

Famous little league football players



Marshall Burt

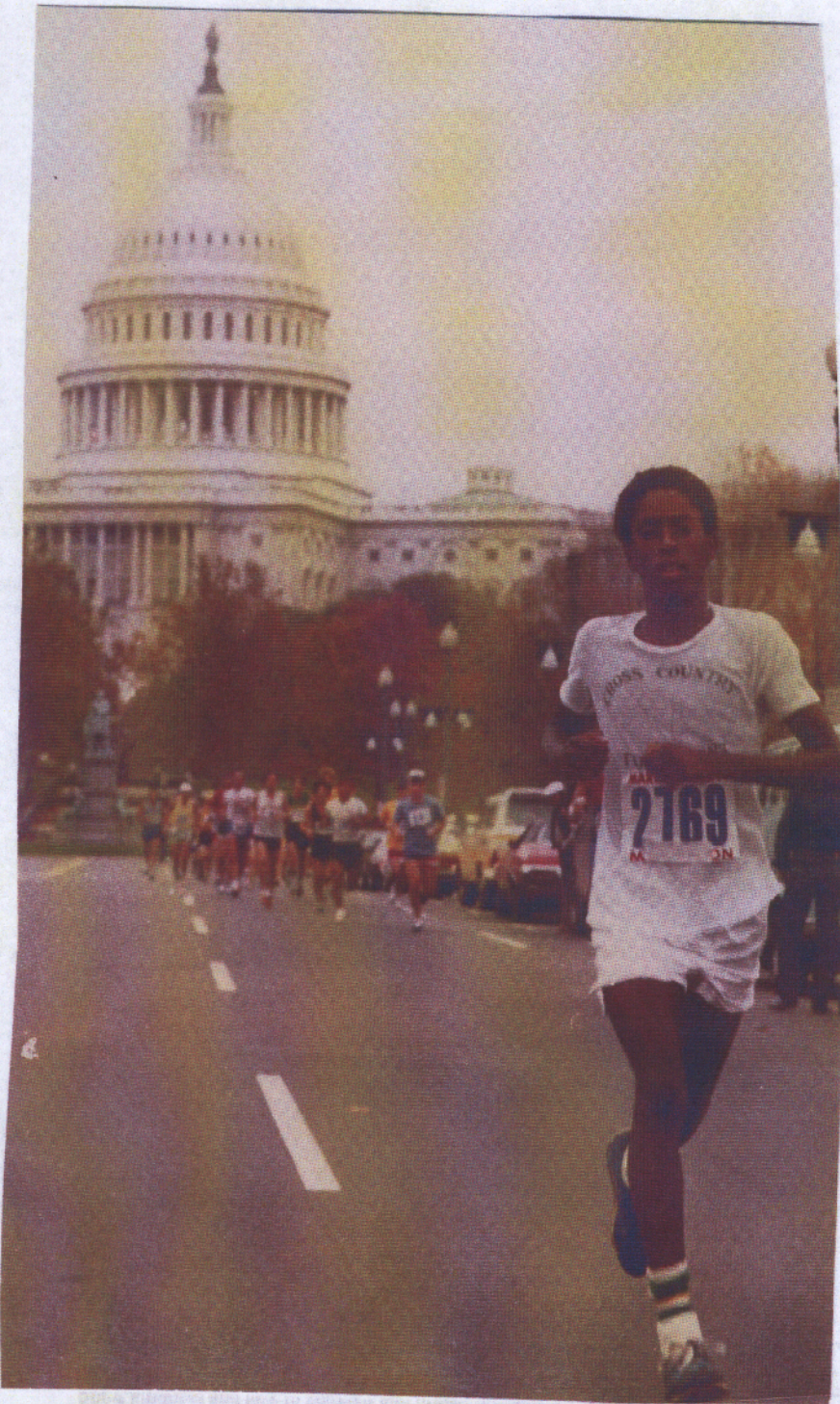
Blair Underwood
[went on to become a Hollywood actor]



Marine Corps Marathon

[Washington, D.C.....across the Potomac River from Alexandria, Virginia]

Freshman year in High School [November 1977]



2nd ANNUAL U. S. MARINE CORPS RESERVE MARATHON
NOVEMBER 6, 1977 — WASHINGTON, D. C.

Sophomore year in High School [1978]



Fort Hunt High School

[Ft. Hunt road...Alexandria, Virginia ---across the Potomac river from Washington D.C.]



