



A Parent / Guardian Guide To

# NEUROFUEL

## 01 What is NeuroFuel?

NF is an app-based program that provides structure for athletes to develop skills necessary to compete at their highest level



## 02 What are the benefits of developing mental skills?

- build confidence
- composure under pressure
- concentration in big moments
- improved self-talk messages
- structured goal setting
- reset after mistakes
- manage everyday stress and anxiety

## 03 How much time will they be on their phone?

Finally a GOOD reason to see young athletes on their phones. NeuroFuel provides **bite sized exercises in a Daily Schedule that takes just 10-15 minutes.**



## 04 Mental training? Seems a bit advanced for kids...

**ALL athletes have moments when their thoughts interfere with their ability to perform - THAT'S NORMAL.** The NeuroFuel app develops strategies through simple exercises and consistent practice, allowing youth athletes to understand and train these skills at an earlier age.

## 05 What do athletes think about NeuroFuel?

*"NeuroFuel has helped me to stay focused throughout the day and more balanced during practice."*

*"This app helped me with my confidence on and off the court. Visualization exercises were a huge help for learning and developing skills that I lacked due to position change."*

*"NeuroFuel helped me maintain composure and feel more confident in tough game situations"*

*"NeuroFuel gave me the calm and confidence I needed by providing me with strong breathing exercises as well as deep thought driven activities."*



*"This app really opened a new phase on my life as an athlete, helping me to improve my visualization and to gain confidence in myself."*