

Development  
Lead Teaching  
COACHING  
Skills Help  
ershi

>> Sign Up Today!



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ath.leaders1

## Packages

★  
1-STAR  
PACKAGE

**ONE-ON-ONE COACHING**  
**(5) 60-MINUTE SESSIONS**

★★★  
3-STAR  
PACKAGE

**SMALL GROUP COACHING**  
**5-8 ATHLETES**  
**(3) 60-MINUTE SESSIONS**

★★★★★  
5-STAR  
PACKAGE

**TEAM/CULTURE BUILDING**  
**(3) 60-MINUTE SESSIONS**

## Testimonials



# AthLEADers

**SPORTS**  
**LEADERSHIP**  
**CONSULTING**



Contact: Billy Hemberger  
coachhemberger@gmail.com

## Mission

**Who:** High School & College Athletes

**What:** Learn how to train your mind to match your physical abilities through one-on-one mental coaching.

**Where:** In-person or virtual coaching. 60-minute sessions.

**When:** Flexible schedule that fits your needs.



## Successful Athletes Value 4 Things:

- 01 Skill Mastery:**  
Technique, Game Awareness, Adaptability
- 02 Physical Preparedness:**  
Strength and Conditioning
- 03 Mental Toughness/Mindset:**  
Confidence, Focus, Resilience, Discipline, etc.
- 04 Passion, Purpose, Support:**  
Love for the sport, supportive relationships, values and identity

**ATHLEADERS CAN HELP  
IMPROVE 50% OF YOUR GAME**



McDonald's All-American

**Aaliyah Gayles**

"" He just knows...somehow he just knows....personally throughout my years he was just a great coach. That's why I feel so mentally strong since my situation. I had him to mentor me and build my mentality."

