

Brain Highways 2011 October Sports Clinics

Contrary to what most believe, highly skilled athletes are not “born” that way. Anyone can improve their athletic skills—from those who are presently struggling to those who already appear at the top of their game.

The Brain Highways Sports Clinics shows how that’s possible by introducing families to what we call “mindful-myelin practice”—a unique approach that applies and maximizes how the mind works so that it’s easy to progress and enjoy the process at the same time. While we focus on sports during the clinics, mindful-myelin practice can also be applied to any kind of practice.

1. What are the dates and times of the clinics?

They are on Wednesdays (October 5-October 26). Kids ages 6-8 meet from 5:00-6:00; Kids ages 9-12 meet from 6:15-7:15.

2. Do kids have to have participated in other BH classes before enrolling in the Sports Clinic?

No, they are open to any child who is 6-12 years old.

3. What do families get by participating in the BH Sports Clinics?

- Four hours of hands-on, on-site practice that introduces and reinforces mindful-myelin practice
- Fun, weekly at-home challenges to reinforce what’s presented during the clinics
- A continuum/scope and sequence of eight fundamental movements to all sports, spanning from the simplest way to introduce each movement to challenges that go far beyond traditional expectations
- Specific description of how each of those eight fundamental movements looks when the most efficient neural networks are in place
- “Smart Sports” information on how to prevent injuries
- Handouts
- Feedback on whether retained primitive reflexes are present and (if so) how that interferes with sports performance

4. What is the format of the clinics?

Parents drop off their kids. Kids first engage in an entertaining warm-up routine that wakes up the brain. They then participate in fun activities that focus on that clinic’s targeted fundamental movement skills. Parent return the last 10 minutes of each clinic. At that time, kids model specific movements presented in class, and both parents and kids participate in a brief activities that reflect program concepts.

5. How do the clinics address kids who are on both ends of the spectrum of athletic ability?

The “middle” description of each skill on BH Fundamental Movement Continuum reflects what most people perceive as “the goal.” However, some kids need to first participate in simple movements, leading up to the “middle” skill, before they can actually do it. Likewise, there are kids who can immediately go beyond that middle skill level. So, at each clinic, staff first observes how kids perform the middle skill of the targeted movements. From there, they direct kids to do the most appropriate challenges for them—at that given moment. By doing so, we underscore that the process—not the end result—is an integral part of mindful-myelin practice.

6. What is the cost, and how do I enroll my child?

The cost is \$200. Enrollment is official when we receive the slip below, along with a \$100 non-fundable deposit. The remaining balance (\$100) is paid at the first clinic. (To ensure good staff to participant ratio, please note that there is limited space in each clinic.)

For more information on our mindful-mylein practice approach, click on the BH Sports link in the Program Section of our website (www.brainhighways.com/c/bhsports)

Brain Highways October Sports Clinics

Send this completed form, with the \$100 deposit to:

Brain Highways
207 S. El Camino Real, Ste. A
Encinitas, CA 92024

Child’s name _____ Age _____

Parent’s Name _____ Phone _____

Email _____

