

SPORTS LEADERSHIP CENTERS OF AMERICA

# LEADERSHIP & TEAMBUILDING

PROGRAMS FOR **ATHLETES & TEAMS**



*Be Jackson's*  
**ELITESPORTS**  
EVERY DAY IS GAME DAY.



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## FOR ATHLETES & TEAMS THAT DESIRE EXCELLENCE

Teambuilding and leadership development programs offered by the Bo Jackson's Sports Leadership Centers of America are powerful, engaging, transformational experiences. Our deep knowledge of leadership, team and personal development has been adapted to athletes and team training in ways that produce meaningful results rapidly.

Today's athletes are faced with many challenges, from high expectations placed on them by coaches, parents, and themselves, to being able to understand what it takes to play at the next level. Bo Jackson's Elite Sports is driven by changing outcomes through sports, and SLCA is bridging the gap between the expectations and actions of an athlete.

This series of modules are designed to provide athletes with the tools necessary to achieve their goals and develop as the type of player that contributes to the success of the team. Regardless of the level of sport an athlete achieves, the mental skills they develop through SLCA will last a lifetime.

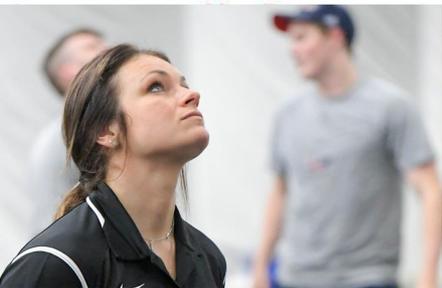
Bo Jackson's Elite Sports' network includes some of the most highly regarded coaches and executives in college and professional sports.

A shared perspective of these high-level people is that the difference between a good player and a great player is the mental ability to thrive in a competitive environment. SLCA leadership programs are designed to provide athletes with the mental tools necessary to be impact players at the next level; and SLCA Teambuilding programs create a common purpose and commitment to achieve team goals.

At Bo Jackson's Elite Sports we believe that courage and self-coaching exist at the heart of every great endeavor. SLCA instills the skills that allow individuals to activate courage at will, maintain focus in the face of distraction, and coach themselves through challenge, adversity, fear and temptation.

"The most valuable player is the one that makes the most players valuable." -- **Peyton Manning, two-time Super Bowl champion quarterback.**







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	LEVEL 1	LEVEL 2	LEVEL 3
	<b>TEAM BONDING</b>	<b>TEAM BUILDING</b>	<b>TEAM PERFORMANCE</b>
	DEVELOPING ATHLETES/TEAMS	EXTRAORDINARY ATHLETES/TEAMS	HIGH PERFORMANCE ATHLETES/TEAMS
<b>SESSION LENGTH</b>	<b>3 HOURS</b>	<b>3 HOURS</b>	<b>5 HOURS</b>
<b>THE GAUNTLET</b>	✓	✓	✓
<b>LEAP OF FAITH</b>	N/A	✓	✓
<b>ACTIVITIES/SLCA MODULES:</b>	CHOICE OF 20+ ACTIVITIES	CHOICE OF SLCA MODULES	CHOICE OF SLCA MODULES
SELECTION OF SLCA CUSTOM MODULES NUMBERS 1-4	<b>1 THE JOURNEY</b>	—	—
	<b>2 COACH YOURSELF</b>	—	ANY 1 MODULE
	<b>3 GREAT TEAMMATE</b>	—	ANY 2 MODULES
	<b>4 BE A LEADER</b>	—	—
<b>SLCA EXECUTIVE FOLLOW-UP</b>	N/A	N/A	✓
<b>ATHLETE TYPES ONLINE TOOLS</b>	N/A	✓	✓
<b>PERSONAL COMMITMENT STATEMENT</b>	N/A	✓	✓
	<b>\$45.00 PER PERSON (MINIMUM 16)</b>	<b>\$75.00 PER PERSON (MINIMUM 16)</b>	<b>\$125.00 PER PERSON (MINIMUM 16)</b>
	EACH PERSON OVER THE MINIMUM ONLY \$36/PERSON	EACH PERSON OVER THE MINIMUM ONLY \$55/PERSON	EACH PERSON OVER THE MINIMUM ONLY \$90/PERSON

AGE RANGE: 10-18 YEARS OF AGE

\*CATERING OPTIONS AVAILABLE THROUGH OUR PARTNER THE RUSTY BUCKET

\*\* PHOTOGRAPHER OPTION AVAILABLE THROUGH OUR PARTNER TWIN STUDIOS

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## MODULE 1

### THE JOURNEY

Achieving your highest level of potential is a journey. The very best athletes actively envision the future. Being a high level athlete is all about the journey. There are no quick fixes and it takes a huge commitment to be the best athlete you can be. Gain a deeper insight into the mindset it takes to be the best and the work ethic it will require to get to the next level.

#### OUTCOMES MENU:

- Work Ethic
- Motivation: Desire to be the best
- Embracing the Struggle (M.D.)
- No Train No Gain
- Goal Setting
- Actions Meet Expectations?
- Ten Ways to Win the Day (MD)

## MODULE 2

### COACH YOURSELF

Learn about the discipline and mental focus that it will take to relentlessly prepare for every situation. The common denominator of great athletes is their ability to coach themselves.

It may be referred to as Mental Toughness, or Grit, but we focus on an actionable skill – “Coach Yourself”.

#### OUTCOMES MENU:

- Understanding your Role
- Relentlessness of Being Prepared
- Discipline
- Mental Focus
- Importance of The Situation
- Student of the Game
- Coach vs. Quitter in You

## MODULE 3

### BE A GREAT TEAMMATE

The greatest compliment an athlete can receive is being a “Great Teammate” by players and coaches. This mindset becomes contagious and influences championship teams. Learn about important choices when it comes to developing the desire, determination and dedication that it will take to elevate both you and your team to the next level.

#### OUTCOMES MENU:

- Mental Toughness and Focus
- Fierce Competitor
- Motivated/Inner Drive
- Team Player
- Palms Down
- Understanding Expectations
- Accountability

## MODULE 4

### BE A LEADER

Today’s athlete must understand his/her personal brand and what it takes to not only contribute to the team’s success, but to also inspire others. Build trust and loyalty with your teammates by being an authentic leader. Develop self-awareness with actions that support your personal mission and team’s goals.

#### OUTCOMES MENU:

- Trust: Character, Competency and Connection MD
- Take the Initiative
- Conflict Resolution
- Expectations of a Leader
- Your Personal Brand
- The Leader Sets The Pace (M.D.)



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