

TRAIN LIKE A PRO

think like a champion

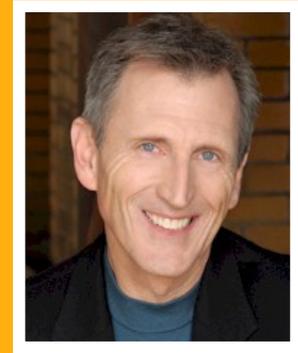
Sport Psychology professionals might focus on relaxation, concentration, self-talk, self-confidence, goal setting, aggression in port, burnout, parent-education, and or use imagery to help improve performance.

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, helps 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 an M.A. degree in Counseling Psychology with a specialization in Sport Psychology from John F. Kennedy University and is presently pursuing doctoral studies in the field. B.A. degrees in Psychology and Economics and Business Administration as well as teaching credentials in elementary and secondary education were earned from Hillsdale College in Hillsdale, Michigan. Combined with his experience in Clinical and Applied Sport Psychology, John has over eighteen years of experience coaching at the college, high school, and middle school levels as well as consulting with professional, elite, university, high school and middle school athletes. Previous experience as a high school and middle school credentialed teacher in Michigan and Indiana has provided John with extensive knowledge and experience working with students and athletes. Prior to John's career transition and return to coaching and specialization in Sport Psychology, he was employed in the information technology field for 23 years. John's personal success and background in business as well as his professional and amateur sport success is a testament to his ability to apply the sport and life concepts he teaches: goal setting, life balance, 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.

ProtexSports, LLC 1564 De Anza Way, San Jose, CA 95125

P 408.235.1500 **T** 800.608.1120 **E** protexsports@gmail.com **W** protexsports.com