



A UNIQUE FOOTBALL EXPERIENCE

Sunday, June 12, 2016, 9am-5pm • The Farm, Waltham, Massachusetts

Life coach Jeff Levin has joined forces with Holy Cross's head coach Tom Gilmore and strength and conditioning director Jeff Oliver to create a unique football-specific retreat for rising juniors, seniors, and PG's who want to improve their mental and emotional skills in order to take their game and life to the next level.

The day focuses on the mental skills necessary to excel at the game of football. Players will learn how to improve in areas such as mental steadiness, how to shed failure, strategize, find and maintain drive, and then how to apply these skills on the practice field and on game day. This is not a theoretical experience! Although we will not be working on the field, players will alternate between the classroom and the gym in order to develop a much greater understanding of who they are as people and athletes: We help players embrace their individual strengths and challenges so they can maximize their personal potential as athletes and as leaders, with a clear focus on preparation for college level competition and life beyond.

Partial and full teams are welcome.

The curriculum includes:

- What can I do today to become better?

Football-specific athletic performance improvement plan.

- **Leadership training:** How do I become a better, more coachable player and a stronger leader on and off the field?
- **Confidence training:** How do I push the intentional confidence "button" so I can let go of mistakes?
- **How do I transform stress** into focused, competitive play?
- Boys will leave with a written **Personal Performance Plan** for the mental side.
- Boys will leave with a written **Physical Performance Plan** to become not only a better football player, but also a better athlete.

The boys will enjoy five different modules:

1. **Full group:** Learn about others and gain inspiration to get better. How can I change for the better?
2. **Jeff Levin:** What makes me tick as a football player? As a leader? What are my dreams on and off the field?
3. **Coach Gilmore:** What do I need to work on

physically and attitudinally to play college football? What are coaches really looking for in a young man?

4. **Jeff Oliver:** What can I do to maximize my physical training and athleticism?
5. **Individual time** with Jeff Levin: Hone my Personal Performance Plan.

Players will leave inspired with a new working sense of both their mental and physical games, as well as a concrete, powerful and animated sense of themselves as individuals and teammates and a plan to move forward. This will be a life-changing experience full of insight and information and, most of all, fun!





Jeff Levin

Born and raised in Newton, Massachusetts, and a graduate of Dartmouth College, Boston College School of Education,

and the Smith College School for Social Work, Jeff has devoted his professional life (35 years and counting) to supporting young people. He began his professional career as a middle-school English teacher in Carlisle, Massachusetts, and since then has worked as a psychotherapist and life coach with individuals and groups in a wide variety of settings to help teams, individual athletes, young people, families, and corporations all over the country.



Tom Gilmore

will begin his 13th season as the head football coach at the College of the Holy Cross in 2016. Gilmore's teams have finished with a winning record in eight of his 12 seasons with the Crusaders, winning the Patriot

League Championship in 2009.

Over the last 12 years, Holy Cross has placed 96 players on the All-Patriot League teams. His teams have also been extremely successful in the classroom, receiving NCAA academic prog-

ress rate public recognition awards in six of the last nine seasons.

An Academic All-American at the University of Pennsylvania, Gilmore graduated in 1986 with a bachelor's degree in computer mathematics. He helped lead the Quakers to four consecutive Ivy League titles while earning All-America honors during his junior and senior years. Gilmore received the Asa S. Bushnell Cup as the Ivy League Player of the Year, one of only two linemen to have ever claimed the award. He also earned the George A. Munger Award as the team's Most Valuable Player and the Class of 1917 Award as Penn's top scholar athlete. He was named National Player of the Week by *Sports Illustrated*, as well as one of 11 National Scholar Athletes by the National Football Foundation and College Hall of Fame in 1985.

After graduating from Penn, Gilmore signed with the British Columbia Lions of the Canadian Football League.

Gilmore and his wife reside in Shrewsbury, Massachusetts, with their two children.

Jeff Oliver has been the strength and conditioning director at Holy Cross since 1996 and served as the strength and conditioning coach for the Worcester Ice Cats, the former AHL affiliate of the St. Louis Blues hockey organization. He has also run a strength and conditioning program for Worcester-area athletes for the past 19 years (beathletic.net).



Oliver graduated from Boston College in 1988 with a bachelor's degree in business administration and was selected to receive the Thomas Scanlon Memorial Award for Scholarship, Leadership and Community Service. He was a four-year letterwinner on the Eagles' football team, went on to play for the New York Jets

from 1989-1990, then finished his career as an offensive lineman for the Barcelona Dragons of NFL Europe.

Oliver is a certified strength and conditioning specialist and is a United States Weightlifting Federation Certified Club Coach. Jeff earned his Masters Degree in Human Movement from Boston University. He has been named a Master Strength and Conditioning Coach by the Collegiate Strength and Conditioning Coaches Association, the highest honor given in the strength and conditioning coaching profession.

**Space is limited, so
please register early.**

**We welcome calls and emails about our program: Contact Jeff Levin at
jeff@jefflevincoaching.com
617.356.2329 • 603.496.0305 cell
www.jefflevincoaching.com**

Registration Form

Please email registration form and waiver to jeff@jefflevincoaching.com or mail along with check for \$95 payable to: Jeff Levin, PO Box 281, Henniker, NH 03242.

You can also pay with your credit card at www.paypal.com: "Send money" to jeff@jefflevincoaching.com.

Pre-registration is required; registration must be received no later than Thursday, June 9.

Name: _____

Address: _____

Home phone: _____ Cell phone: _____

Email: _____

Date of birth: ____/____/____

High School: _____ Graduation date: _____

High school coach: _____

Primary position: _____

Three goals for football/life:

1. _____

2. _____

3. _____

Parents' names, contact numbers, and email addresses:

Names _____

Phones _____

Email _____

Workshop Waiver

Coverage for accidental injury is required by all participants. In most instances, family health insurance will suffice.

Insurance policy: _____

Policy #: _____

I/We, being the legal guardian(s) of the applicant, _____

_____, authorize Jeff Levin, Tom Gilmore, and their agents permission to request medical treatment as necessary to insure the well-being of my dependent.

Guardian(s) Signature: _____

_____ Date: _____

I/We the undersigned, for ourselves, our heirs, executors, and the administrators, waive and release and forever discharge Jeff Levin, Tom Gilmore, staff, officers, agents, representatives, employees, successors, and assigns of and from any and all rights and claims for damages to person or property which may be sustained or occur during participation in the camp.

I/We understand that the applicant is in good physical and emotional condition, allowing him to participate in this Levin Student-Athlete Workshop.

Guardian(s) Signature: _____

_____ Date: _____