



A UNIQUE WRESTLING EXPERIENCE

Sunday, November 20, 2016, 11am-5pm • New England College

Life coach Jeff Levin has joined forces with New England College's wrestling coach John Archambeau to create a unique wrestling-specific retreat for high school and PG wrestlers who want to improve their mental and emotional skills in order to take their wrestling and life to the next level.

The day focuses on the mental skills necessary to excel at the sport of wrestling. Boys 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 in practice and in competition. Attention will be given to key areas of success, training recommendations, critical transitions during matches, drilling better, and other important skills to prepare for the upcoming high school season. This is not a theoretical experience! Kids will alternate between the classroom



and the mat in order to develop a much greater understanding of who they are as people and athletes: We help wrestlers 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?

Wrestling-specific athletic performance improvement plan.

• **Leadership training:** How do I become a better, more coachable athlete and a stronger leader on and off the mat?

• **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 wrestling?

• 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 wrestler but also a better athlete.

The boys will enjoy four 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 wrestler? As a leader? What are my dreams on and off the mat?

3. **Coach Archambeau:** What do I need to work on physically and attitudinally to wrestle in college? What can I do to maximize my physical training and athleticism? What are coaches really looking for in a young man?

4. **Individual time** with Jeff Levin: Hone my Personal Performance Plan.

Wrestlers 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.

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



John Archambeau joined New England College after serving two seasons as head wrestling coach at Daniel Webster College in Nashua, New Hampshire. No stranger to the creation of a program, Archambeau was responsible for the establishment of varsity

wrestling at Daniel Webster in 2014 before starting the program at New England College.

Prior to Daniel Webster Archambeau served two seasons as a graduate assistant for Springfield College. While at Springfield, Archambeau coached 12 all-regional wrestlers, eight national qualifiers, four All-Americans, and one national champion.

Archambeau earned his Masters of Science degree in advance physical education licensure pedagogy and his Bachelors of Science degree in movement and sport studies both from Springfield College. As an undergraduate Archambeau was a member of the varsity wrestling program earning all-conference honors in 2010 and 2011.

Space is limited, so please register early.

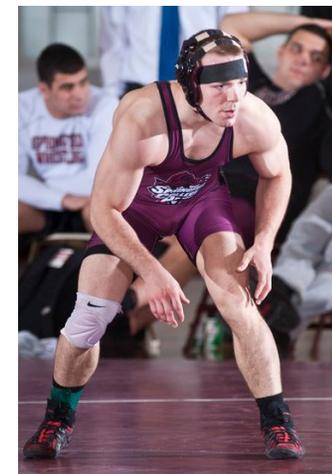
The program will be at New England College's Field House, Henniker, New Hampshire.

Directions to Field House: From Routes 9/202, Take Route 114 south through the blinking light; continue past Simon Center (New England College sign). Take your first right after the NEC CEI Building (Circle Street), The Field House and parking are on the right.

Cost: \$50 if you pre-register; \$60 at the door. Teams of 10 or more, \$40 each.

Participants should bring a water bottle, a set of workout clothes that is both indoor and outdoor weather appropriate, athletic shoes, and wrestling shoes. A change of clothes is recommended. Locker rooms will be provided.

Snacks will be provided in the afternoon; eat a good lunch before you arrive.



Registration Form

Cost: pre-registration \$50; \$60 at the door. Teams of 10 or more, \$40 each. Please email registration form and waiver to jeff@jefflevincoaching.com or mail along with check 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 recommended; pre-registrations must be received no later than Thursday, November 17.

Name: _____

Address: _____

Home phone: _____ Cell phone: _____

Email: _____

Date of birth: ____/____/____

High School: _____ Graduation date: _____

High school coach: _____

Weight class: _____

Three goals for wrestling/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, John Archambeau, 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, John Archambeau, 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: _____