



*Coach*  
**ROZY**  
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MOVEMENT SKILLS FOR LIFE

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# CHAMPION ZONE

## PLAY BOOK

# CONTENT

Each step to get to the CHAMPION ZONE is an important process to help you develop your mind, body and spirit to understand what it takes to be a champion. Follow each step - when you do, you'll find yourself in the

## CHAMPION ZONE



ZONE #1

ZONE #2

ZONE #3

ZONE #4

ZONE #5

ZONE #6

ZONE #7

PERFORMANCE

ZONE #8

ZONE #9

ZONE #10

WHAT IS A CHAMPION?

CHARACTER & LIFESKILLS

READING YOUR LIFE COMPASS

REALIZING YOUR POTENTIAL

LEARNING SKILLS

MOVEMENT SKILLS FOR LIFE

PATHWAY TO PEAK

THE RIGHT ATTITUDE

DECISION MAKING

CREATING YOUR GAME PLAN

# WELCOME TO THE CHAMPION ZONE

## DO YOU WANT TO BECOME THE BEST YOU CAN BE?

Is it your desire to take the talent, skills and education you have been given and use them to the maximum? If you answer yes to that question, then ask yourself one more...



## "HOW DO I GET THERE?"

This is a tool that will help you understand the steps needed to enter the world of a champion. It will follow the on-line videos and provide learning activities to help illustrate the importance of character, a life compass, skill development, fitness, nutrition, attitude and decision-making on your journey into the

**CHAMPION ZONE**

## "WHO NEEDS TO LIVE IN THE CHAMPION ZONE?"

Anybody and everybody who seeks to realize their potential. Young or old, boy or girl, rich or poor. It doesn't matter whether you are an aspiring athlete, computer engineer, teacher, musician or actor - the **CHAMPION ZONE** is for you. The **CHAMPION ZONE** is for any person regardless of race, belief, or nationality who wishes to be the best they can be.

**YOU CAN BE A CHAMPION!**

# WHAT'S A ZONE?

Let's combine two definitions from the dictionary to give you our definition of a ZONE.

Definition #1 - "An area that differs and is distinguished for some purpose from other border areas and within which certain distinctive circumstances exist, or are established."

**EXAMPLE: This zone has been developed for trash disposal**

Definition #2 - "A state of heightened concentration experienced by an athlete that enables peak performance."

**EXAMPLE: She is really in a zone with her game today.**

## OUR DEFINITION OF ZONE

For Coach Rozy Performance, we say a ZONE is a state of concentration (mind), that brings you into an area that distinguishes you for your purpose, sets you apart and enables you to reach peak performance levels.

## THE TOOLS THAT HELP YOU ENTER THE ZONE

1. Recognize your talents which provide purpose
2. Learn to make good decisions
3. To reach your full potential



# IS EDUCATION ENOUGH?

Simple put - EDUCATION IS NOT ENOUGH! School is not enough. Training is not enough. The elements contained in the MOVEMENT SKILL FOR LIFE PROGRAM are the necessary ingredients that, when mixed together, will put you on the road to realizing your potential. Many people go through life and settle for work, relationships and performance that is "SECOND RATE". This can happen to any of us for a number of reasons, but one of the primary reasons is this:



## **"NOBODY EVER TAUGHT ME HOW!!!"**

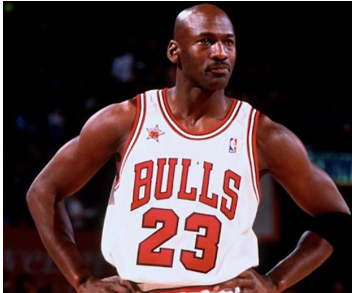
Our job is to provide and assist you with the "tools of the trade" in becoming a Champion and beginning your journey into the ZONE.

Make no mistake about it. This can only be YOUR DECISION. We can provide you with the road map into the CHAMPION ZONE, but only you can decide whether you will use it or not.

The choice is yours. There is a definite price to be paid if you want to enter the CHAMPION ZONE. You won't always succeed. There will be failures as well as victories. The awesome thing is that all CHAMPIONS have failed at one time or another -

## **AND STILL BECAME CHAMPIONS**

# SUCCESSFUL PEOPLE WHO FAILED AT THE START



**MICHAEL JORDAN:** Either he was part of the greatest high school roster of all time or his coach made a huge mistake in cutting Michael Jordan from his high school basketball team. Six Championships and five MVPs later, Jordan became arguably the greatest basketball player of all time

**JERRY SEINFELD:** Just about everybody knows who Seinfeld is, but the first time the young comedian walked on stage at a comedy club, he looked out at the audience, froze and was eventually jeered and booed off of the stage. Seinfeld knew he could do it, so he went back the next night, completed his set to laughter and applause, and the rest is history.



**ELVIS PRESLEY:** As one of the best-selling artists of all time, Elvis has become a household name even years after his death. But back in 1954, Elvis was still a nobody, and Jimmy Denny, manager of the Grand Ole Opry, fired Elvis Presley after just one performance telling him, "You ain't goin' nowhere, son. You ought to go back to drivin' a truck."

**J. K. ROWLING:** Rowling may be rolling in a lot of Harry Potter dough today, but before she published the series of novels she was nearly penniless, severely depressed, divorced, trying to raise a child on her own while attending school and writing a novel. Rowling went from depending on welfare to survive to being one of the richest women in the world in a span of only five years through her hard work and determination



**"IT DOESN'T MATTER WHERE YOU START –  
BUT WHERE YOU FINISH!"**

# the CHALLENGE



This study guide is broken down into 10 lessons or "Zones". As mentioned earlier, the guide follows the flow of the on-line videos in THE **CHAMPION ZONE**. We suggest you watch the part of the video that matches up with the specific lessons you are covering. It is important that you focus on one aspect of the study at a time. This will allow you to get the most out of each area that is so important for your entry into the **CHAMPION ZONE**.

