

Sports Mentality Training

Are you looking to give your team a competitive edge. Sports Mentality Training (SMT) offered by Coach Brian Filibeck is now the choice to guide your athletes and coaching staff for greater success on and off the court. Consulting Services & Faith Ministry are also available to assist with organization and management of your sports program.



Sports Mentality Training

MENTAL TOUGHNESS PROGRAM STRATEGIES

- MEDITATION / BREATHING
- POSITIVE SELF-TALK
- CORE PERSONAL VALUES
- TEAM BUILDING / TEAM BONDING
- VISUALIZATION (Mind Gym Concept)
- PRE-PERFORMANCE ROUTINES
- PRESSURE POINTS
- MINDFULNESS STRETCHING
- GOAL SETTING



Volleyball Mental Toughness Camps

**Flexible Solutions
For a Competitive Edge**

- Coach Filibeck's site camps can be personalized to fit your team's needs and goals. Our basic camp features a mixture of Sports Mentality Training and volleyball skills training. Specific sessions will be devoted to teaching mental toughness skills and team building activities during your team's camp.

- What makes this camp different from other camps is the emphasis on Sports Mentality Training. Sessions include drills, activities, and handouts working on individual skill development, team training, and game like situations.

Testimonials:

"Wow!!!! Coach Fill and crew was absolutely awesome! We were fortunate to have him for two days with our team! What a transition from a stagnant foundation to a growing team! We have been blessed with the opportunity to use tools as a coaching staff that transitions to our team on and off the court! New skill building and team building... Coach Fill and crew has created a team ready for the dream!"

- Tera Kostelecky, Assistant Coach Lovell Bulldogs- Lovell, WY

"Coach Fill puts on a wonderful one day volleyball camp. The camp is designed to teach not only volleyball skills but mental toughness. My girls were engaged the whole day and learned a variety mental toughness strategies that they could incorporate immediately. I would highly recommend Coach Fill's mindset volleyball camp!! He is positive, knowledgeable, and truly cares about the athletes. We look forward to having him back next year!"

- Tammy Bruha, Head Coach Harding County Ranchers-Buffalo, SD

"I have been struggling with my athletes' confidence and mental toughness. It is refreshing to know it wasn't just my program facing these hurdles and having tools and techniques athletes can use to help on the court was a valuable experience."

- Coach Chapweske, Head Coach Custer County Cowgirls- Miles City, MT

"Physical strength will get you to the starting line but mental strength will get you to the finish line. It was an honor to have Coach Brian work with our team for the past 2 years! My players had so much fun at the camp and talked about it all summer! As a new coach, I have learned so many techniques to guide my team to stay positive on and off the court! It was so awesome to watch these girls in open gyms during summer and hear someone say "find your anchor breath"! This program has taught the girls to stop the negative mindset with themselves and their teammates. I am looking forward to implementing this into our VB program and hope to work with coach Brian again! I hope to have athletes that are tough in soul and spirit, not just muscles, and this Mental Toughness camp is helping accomplish this goal! Very grateful someone is doing this for our athletes!"

- Sandy Huether, Head Coach Mott-Regent Wildfire- Mott, ND



**Head Volleyball Coach & Sports Consultant
Brian Filibeck**

Tools for All Sports

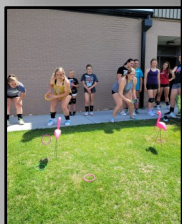


Faith Ministry

- Fellowship of Christian Athletes (FCA) Activities
- Guest Speaker
- Bible Studies / Devotionals

Consulting Services

- Organization & Team Management
- Practice Plans - Grassroots Programs
- Player Policies & Principles - Fundraising
- Core Personal Values - Accurate Statistics
- Inventory / Budgeting - Game Night Tasks
- Player Portfolios / Playbook -Scheduling
- Coaching Staff Management
- Parent / Fan Communication



Coach Filibeck Biography

- Masters Degree - Coaching & Athletic Admin.
- Bachelors Degree - Business Admin. & History Ed.
- 27 years coaching experience at 4 HS's in ND & WY
- Pastor Credentials with Church of God
- Experience in Volleyball, Basketball, Golf, Track & Field, AAU Volleyball
- 2000-2007 TourneySport USA Hawaii VB Coach
- 2008-2011 NDHSAA Volleyball Advisory Committee

2021 & 2022 Camp Schools

- Mott-Regent ND
- Garrison ND
- Rugby ND
- T.F. Riggs, Pierre SD
- Pine Bluffs WY
- Custer County, MT
- Rapid City Christian, SD
- New Salem, ND
- Harding County, SD
- Rocky Mountain, WY
- Lovell, WY

Basic Camp/Consulting Fee Structure

1 Day	1 Session	3 Hours	\$30.00/athlete
1 Day	2 Sessions	3 Hours Each	\$60.00/athlete
2 Days	4 Sessions	3 Hours Each	\$120.00/athlete
Sports Consulting Services		* Prices vary upon hours & travel * Call for Pricing	
Sports Mentality Training Materials 3-Ring Binder =			\$150.00
Sports Consulting Materials 3-Ring Binder =			\$100.00

- * Camp days, sessions, and hours can be customized to fit your requests.
- * Consulting Services can also be customized to your coaching needs, regardless of sport.
- * Site camp & consulting services can be combined into one visit.



Mindset Solutions Ministry Information

- Mindset Solutions Ministry is a company operated by Brian Filibeck devoted to Sports Mentality Training, Sports Consulting, and Faith Ministry. His goal is to assist in improving peoples' lives and impacting your sports program and athletes. Brian has a Masters Degree in Coaching and Athletic Administration and provides services with Sports Mentality Training and Sports Consulting. We invite you will take advantage of these unique opportunities.

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- Sports Mentality Training & Faith Ministry

Philippians 4:13 "I can do all things through Christ who strengthens me"