

# Welcome to The MindStrong Project!

Hello, my name is **Harvey Martin**. I am the co-founder and creator of **The MindStrong Project** and it's platform the "Diamond Series". Co-Founder and a very dear friend is **David Fischer**.

We are extremely excited to supply Prep Baseball Report and the sports community knowledge of what our group has experienced and what we continue to learn from the entire Mindstrong team. The goal is to share content to help enhance baseball careers, as well as, lives through the platform of baseball. We are working to build human performance through education while building an awareness of how the mind and body work together to sustain a consistent confident approach to game performance. In baseball terms, we are mastering the mental game.

The idea of developing a platform for athletes started in 2015 when our group created Mindstrong Mondays in conjunction with our club program. The intent behind the seminars was simply to create an atmosphere to allow athletes an opportunity to come together and discuss the mental game. We quickly learned we needed to develop a practice which soon provided a group of like-minded professionals to what we now know as **The Mindstrong Project**.

After finishing my playing career with the Milwaukee Brewers, I entered the coaching and scouting world. In 2015, I began scouting with the Milwaukee Brewers after being released from the organization as a pitcher. With a Master's Degree in Human Performance from Minnesota State University, I had a deep curiosity to learn about human performance specifically the mental side of baseball. When I started working with young athletes that same year, I created a platform now known as the "Diamond Series". This platform consisted of building an awareness around an individual's Purpose, Standards, Systems of Excellence and Vision. I learned early that preparation was our greatest source of confidence and my goal was to give athletes tools to know within their own minds to find their confidence and preparation of that moment when it mattered most. Over time the mission became a question. I wanted to know how do we make progress in the mental game? I understood the process of skill development and strength development, but why weren't we focusing on the mental game when most would argue it's the most important piece of our success. My answer to that question was that athletes and myself were not able to measure progress. How am I able to know my mind is getting stronger? Just like most things in life, I noticed that people continue to follow a plan or process only if it showed or provided growth. We as humans don't need to know exactly why something is working; we just want to know it is working.

That question has remained at the forefront of my mind and drives myself and our team to seek out answers. As leaders and coaches, we will share with you our adaptations in our respective fields while finding and discovering ways to measure the development of human performance both mentally and physically. Each month, we will share our findings and what we have experience as successes in and after our careers plus how to apply it to each individual's development. We will also aid in measuring progress and building awareness towards the mental game. Under the basis of the Diamond Series each player will find the strength to continuously define and refine their purpose, standards, systems and vision. We will share recovery, health and sleep tips all to help player performance. Breathing protocols will be shared and ways to use the breath and vision to slow the game down so the individual will be

able to own big moments. Throughout this journey we look forward to feedback and communication as we are all in this together to improve the game, the player and most importantly the person. Our coaching stems in a very simple three pillar program. Mental work through the Diamond Series, Grit Testing and How to use Breath to Control State of Mind.

As we continue to move forward on our end, PBR will have access to all our Coaches, Ambassadors and Influencers through our Podcast on iTunes. You can also follow us on Instagram, Twitter and Facebook **@themindstrongproject**. Our website is launching soon and we will share links to that through PBR as well. Our Mindstrong Academy is being launched at the Minnesota Mash facility in Eagan, Minnesota. We also travel the country speaking to colleges and corporations using the Diamond Series as a basis to building culture. As time goes on, you will be able to reach us digitally for online coaching while having access to our content wherever you are.

We look forward to embarking on this journey with you all.

Take care,

Harvey