



Sports Hypnotist at NWFC

Friday, May 9th at 6pm

Eric Singer, sports hypnotist and former Salle Auriol Fencer will be at the NWFC to meet with fencers in preparation for the PNW Cup. The Athletes will work on two aspects of competition:

We will practice and prepare for the 60 second break during the bout. We utilize this one minute to rest, to refocus and to gain composure. It is the perfect time to accept your coach's advice as to what was done and what can be improved.

Second, we will shift from a critical view of mistakes and lost points to the benefits of seeing ones opponent and their strategies. This shift can move any bout into your favor.

Come away more focused, more relaxed and more confident with an expectation for a successful outcome at your next competition.

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