



Please visit ... www.focus-in-seconds.com



Multi-Sport Successes... **TheTRUSTCard® Sports Protocol™**

TRUSTCard® Sports Protocol™ Lead Instructor, Dr. Thomas J. Karas spoke at The Sports Medicine Symposium for Family Physicians, first in November 2010 ...

... Sponsored by McLaren Regional Hospital in Michigan. The title of his presentation is "*The Zone Is a Trainable Event™*". As part of the Symposium's theme of "Performance Anxiety and Return to Sport Following Injury" (with reference to **TheTRUSTCard® Sports Protocol™**). In the audience were Sports Physicians, Family Physicians, Sports Physical Therapists, Physical Therapy Assistants, Athletic Trainers and Coaches. McLaren Regional Medical Center is accredited by the Michigan State Medical Society Committee on CME Accreditation, and attendance at this Course provided then as it does now, continuing medical education credits for physicians in attendance.



Dr. Karas is
a Former
Men's Amateur
Softball
National
Champion
Starting Pitcher

Dr. Karas during 2010 addressed the American Chronic Pain Association ...

... Re chronic and acute pain including use of pain and recovery from sports injury through the use of **TheTRUSTCard® Sports Protocol™**.

Dr. Karas continues to be listed as a registered speaker for the Macomb County Intermediate School District ...

... and has spoken on 6-7 occasions on **TheTrustCard® Sports Protocol™** versus performance anxiety for Macomb. **SINCE THEN THESE SUCCESSES ...**



M.F. ... Men's Triathlete ...

... has reported that **The TrustCard® Sports Protocol™** is a regular part of his training regimen and has specifically assisted him in overcoming performance anxiety related to the swimming portion of the triathlon. In addition, M.F. reports that **TheTRUSTCard® Sports Protocol™** assisted him in overcoming his previous debilitating panic that often occurs during the swim portion of the event in natural bodies of water.

S.S. ... a Male, High School Women's-Softball Coach ...

... The young women range in age from **15-18 Years Old**. S.S. has incorporated **TheTRUSTCard® Sports Protocol™** into practice and actual game situations and has reported that the protocol decreased performance anxiety and improved on field performance. In fact, one member of the team, M.L., reported that her teammates developed their own short-hand version that they would say to each other before "at bats" and at conferences on the pitcher's mound. The short-hand was "3 plus 1 equals 4" to remind them of one technique from **TheTRUSTCard® Sports Protocol™** and the school's 3 prior state championships. M.L. reported it to be a team unifying regimen. They came in **2nd** statewide





Please visit ... www.focus-in-seconds.com

Multi-Sport Successes ... **The TRUSTCard® Sports Protocol™**



D.V. ... Travel League Male Women's-Softball Coach ...

... has reported that **The TRUSTCard® Sports Protocol™** is being used during games with players ranging in age from **12-14** as a way to immediately calm down high stress moments for their young women players.



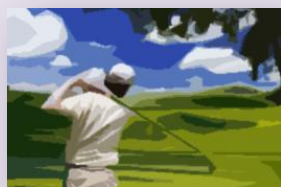
S.S. ... Men's High-School Wrestling Coach ...

... has reported using **The TRUSTCard® Sports Protocol™** with high school wrestlers and like the other testimonials, reports a decrease in performance-related anxiety and competition-related worry.



E.W. ... Amateur Men's Golfer uses ...

... **The TRUSTCard® Sports Protocol™** and has reported that it got him “over the hump” when his previous putting performance and the resultant anxiety severely limited his success to such an extent that he was ready to “quit golf”.



D.B. ... Young Men's Amateur Hockey Coach ...

... has reported that **The TRUSTCard® Sports Protocol™** has also been used in amateur hockey with success in keeping boys ranging in **ages 12-14** “focused” and “in control” during practice and game situations.



L.M. ... A Female Martial Artist & A Women's National Champion In

Karate, uses **The TRUSTCard® Sports Protocol™** herself as part of her training regimen. She has found it to be particularly helpful to minimize or eliminate pre-tournament anxiety related to performance and confidence. L.M. is also the **Mother of 3 Children** who are also involved in the martial arts and has started to incorporate the protocol into the training for her children. L.M. is convinced that the protocol is ideal for her sport due to its simplicity and portability.





Please visit ... www.focus-in-seconds.com

Multi-Sport Successes... The TRUST® Card Sports Protocol™



M.T. ... A Personal Trainer and Amateur Weightlifter has reported that The TRUSTCard® Sports Protocol™ has assisted him in recovery from sets during his workout and he states that it has increased his lifting strength by eliminating doubt and fostering confidence.



R.V. ... A Youth Hockey Player, who is "Undersized" in comparison to most other players; had a huge "mental block" in regards to being checked by larger players. He once said that *"Until I used it (The TRUSTCard® Sports Protocol™) I was scared"*. R.V. now reports that he doesn't worry about it anymore and he now even likes the contact.

"Our research was never originally targeted specifically at sports. But, we couldn't ignore the fact that as time went on we were getting more and more reports of its success there." Dr. Tom Karas, August 2010

