



## Sports Performance Coaching Services

*All services will be provided by Joshua Klapow, Ph.D.  
on behalf of Empirical Applications, Inc.*

### Overview:

It's what we do or don't do every day. That's what impacts our lives more than anything else. The small decisions, actions, and interactions often can have an enormous cumulative effect on our lives. For elite athletes the challenge is learning to control the whole of who they are in a way that results in optimal athletic performance. Understanding how their emotions impact their thoughts and how those thoughts impact their behaviors on the field is critical. When emotions, thoughts and actions are functioning in unison the result is better performance. Optimizing performance works best when an individual can make incremental changes in "real time" in their daily lives. The role of the performance psychologist is to help guide the athlete's thinking, emotional regulation and psychophysiological reactions to sports and life. The athlete has access to the psychologist via phone, video call, email, or text. This approach allows the athlete to make necessary adjustments and changes in their life as needed and when needed. It provides a confidential and tailored experience that functions inside the athlete's true daily experience.

### Sample Performance Topics:

- **Emotional regulation** - Maximizing the control of emotions to translate them into peak performance.
- **From practice to game** - Improving the translation of effort and achievement in practice to game settings.
- **Pressure management** - Managing the stress and pressure of competition, elite play, team, school, and family expectations.
- **Getting out of your head** - How to learn (re-learn) to play the game vs. overthinking the techniques.
- **Grit training** - Teaching the psychological skills in resiliency to enhance and improve levels of grit.
- **Distraction management** - Learning how to hyper focus to minimize the impact of any distraction.
- **The comeback** - Learning how to bounce back from losses, injuries, underperformance.
- **Slump management** - How to pull out of a slump and return to a high level of play.
- **Fear** - Management of anxiety, stress and fear as it relates to game situations.
- **Team dynamics** - How to manage conflict amongst players, coaches, and staff.
- **Burnout** - How to prevent burnout, manage burnout, rise back up from burnout.