



## **The Center for Athletic Leadership at The Farm**

### **Overview**

The Center for Athletic Leadership at The Farm offers aspiring middle, high school, college, and pro athletes and their parents, families, and coaches an opportunity for a variety of immersion experiences in leadership and character development. Focused, devoted athletes typically spend almost all their time developing the *physical* skills that can make them excel in their chosen sport. At the Leadership Center, we focus on the *mental, emotional, and character* aspects of personal and team growth.

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### **Fall/Winter Workshop Schedule**

**SIGN UP FOR TWO PROGRAMS AND TAKE A 10% DISCOUNT;  
SIGN UP FOR THREE OR MORE AND ENJOY A 15% DISCOUNT**

#### **Baseball Confidence: Learn to be a More Confident Athlete & Enjoy the College Recruiting Process**

**For young men ages 14 and above  
Saturday, November 19, 4-6pm  
The Farm  
110 Clematis Avenue, Waltham**

Enjoy a two-hour session with Farm owner and head coach, Mike Freire, and sports life coach and team builder, Jeff Levin. Join us and learn with your peers about how to navigate and enjoy the college recruiting process, how to make yourself more attractive and compelling to the schools and coaches you want to play for, and how to be way more confident, focused, and successful in baseball.

You will:

- Learn the traits and characteristics that today's college coaches seek in their recruits.
- Learn how to be mentally resilient and stay "locked in"—on and off the field.
- Learn how to shed failure and compete with relaxed confidence.

- Learn how to manage stress and prepare for success while having fun!
- Learn how to enjoy the journey to becoming a collegiate baseball player!

Cost: \$100. Save \$25 if you register before November 15 at [www.jefflevincoaching.com](http://www.jefflevincoaching.com) or call The Farm (781) 790-1747.

**For more information, please visit [jefflevincoaching.com](http://jefflevincoaching.com) or give Jeff a call at his Farm office at 617 356-2329 or text or call his cell at 603 496-0305. You may also contact Mike at (781) 790-1747 or [mikefreire@thefarmbpi.com](mailto:mikefreire@thefarmbpi.com).**

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**Baseball Confidence: Strengthening the Mental Side of the Game**  
For young men ages 10-13  
**Saturday, December 10, 4-6pm**  
**The Farm**  
**110 Clematis Avenue, Waltham**

Enjoy a two-hour session with Farm owner and head coach, Mike Freire and sports life coach and team builder, Jeff Levin. Join us and learn with your peers about how to be a more confident, focused baseball athlete.

You will:

- Learn how to be more coachable and mentally strong.
- Learn how to let go of mistakes and stop comparing yourself to others.
- Learn how to be less stressed and more confident.
- Learn how to enjoy the journey!

Cost: \$100. Save \$25 if you register before December 1 at [www.jefflevincoaching.com](http://www.jefflevincoaching.com) or call The Farm (781) 790-1747.

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**Parenting Young Athletes in the Digital Age:**  
**Finding Balance & Building Confidence**  
**Date TBA**

The old, relaxing days of Little League and hanging out are gone! Enjoy this unique, two-hour workshop with Farm owner and head coach, Mike Freire, and sports life coach and team builder, Jeff Levin. Gather with friends and other baseball parents in our communities who are looking for a better way to both support their sons as they grow on and off the field while teaching them valuable life lessons about confidence, coachability, teamwork, resiliency, and drive and, at the same time, keep family life sane and reasonable!

Highly interactive discussion will include:

- The effects of the digital age on kids, parents, sports, and families.
- How to find balance in the hectic and overly competitive academic and athletic environment of today.
- How to find that sweet spot of supporting your son but not enabling him to stay stuck emotionally.
- How to nurture athletic passion while maintaining academic integrity and fostering confidence in the digital age.

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**Visualizing Success: The Importance of Using  
Your Imagination in Baseball  
Saturday, January 7, 2017, 4-6pm  
The Farm  
119 Clematis Avenue, Waltham**

Enjoy a two-hour session on visualization with Farm owner and head coach, Mike Freire, and sports life coach and team builder, Jeff Levin. A positive attitude goes a long way toward success, and learning exactly how to customize your own mental game is crucial. Relax and learn with your friends about how to picture success in all aspects of the game. Learn what's getting in your way of doing so and how to eliminate those mental low spots.

You will:

- Learn exactly what's holding you back mentally.
- Understand about the science of visualization: why it works.
- Learn the same mental techniques top college guys and pros are using.
- Learn how to let go of mistakes.
- Learn how have a good attitude on and off the field.

Cost: \$100. Save \$25 if you register before December 28 at [www.jefflevincoaching.com](http://www.jefflevincoaching.com) or call The Farm (781) 790-1747.

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**Baseball Leadership: Personal Growth on and off the Field  
Saturday, February 12, 4-6pm  
The Farm  
110 Clematis Avenue, Waltham**

Enjoy a two-hour session on personal growth with Farm owner and head coach, Mike Freire and sports life coach and team builder, Jeff Levin. A crucial part of moving through your teenage ages in baseball and in life involves becoming a stronger leader, a more confident kid, and a person who knows how to show others the way. Relax and learn with your friends about how to be that young man whom others look up to. Learn what's getting in your way of doing so and how to eliminate

those detours to personal growth, confidence, humility, and joy.

You will:

- Learn exactly what's holding you back from being a great leader.
- Understand the mechanics of confidence and finding your voice.
- Learn how to be fully comfortable in your own skin.
- Learn how to let go of mistakes.
- Fully get the importance of being true to yourself on and off the field.

Cost: \$100. Save \$25 if you register before February 2 at [www.jefflevincoaching.com](http://www.jefflevincoaching.com) or call The Farm (781) 790-1747.

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### **About Jeff**

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.

Jeff has worked with student-athletes, coaches, and parents at:

University of Hartford baseball  
UMass Amherst baseball  
St. Sebastian's baseball  
UMass Lowell hockey  
UNH hockey  
Babson basketball  
Brandeis basketball  
Holy Cross football  
Wellesley Hills Congregational Church  
parents  
Newton South basketball  
Quinn Middle School, Hudson, Mass.,  
parents  
Wayland High School basketball  
Newton North parents  
Deerfield Academy lacrosse and football  
St. Paul's School tennis  
Watertown High School coaches  
New Mission High School basketball  
Lawrence Academy lacrosse

Groton School hockey  
Lincoln Sudbury High School captains  
Wellesley High School guidance  
counselors  
St. Mark's captains  
Dartmouth College fraternities  
BU women's hockey  
Orange Coast Community College men's  
crew  
New Hampshire Technical College  
captains  
Bridgewater State basketball  
Nichols College lacrosse and coaching  
staff  
Castleton State hockey and lacrosse  
Anna Maria College psychology dept  
Curry College soccer and hockey  
WPI student leaders  
Keene State basketball, softball, and  
coaching staff