We want you to stick around for the entire journey through this study of the CHAMPION ZONE. If you make the decision to do so, we guarantee that you will not regret it. It may be one of the most important decisions you make. The **CHAMPION ZONE** will challenge you to:

- 1. Be open to what is said**
- 2. Commit the time necessary for the brief journey**
- 3. Participate - if alone; meditate on all that is said. In groups, interact and get involved in discussions**
- 4. Practice - Put on your feet what you learn in your head. Head knowledge is good but it is not always practical. Your actions will show what you really believe and what is in your heart!**

# the COMMITMENT

Learning to sign your name is a step toward becoming mature. It is your commitment to a particular endeavor or action. It will serve as a reminder that you are obligating yourself to take seriously the information you learn. It also shows that you assume the responsibility to do your best, and live up to your commitment - of learning what it takes to become a CHAMPION.

## I COMMIT TO:

1. Be open to the teachings of a Champion.
2. Commit the time necessary for the study.
3. Participate when the opportunity is provided.
4. Put into practice the topics discussed for the duration of this study.

**YOUR SIGNATURE:**

\_\_\_\_\_

**DATE:** \_\_\_\_\_

**PERSONAL EXPECTATIONS:**

\_\_\_\_\_

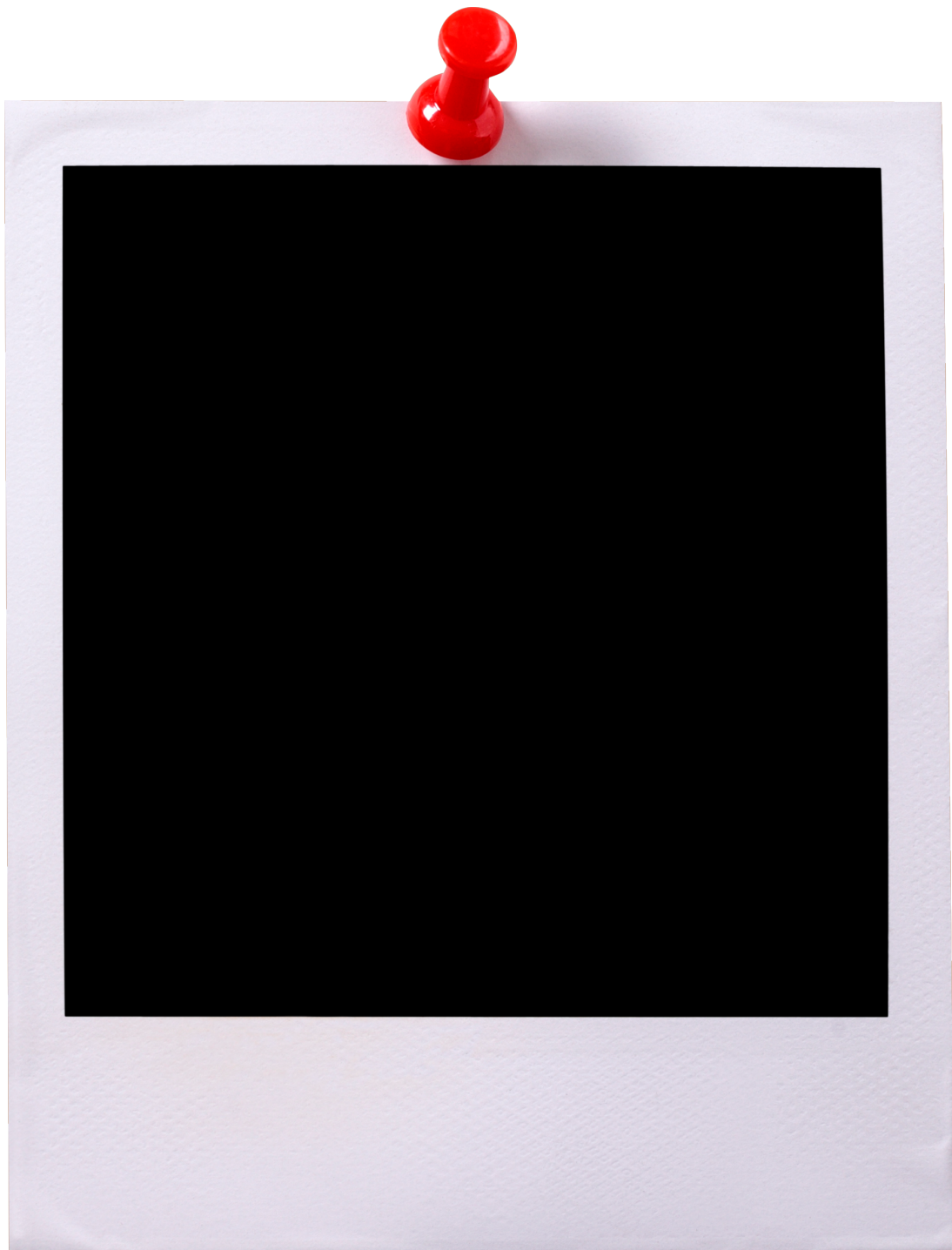
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# MY CHAMPION PAGE

**FIND A PICTURE OF YOURSELF AND TAPE IT HERE.  
BEGIN TO SEE YOURSELF AS THE CHAMPION YOU WANT  
TO BECOME!**





# NOTES