

MT Training for Athletes (TFA)

with Sean McLeod

DESIGNED FOR
Middle, High School and
Collegiate Athletic Programs

Booking Details

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McLeod Technique (MT) Training for Athletes (TFA)

with Sean McLeod

In this special opportunity, Jefferson Award winning Sean McLeod brings his celebrated Motivation and Educational approach through Movement to athletes, coaches, parents, and administrators of public and private sports organizations. Sean's method helps athletic associations and parents address: the building blocks of "Bullying", unhealthy peer influence, and necessary communication mastery for better emotional health and personality development. The program is based on the celebrated McLeod Principles. Everyone in earshot is made to feel valuable and integrated into the experience.

Training for Athletes (TFA) is a unique physical enhancement program. TFA empowers an athlete by developing their movement abilities to the highest level possible. By using the foundational elements of movement study that include Martial Arts, Dance, Core Strength Training, Mastery of Rhythm, and emotional control plus traditional combat strategy taken from Martial Arts. Athletes will gain understanding and physical control that when combined make dynamic physical results and movement strategy immediately possible, and most importantly, accessible at will.



Training For Athletes starts with an evaluation of a particular person's movement matrix. A movement matrix identifies where an athlete's natural ability separates from their intentional and preconceived outcome. One of the primary principals of TFA is to understand how a person moves, then helping them identify the most direct way to execute that intention. TFA study includes streamlining weight training, so that athletes increase their power vs. increasing their size, mass, and strength. A person that is powerful can be strong; however, a person that is too big and strong normally will fail against a smaller, quicker, smarter and more powerful person.

TFA can be used to overwhelmingly increase the ability of a player or a whole team. TFA can also be integrated into the daily routines that a coach uses to warm up and practice agility, balance, endurance and so much more. However, the central theme is integration. This will help improve the very drills that are used every day to improve a team and individual players.

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Master of Movement, multi-award winning Producer, Choreographer, Martial Artist, and Motivational Life Coach, Sean McLeod, developed Training for Athletes (TFA).

Body Alignment, Flexibility and Strength Workshop

Venue:		
Date:	Day:	Time:
Team #1:		Team #2:
Total Hours: 3 hours		Number of Participants: 20-40 Athletes & Coaches
Workshop Title: MT Training for Athletes (TFA) with Reinforced Motor Function (RMF) designed for Athletes		
Level: Beginner to Intermediate		

The Goal:

To hold a full 3 hour TFA workshop with active participation from Athletes and their Coaches to learn first-hand the benefits of RMF, Movement Matrix Design for Sports, Fitness and Personal Development. This will give the coaching staff and athletes an opportunity for advanced physical and emotional training before the outdoor national tournament season begins.

The Benefits:

MT Training for Athletes and Sean's method of delivery helps athletic associations and parents address: the building blocks of "Bullying", unhealthy peer influence, and the necessary communication mastery for, and between, student athletes, coaches, parents, and administrators.

Program Pricing:

Workshop Cost: \$75 per person

Required equipment: 9 Iron Gym Apparatuses (@\$20 each) = \$180 + tax

Reimbursable Expenses: Hotel, Travel + 1 Dinner for Sean McLeod



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Tangible Benefits from Participating in MT TFA Team Workshop For Athletes, Coaches, Parents & the Organization

Emotional Development

- ✓ Identifying your True Defining Characteristics
- ✓ Using those Characteristics as Markers to Evaluate your Emotional Construction
- ✓ Learning to Define which Characteristics to Keep, Discard & Improve upon
- ✓ Learning to Identify & Articulate your Belief System
- ✓ Understanding Society's Belief System and Expectations
- ✓ Feeling Calibration: Learning if your Feelings are Correct before Applying them in your life
- ✓ Communication Skills: Learning to Use the Right Words to Speak with Certain Audiences
- ✓ Accepting Challenges to your Present Belief System

Personality Development

- ✓ Addressing the Origins of One's Feelings
- ✓ Learning the Key to Talking Effectively to both Peers and Authority Figures
- ✓ Learning to Interact with People of All Ages
- ✓ Providing Support for People's Needs and Putting them in Front of yours
- ✓ Being able to Effectively Assess your Strengths & Weaknesses (without Self-ridicule)
- ✓ Facing your True Self, Embracing Failure, & Sharing Success
- ✓ Evolving your Belief System
- ✓ Define Life Intention & Establish Daily Application

Emotional Development:

The most basic emotional state is selfishness. People pick up on the characteristics most consistently present in their developing years, normally from their family or growth circle. And those start to shape the person until, new peer pressures are introduced. Emotional Development characteristic are challenge by other or outside influences that create reviewed thought of a principle (this process you go through repeatedly throughout life). Parents! It's important that you give your children principles, well thought out, explainable and true. If you don't they will be given someone else's or create their own. Even if that is to not have any principle. (A principle is a life rule. A rule that you use to live your life)

Sean McLeod Bio

Sean McLeod is an acknowledged developer of movement systems, most notably his codified "MT" McLeod Technique, MT Afro Hip Hop, Training for Athletes (TFA) and Reinforced Motor Function® (RMF) which are now being taught globally. Sean McLeod is an award winning Producer, Movement Expert, and American Choreographer whose work spans more than 20 years and three continents. Mr. McLeod is President of the New York Institute of Dance and Education and works in New York City as well as in major cities across the US, internationally in the West Indies, the Caribbean, Europe, and Africa. Mr. McLeod attended the Conservatory of Dance at the State University of New York at Purchase and has established himself as successful consultant and corporate facilitator. However, Sean's greatest calling would be that of a "Motivator." He constantly attempts to prove that you can be anything you want, provided you prepare yourself, share immensely, and help others be significant too. His philosophy is based in "Diversity of Thought" and "Learning to accept the possibility of Yes!" Sean's purpose is moving people to tangible action and the personal responsibility to make positive change exist in their own lives.

Film Library Links:

- ❖ Please Meet Sean McLeod: [Sean McLeod - "Please Meet"](#)
- ❖ Training for Athletes (TFA) Overview: [Sean McLeod - Training For Athletes - TFA.mov](#)
- ❖ Martial Arts Film: ["The Other Side of Sean McLeod"](#)
- ❖ Mission to South Africa: [Sean McLeod - Mission to South Africa](#)
- ❖ New York Dance Festival: [New York Dance Festival - Larry Clark Interview \(SUNY PURCHASE\)](#)

Contact info:

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***TFA Trainer Certification Available**

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