

Mental Toughness Training ***For Coaches, Parents, and Athletes***

Reading Baseball School and Reading High School Baseball Coaches Pete Moscariello and Scott Farris are pleased to announce an exciting course: ***Mental Toughness Training for Parents, Coaches, and Athletes***. Last winter we conducted an initial course on Mental Toughness and received extremely positive feedback. We are excited to again offer the course for parents, coaches, and athletes. While the course may have a baseball/softball theme, the techniques and strategies presented are applicable to any sport and to any area of life. Thus, the course will enable participants to learn and apply positive and healthy life skills.

Research shows that successful and fulfilled people in athletics, entertainment, business, the arts, and personal relationships, all have one thing in common – **deliberate and practiced mental toughness**.

Participants will learn the same mental toughness techniques employed by top college and professional athletes. Each course member will be an active participant in each session, as instructors will use live demonstration and videotape to enhance learning. These techniques are not only excellent skills for athletics, but also great **life skills**. Coaches Moscariello and Farris have taught these techniques to baseball players, to classroom teachers, to coaches, and have successfully used the techniques in the classroom. They have been recognized nationally as top mental game instructors – ***please see article about us that appeared in Collegiate Baseball, the nation's top amateur baseball publication – on our website (www.readingbaseballschool.com)***

During this course, participants will learn how to:

Stay relaxed and use breathing techniques in stressful situations
Play the game one pitch (one play, one possession, one point) at a time
Use visualization techniques
Use positive self-talk
Release negative thoughts & replace with positive ones
Respond to adversity
Do set routines for each pitch (or play)
Play with increased confidence
Set and accomplish goals
Play (and live) at Peak Performance Level more frequently

Here is some feedback we received from our initial course last winter:

From a wife and husband team who attended the MTT: *“We just wanted to let you know how much we enjoyed your Mental Toughness classes. It was helpful to us to take it together, so we can talk about it and remind each other of what we’ve learned. ... I plan to draw on what I’ve learned to help me be a better wife and mother, and to help me stick to a plan to work a little each day on a book I’ve been writing. Much of what you said applied very directly to working on a long-term creative project, bit by bit, and to guiding kids in any endeavor. My husband planned to apply it to his busy work, which requires a lot of physical and emotional effort and unwavering steadiness, and affects a lot of people. We both hope to use it to regulate the group and individual moods in our house, since all five of us stick together and affect each other a lot. And we’re hoping to stay more positive, since we’ve noticed that it’s tempting to be negative as a way of being funny or self-deprecating or to seem wise, and then it becomes a habit. We were both saying yesterday how fortunate the High School is to have you there. We feel very grateful that you offered this to adults. It has us thinking!”*

Feedback from Michelle Hopkinson, Head Coach Reading High School Girls Volleyball Team – just after Coach Moscariello conducted an exclusive Mental Toughness session for her team:

“My players’ ‘mental’ game continues to improve and thus has improved their overall game. I have seen a dramatic difference in a few players that have changed them from good players to outstanding. We are now moving into state tournament play with a first seed. I am so excited for them. We’ll be using a lot of your ideas to prepare and be ready on the court.”

Note: Coach Hopkinson’s team went on to win the MIAA Division I North Championship!

We also offer a course in *Coaching Techniques and Strategies for Youth Baseball Coaches*. Here is the feedback from a coach who attended the course: *“Pete is an immense motivator. Heavy weighting to what it means to be a coach/role model and the impact you can have on kids- positive or negative. . . I honestly think people were floored by Mosc's professionalism and preparedness. I certainly was, and I went in with pretty high expectations. He is the king of how to be prepared and results will usually follow- but focus on the controllables.....He deserves a huge thank you for letting low-level coaches in on some of his lifetime learning in the sport.....Amazing what you don't know as we all discussed in the parking lot afterwards.....”*

About the instructors:

Pete Moscariello - petemosc@verizon.net - 781 942-1362

Head Coach at Reading HS for 31 years; over 490 career wins
 12 league championships; 1 state championship
 8 times Middlesex League Coach of the Year
 2 times Boston Globe Division II Coach of the Year
 Member of Mass. Baseball Coaches Association Hall of Fame
 Member Reading Memorial High School Hall of Fame
 Reading High School Baseball: Sportsmanship Alliance of Mass. Award recipient 2003, 2009
 Director of the Reading Baseball School since 1984

Scott Farris - fullcount1010@verizon.net - 781 640-8572

Former Co-owner/Director of FullCount Sports Academy
 Assistant Coach Reading High School 15 years
 Considered one of area’s top instructors in hitting and pitching
 Has worked with and helped athletes achieve success at the youth, high school, college baseball/softball (Division I, II, & III) and professional levels

Dates-Times-Fees - - Choose any of the sessions

MTT - Fall Evening Session	Wednesday evenings 7:00 pm – 9:00 pm (8 hours total)	October 21 October 28 November 4 November 11	\$95 adults \$65 students
MTT - Winter Evening Session	Wednesday evenings 7:00 pm – 9:00 pm (8 hours total)	January 20 January 27 February 3 February 10	\$95 adults \$65 students
MTT – Sunday Morning Session I	Sunday mornings 9:40 am – 11:25 am (7 hours total)	January 3 January 10 January 17 January 24	\$ 80 per person
MTT – Sunday Morning Session II	Sunday mornings 9:40 am – 11:25 am (7 hours total)	January 31 February 7 February 14 February 21	\$ 80 per person

Coaching Techniques and Strategies for Youth Baseball Coaches Course

Pre-Season Session	Wednesday evenings 7:00 pm – 9:00 pm (6 hours total)	February 24 March 3 March 10	\$75 per person
--------------------	--	------------------------------------	-----------------

Courses will be held in Room 510 – upstairs level in Hawkes Field House, Reading High School.

In addition to the MTT course for individuals, we also offer MTT courses for teams – contact us if you would like us to do a program for your team

To register for any session, please contact Pete Moscariello by phone or email (contact info above)