



2024 Mental Mettle Coaching Packages for Athletes

Mental Mettle coaching programs are not just about improving athletic performance; they're about transforming athletes into well-rounded individuals ready to tackle challenges on and off the field.

Benefits:

- Increased self confidence
- Setting and achieving goals
- Increased mental toughness
- Improved family dynamic
- Increased resilience to adversity Long term results

Anna Hayes, University of Memphis Volleyball "I have seen HUGE improvement with myself. He pushes me, challenges me, and makes me think differently. He is hands down the best. 10/10 recommend and 5 stars!!!"

Jessica Blackadar, mother of student-athlete "Matt is so responsive to questions . He really understands an athlete's mind and how to help them navigate it to be game ready and happy as they pursue their dreams .

Check Google for more 5 star reviews More references are available upon request

“Rookie of the year” Coaching Package

This package is available for any athlete in any sport at any age. It is your starting point, designed for athletes looking to understand themselves better, cultivate focus on the controllables, and build habits for goal achievement. As a parent, you can expect to see increased confidence, heightened focus, a deeper appreciation for effort, and valuable life skills gained through athletics. Whether you're just beginning your athletic journey or seeking a solid foundation, the Rookie of the Year Coaching Package sets the stage for success.

- Duration: 3 months
- Total Hours of Coaching: 8 hours (8 sessions * 1 hour/session)
- Monthly Payment: \$150 onboarding fee + \$425/month for 3 months.
 - Or LUMP SUM of \$1299
- The Forge For Parents: Online Course included!

“MVP” Coaching Package

Elevate your mental game to the next level with the MVP Coaching Package. Offering extended sessions and a longer duration, this package is perfect for athletes who want increased accountability, intentional effort, and in-depth exploration of the concepts introduced in the Rookie Package. Benefit from more assessments, more exercises, and more positive neural pathway development under expert guidance. Ideal for those committed to growth throughout a season or during the off-season.

- Duration: 4-6 months
- Total Hours of Coaching: 12 hours (12 sessions * 1 hour/session)
- Monthly Payment: \$150 onboarding fee + \$275/month for 6 months.
 - Or LUMP SUM of \$1599
- The Forge For Parents: Online Course included!

“All State” Coaching Package

Tailored for elite athletes, particularly those playing college sports or aspiring to do so, the All State Coaching Package is an intensive program designed for substantial progress over a sustained period. With a focus on creating athletes prepared for the challenges of college athletics, this program offers an immersive experience, ensuring excellence and sustained progress over a year's time. As a parent, you will see substantial improvement in your athlete's mindset and mentality from one year to the next.

- Duration: Up to 12 months
- Total Hours of Coaching: 18 hours (18 sessions * 1 hour/session)
- Monthly Payment: \$150 onboarding fee + \$200/month for 12 months
 - Or LUMP SUM of \$1999
- The Forge For Parents: Online Course included!

Unlock your full potential and embark on a journey of personal and athletic growth. Choose the package that aligns with your aspirations and goals!

If cost is the barrier, please contact Coach Thomann, as creative pricing options are available when needed.

Contact: Coachthomann@gmail.com