 2011** – Columbia

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Deborah Dubree, the founder and CEO of "Clear Edge" has been Missouri Safety Jarrell Harrison's consultant or "mental coach" since Harrison decided he was going pro.

Jarrell, who finished up his second pro day March 17th, according to Dubree has "exactly what I'm looking for in an athlete."

Dubree stresses the internal mental toughness of an athlete when working together. She says that using e-magination, (a word she combined) is a must.

Deborah, ELITE Performance Expert, defines e-magination as the "combination of imagination with emotion. It is the ultimate way to lock in that winning attitude." Other athletes she's coaching are turning in faster times and are jumping farther and higher than even they predicted.



Harrison, at 6' and 223 pounds, is as versatile as they come at the safety position. His athleticism, combined with his football IQ, is something every NFL team could use.

Deborah, who's worked with Jarrell in preparation for his pro days said that, "he's talented, smart, and competitive. He applied what he learned and had immediate results."

Jarrell's pro day numbers, in comparison to safeties who worked out at the combine, proved to be competitive.

Harrison ranked top five in several categories. He had the fourth best 40-yard dash with a 4.6, tied for third best in the broad jump at 9'11", and fourth best in the 60-yard shuttle at 11.5.

The fact that Harrison has opened up to the idea of "strengthening the mind" and applying it to sports is a story within itself. It was only icing on the cake that he delivered with everything he acquired through Deborah on pro day.

A team who needs an athletic DB would regret passing on a talent like Harrison.