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JASON FOWLER

# THE INTELLIGENT ATHLETE METHOD

Strategies to win in sport & life

## Student Athlete Mindset Program

*Unlocking the  
potential of your  
student athlete*



# WHY CHOOSE JASON & THE INTELLIGENT ATHLETE METHOD?

Lets do this together!

Jason is a mindset coach and a world champion athlete and in The Intelligent Athlete Method he teaches the mindset principles he used in over 40 years as an athlete and professional.

What makes the program special is your athlete will:

- Learn the mindset principles that propelled Jason to complete over 1,200 competitions, win 8 motocross championships by the age of 17 and 2 IRONMAN world championship titles as a para-triathlete.
- Learn the formula of how Jason went from nothing to IRONMAN World Champion.
- Develop the resiliency to overcome any challenge and same skill that allowed Jason to overcome a life threatening motorcycle accident at age 17.
- Create the same consistency that enabled Jason to complete 30 marathons in 10 years.
- Develop greater self-awareness & purpose
- Learn skills and tactics to help with performance in competition and pre & post game.

For student athletes to be successful they must have a strong mindset and believe in themselves. The Intelligent Athlete Method teaches how to build the foundation that is necessary for all of life's goals.



# DONT LEAVE YOUR STUDENT ATHLETES POTENTIAL TO CHANCE

Lets do  
this  
together!

## **Program:**

The Intelligent Athlete Method

## **Format:**

- 5 x (30 minute 1 on 1 Zoom sessions)
- 8 x (1 hour group Zoom sessions)
- weekly homework assignments
- unlimited email and FB group discussion

## **Details:**

- limited to student athletes age 14-22
- program grants student athlete access to all future programs and weekly sessions until age 23
- June 30th program limited to 15 student athletes

**Dates:** June 30th, July 7th, 14th, 21st, 28th, August 4th, 11th, 18th (Time TBD)

**Cost:** \$950, Depending upon what age you enter, you get till age 23 so a max of 10 years of mindset training!



# GROWTH TAKES COMMITMENT

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this  
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## **Challenges/Issues:**

- It requires years of trial and error for kids to learn the lessons that lead to performing to their full potential, and often some never get there.
- Many student athletes are not open to coaching or guidance from parents
- Student athletes are managing extreme demands without having learned or mastered the advanced skills required to thrive. Often end result is burnout, lack of motivation, emotional struggles. and a lack of belief in self.

## **Philosophy:**

Whether the goal is to be a recreational athlete, collegiate athlete, Olympian, or professional athlete mindset & attitude are the most important factors that determine their success and fulfillment.

## **Solution:**

Good athletes train their bodies while great athletes also train their mindset.

**Helping develop a growth mindset at an early age gives youth the highest probability at achieving success.**



# HIGH PERFORMERS CREATE HIGH PERFORMING HABITS

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this  
together!

**The Intelligent Athlete Method** teaches foundational mindset principles to unlock their potential as athletes and to apply these learnings as they move forward in school & life.

## **Content outline:**

1. Self awareness assessment
2. Goal setting
3. Mindset strategies and principles
4. Sleep, nutrition, recovery, and time optimization

## **Method Transformations:**

- overcome adversity
- increase motivation
- improve self confidence
- optimize communication
- develop team player skills
- overcome performance anxiety
- optimize schedule
- create healthy nutrition & recovery habits



# YOU ARE NOT ALONE IN SUPPORTING YOUR STUDENT ATHLETES QUEST FOR SUCCESS

Lets do  
this  
together!

## **The program is suited for student athletes:**

- of all abilities but share a desire for growth
- who show a lack of discipline and motivation
- who want to get to the next level and compete for championships
- who perform exceptional in practice but their nerves get in the way of their best performances on competition day
- who don't know their "why" and don't have the focus on goals

The Intelligent Athlete Method was developed to teach world champions, olympians, and amateur athletes alike. Regardless of skill level or the magnitude of goals, the aim of this program is to encourage the athletes' best effort in order to recognize their full potential.



# LETS DO THIS TOGETHER

For more information on Jason's philosophy and coaching topic details go to [jasonfowler.co](http://jasonfowler.co) or text/call Jason at (617) 313-7722

To sign up please visit [jasonfowler.co/programs](http://jasonfowler.co/programs)

