

THE RECRUIT-READY GAME PLAN CHECKLIST

5 NEXT LEVEL SECRETS TO MASTERING MINDSET, MARKETING, AND MOMENTUM

RECRUIT-READY
CONFIDENCE BUILDER
FOR ATHLETES
AND PARENTS

**SPORTS
BRAIN
GLOBAL**



CHECKLIST

Secret 1: Mastering Your Mindset

- Great athletes train their minds before they ever win a game.
- This step builds unshakable confidence, no matter the scoreboard, by giving your teen the tools to mentally dominate any moment.

- Building belief before the results show up
- Handling comparison and pressure like a pro
- Pre-game and post-game mental routines
- Using visualization and affirmations to win
- Daily habits that create confidence and clarity

Secret 2: Crafting Your Athletic Identity

- You're more than stats—you're a story waiting to be told.
- This step helps athletes stand out by owning who they are and what they bring to any team.

- Clarifying your "hook"—what makes you different
- How to tell your athletic story with clarity
- Building your Player Profile (PDF + online presence)
- Showcasing strengths without sounding arrogant
- Leveraging your personality and leadership traits

Secret 3: Building Your Exposure Engine

- Visibility isn't luck - it's a system.
- This step gives you the tools to make sure the right coaches are seeing the right things at the right time.

- What coaches actually want to see from recruits
- Highlight video do's and don'ts
- Picking the right tournaments, showcases, and camps
- Creating coachable moments on and off the field
- Developing your IOS—Interview One Sheet—to crush conversations

Secret 4: Recruiting Relationships That Stick

- Connections create opportunities—but only when they're built the right way.
- This step teaches athletes how to be memorable, professional, and consistent in how they communicate.

- When and how to reach out to coaches
- What to say (and avoid) in first contact
- Keeping in touch without being annoying
- Creating a system to track follow-ups
- Standing out by being authentic, respectful, and prepared

Secret 5: Owning Your Recruiting Journey

- You can't outsource your future. You've got to lead it.
- This final secret shows athletes and parents how to stay organized, take ownership, and make confident decisions that shape their next chapter.

- Understanding NCAA, NAIA, and NJCAA rules
- Why waiting for coaches to find you is risky
- Knowing your role as an athlete, parent, and coach
- Using your College Bound Binder to stay Recruit-Ready
- Asking the right questions when decisions are on the line

**Train your body to play...
Train your mind to WIN!**



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Who the Heck is Dr KAZ?

Hey there, I'm Dr. Kaz and thanks for popping by. In the next couple of minutes, I'm going to tell you a little bit about me professionally and personally.

Professionally, I've been brain-training athletes all over the globe for over 42 years. I've spoken to over 338,653 athletes. Yep, I keep track.

During that time, I have privately coached 7,700+ athletes, including 34 Olympians, 3 Olympic teams, 3 pro teams, 1 Pan Pacific team, dozens of college teams, and a few professional athletes along the way.

Plus, I have worked with some of the smartest people in the world on how to reach maximum sporting ability, how to engage your brain at a higher level, and how to keep the momentum going.

Personally, I'm a dog lover. I've had dogs all my life. I currently share my home with a rescue named Turks. He's a 13-year-old Jack Russell and has been kicking cancer's butt for over two years. He's been my companion for seven years and lights up my life.

Turks pops into many of my videos (like right now he's watching me do this one), so keep watching my channels and maybe you'll catch a glimpse of him.

As an avid cook, I've been a clean eater and a clean chef for over seven years. The cooking videos I do are going to focus on the most decadent tasting foods that are also brain healthy, heart healthy, and create more energy in the body.

Actually, here's a fun fact: I have cheffed for all five living past presidents during the Trump administration. How cool is that?

In addition, I love to travel—usually to warm weather places—hence I lived on the Gold Coast of Australia for ten years. In the future, you're probably going to see a few videos from the beach.

My coaching takes me all over the world and I most enjoy working with teens and showing their parents how to market their kiddos to college recruiters. Over the past four decades I've helped families receive over \$5.6 M in scholarships and sponsorships .

There is a great African proverb, that says "To go fast, go alone. To go farther, go together". So, let's go together on this college-bound journey and let me share with you all the amazing information I've collected along the way.

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