



# HEADSTARTPRO™

Headstartpro's eLearning resources are for athletes who want to achieve excellence, and improve the longevity of their athletic career.

## Course Description:

In the Headstartpro Athlete Course you will learn to achieve your full potential with a performance-driven, mental training process. This course is appropriate for athletes in the Learn-to-Train, Train-to-Train, and Train-to-Compete stages of the Long Term Athlete Development model ([LTAD](#)). The most successful athletes in these stages are set apart by their ability to control their minds and control the moment. Moving beyond physical competency to mental proficiency requires process-driven tactics. By taking this course, you will learn transferable skills to help improve focus, awareness, and mindfulness.

The goal of Headstartpro is to prevent the critical errors and decisions compromised by rushing, frustration, fatigue, and complacency.

These four states are responsible for the majority of the performance errors athletes make and over 95% of all acute injuries. By recognizing your states and activating a set of Critical Error Reduction Techniques (CERTs), you will achieve peak performances more reliably. You will enjoy enhanced performance and experience fewer costly injuries once you activate the strategies taught in this course.

- Learn from entertaining instructional videos and real "HeadStart Stories" told by amateur & professional athletes
- Enjoy self-paced learning; 1 to 2 hours to complete; 7 chapters with progress tracking



# HEADSTARTPRO™

## These four states...

- Rushing
- Frustration
- Fatigue
- Complacency

## can cause or contribute to these critical errors...

- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip

## ...which affect performance & increase the risk of injury.

**Rationale & Learning Outcomes:**

Upon completion of this course, you will be able to:

- Improve focus, awareness, and decision-making
- Better manage internal and external distractions, and to control your physical and mental states
- Reduce critical errors, and static and dynamic performance errors
- Enhance self-confidence
- Enhance performance
- Prevent costly injuries

**Chapter Outline:**

- Chapter 1 - Welcome to Headstartpro
- Chapter 2 - The State-to-Error Pattern
- Chapter 3 - Critical Error Reduction Techniques (CERTs)
- Chapter 4 - Static Performance Errors
- Chapter 5 - Dynamic Performance Errors
- Chapter 6 - CERTs to Enhance Performance
- Chapter 7 - Mental Training Tools to Enhance Performance

Learners are required to successfully complete all parts and related learning activities to receive a certificate of completion.

