

TRAIN LIKE A PRO

think like a champion

Sport Psychology professionals might focus on relaxation, concentration, self-talk, self-confidence, goal setting, aggression in sport, burnout, parent-education, and or use imagery to help improve performance.

ProtexSports is focused on helping athletes and parents of all ages to achieve improved performance, as well as to help athletes gain more rewarding and enriching experiences from competitive participation.

ProtexSports will help the athlete:

- Improve performance
- Cope with the pressures of competition
- Enhance the experience of youth sport participants
- Provide psychological assistance with injury rehabilitation
- Help athletes make the transition out of sport participation into non-sport participating activities

ProtexSports, sport psychology consulting services help athletes with the behavioral factors that influence and are influenced by participation and performance in sport, exercise, physical activity, and team dynamics. Sport Psychology professionals assist athletes to master the mental game associated with performance and help them to improve performance by coming closer to reaching their potential in a competitive setting.



JOHN R. ELLSWORTH, MA
Sport Psychology Consultant

John holds a Master's Degree in Counseling Psychology with a specialization in Sports Psychology and is presently a doctoral candidate in the field. John brings a multifaceted approach to the mental aspects of sports and health. Combined with his experience in Clinical and Applied Sports Psychology, John has extensive experience teaching, and mental game coaching athletes in professional, college, high school, and middle school sports. In addition, John's personal experience in professional baseball at the minor league level in the late 70's is testament to his ability to apply the concepts he teaches; perseverance, belief in self, and mastery of the mental game.

John is available to consult and counsel with athletes at all levels, sports teams, coaches, families, and organizations. He is also available for workshops and invited talks and can be reached at www.protexsports.com

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