

TESTIMONIAL

CLEAR EDGE

Mental Discipline for the ELITE Athlete



Jimmy Kozikowski
NJCAA Region 1 Player of the Year
2010 NJCAA Division II National Championship

I'm so much more focused on what I want to do from one hole to the next.

My mental game has gotten so much better, it's kinda crazy.

I trust my game in general and I trust my swing.

In the past when I worked with a sports psychologist we focused more on the shot. Never talked about controlling emotions or things like that. Deborah gets involved and we go a lot deeper into the mental and emotional part of the game. **I learn specific routines to manage my thoughts and emotions on the course.**

THE CLEAREDGE DIFFERENCE

My scoring average is definitely dropping.
I've been able to **shave 2 strokes off my score.**

I feel so much more focused both practicing and playing.
My focus is on point. I'm no longer lazy about how I play.

I practice with a purpose now.

- Whether we're on the phone or on the course we get the same work done. **It's all really beneficial for me and my game. It doesn't matter where I am, we can easily meet on the phone and get huge benefits.**

Everything we do is really good!