

Accelerate learning by correctly focusing on the right thing.

“ When we QUIET the MIND
the Symphony Begins.”

- anonymous

Quiet Eye
Phenomena

There is
NO BALL

Your mind and body are in-sync, you remain calm, and most importantly you feel in total control, certain in the knowledge that these simple (matras) thought processes actually work! You are amazed at how easy a [Golf Swing](#) and other sports, such as [Snow Skiing](#) become easy to learn and master reasonably well. You delight in how fun many sports become fun to play and get exercise. - JF Jaeger

“The athlete in the “[peak performance zone](#)” is really in a kind of heightened state of awareness. An absorbed focus, there is an element of relaxation response, they are always in the here and now, with a clear and uncluttered mind, just be absorbed in the moment, letting the performance happen (SYT swing mantra). You are looking to get that focus and that process to take place within the time frame – “[I call it the 40 second sanctuary of the pre-shot routine](#)” - Tiger Woods *mentor*

The more intense the situation gets the calmer I feel, the more things slow down. I don't hear noise, I don't hear anything. I become so totally enthralled in that particular moment, hitting the shot, or forming a task and being mentally prepared for that shot. It's almost as if I just get out of my own way because of the training. My Father always said the training will take over, just let it happen”.

Click for [Tiger Zone](#) video

I call IT the
10 to 20 second
Sanctuary -jfg-

Learn to ESCAPE the Moment
Yet be FULLY in the Moment

[SYT™ Zone](#)