

TESTIMONIAL



Instead of freaking out, I could calm down and do what I needed to do. With a “B” for a last name I was always one of the first players to do the drill.

Everything was fast-paced.
But, I was able to **quickly get into my own little ‘ZONE.’**

I felt like I retained all the drills and techniques I had learned because *I was one of the most relaxed players there.* Some of the other guys told me they lost their technique and they were too anxious when they got to the line. **Deborah’s techniques taught me how to stay calm.**

Donald Buckram

Running Back #3

University of Texas – El Paso

2011 PRO DAY RESULTS

4.39 40-yard dash ... after setting a goal of 4.48
34-inch vertical - 2-inches greater than his goal

- ❖ The *E-magination exercise Deborah taught me helped me* practice the bench press in my head at home anytime I had some downtime. I visualized every part of it. It helped me a lot. My best bench press to date had been 8 reps. I did 12 on Pro Day!
- ❖ My *Trigger Statement* helped me stay positive. I slipped doing the L-drill the first time. I was coming off of a prior knee injury. I immediately calmed myself down and immediately got back to a positive place. I told myself, “*I can get it done!*” Then I went back to the line and ran it really well.
- ❖ I didn’t have any idea what to expect when my agent said I would benefit by working with Deborah. **I knew I wanted to do all that I could to help my stock rise in the draft and give me that competitive edge.** Not only does **Deborah know what she’s talking about**, when I actually did the techniques she taught it helped me a lot in getting results.