

**FEARLESSNESS • CONSISTENCY • PERSEVERANCE**



## **ONLINE MENTAL TOUGHNESS TRAINING FOR COMPETITIVE CHEER**

**E**liminate fear and train your mind with Dr. Alison Arnold and the HeadGames team. HeadGames WebCamp is online LIVE mental toughness training sessions teaching cheerleaders the drills and skills needed to take their performance to the next level. We offer a choice of several sessions a week, pick one, or download the recording and watch at your convenience. HeadGames teaches techniques developed with Olympians, NCAA and Cheer Competition champions.

- Helps athletes gain confidence, consistency, focus & perseverance
- A weekly, fun, interactive, online environment
- Interact with athletes of all ability levels
- Strengthens relationships between athletes, parents & coaches
- Skills become invaluable in sport, education, relationships & life
- Includes parent-only sessions the first Tuesday of every month
- Free Athlete Warrior e-Book (a \$35 value)



**Founder  
Alison Arnold, Ph.D.  
(Doc Ali)**

Doc Ali has been the peak performance consultant to USA Women's Gymnastics since 1997. She has worked with US Figure Skating, Australia's Ski Team, The Boeing Company, American Express and over fifteen

NCAA teams including the University of Alabama, UCLA and other top programs.



**Facilitator  
Sara Robinson, M.A.  
(Coach Sara)**

With her degree in Sport Psychology, Sara teaches in the Master's Program at John F. Kennedy University. She has worked with hundreds of cheerleaders and gymnasts helping them improve their mental

game. Sara is a regular contributor to magazines, radio and podcasts.

**[WWW.HEADGAMESWEBCAMP.COM](http://WWW.HEADGAMESWEBCAMP.COM)**

**HEADGAMES**  
**WebCamp**  
*Create an unshakeable mind*

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# **CONGRATULATIONS! YOUR CHEER GYM HAS SIGNED UP FOR ONLINE MENTAL TOUGHNESS TRAINING WITH HEADGAMES**

**Hi there!** We at HeadGames are so excited that ACE is providing their athlete's the opportunity to train their minds in preparation for the 2015/16 Season.

Your subscription to our mental toughness WebCamp begins on Sunday 11/15/2015 and goes until 01/03/2016 (eight weeks).

Headgames Webcamp is a great experience teaching athletes the tools they need to work through fear and frustration, be more confident in competition, and learn life lessons! We are looking forward to having your athlete join us!

Our WebCamps for cheerleaders are offered twice a week. Just pick **ONE** per week that fits your cheerleader's schedule, or watch the recorded session at your leisure.

## **HERE ARE THE WEBCAMP TIMES (you only need to attend one per week):**

Sundays: 6:00 PM - 7:00 PM (Central Time)

Mondays: 6:30 PM -7:30 PM (Central Time)

Each session in the 8-week program will teach a mental toughness lesson from THE ATHLETE WARRIOR workbook and leave time for Q and A. THE ATHLETE WARRIOR workbook will be a download for you once you register. Cheerleaders can enroll in more sessions after the 8 weeks, or continue in the workbook on their own.

## **TO REGISTER**

Simply go to "Sign Up" at **headgameswebcamp.com**. Click the Gym Membership and put in the code **Champions58** or **Champions67**

## **RECOMMENDATIONS FOR THE BEST EXPERIENCE**

- For the best experience, please be certain your cheerleader has a strong internet connection. If using WiFi, please be certain that to be as close to the router as possible.
- We recommend that you register well before your athlete's first session begins and that he or she logs in 15 minutes before her first session to get familiar with the "room".

We are so excited to team up with ACE this season! Feel free contact us for more information and questions at [www.headgames.ws](http://www.headgames.ws)!

-Doc Ali, Coach Sara, and the Headgames Team