Senior year



Sophomore year

College

George Mason University.....Fairfax, Virginia

Abdi Bile

[went on to become 1987 World Champion at 1500m]

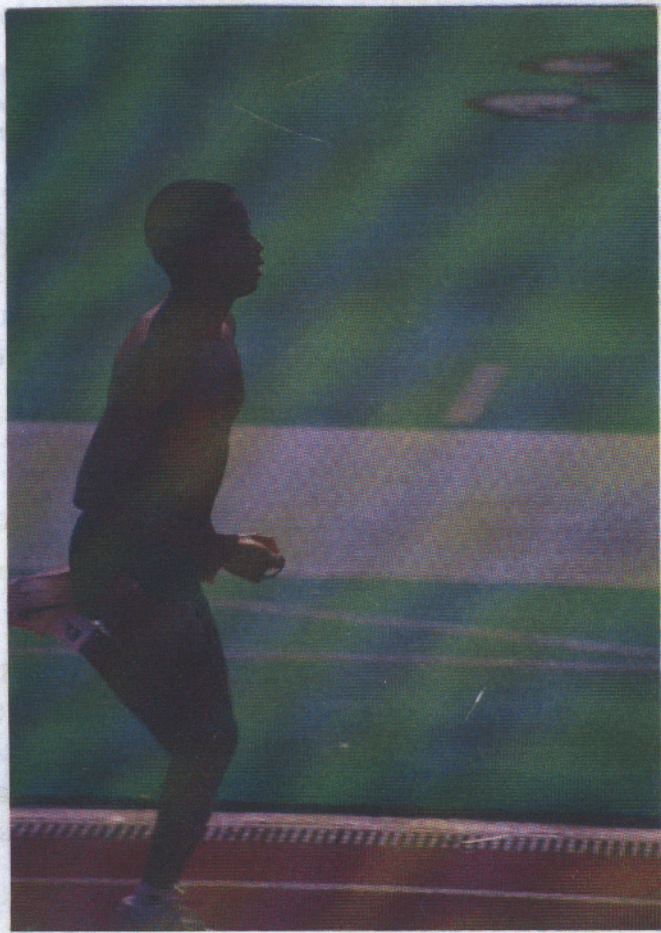
Rob Muzzio

[finished 5th, Decathlon, 1992 Olympic Games]



Austin, Texas

[early 1990's....first year back in training after 10 years of burnout]



*First year back into training
after 10 years of burnout.*



ANYONE HAS THE ABILITY TO BENEFIT FROM

VISUALIZAT

The concepts of visualization and imagery fit into a new area of research and application called sports science, according to Marshall Burt, a respected coach in the Austin area. "Sports Science is based on the theory that our bodily systems are interconnected with our mental wellness and nutrition. The physics and biomechanics of our bodies affect our physiology which in turn respond to our mental state, immune system and cell development. You can't master just one area and expect to have a great performance."

According to Burt, there is an area in our brain where we store programmed thoughts, like how to run or tie our shoes. Also it is the place where you may have stored a traumatic event in your past that you would like to work through and put behind you. "Visualization can be used to reprogram our thoughts to accomplish that," says Burt who uses imagery techniques to train athletes not only for use in their sports performance, but also in their academic studies. "Rather than memorizing the list of historical facts or mathematical equations, I tell them to visualize the way the

information looks on a page and keep that image in their memory."

Sharing some similarities with meditation, self-hypnosis, and even Lamaze for expectant mothers, visualization and imagery are based on relaxed breathing, incorporating sensory imagination (such as touch, taste, smell) and focus. The convenience of imagery and visualization is that it can be done anywhere by anyone without reliance on others for support or help.

Burt explains that there are two types of visualization, internal and external. "Internal is when you imagine yourself performing the task as if in real life," such as running a road race, passing spectators and feeling the wind blowing on your face. "The other technique is external where you visualize yourself on television or in a movie performing the task. Both techniques are effective.

For more information and reading resources, contact Marshall Burt at 478-4971 or email etgrun@hotmail.com.



MARSHALL BURT
SPORTS AND ACADEMIC TRAINER
ELITE TRAINING GROUP

With a background in coaching, Burt is a self-taught expert in the field of Sports Science. He not only trains athletes utilizing visualization and imagery, but he also publishes resources for coaches and others interested in learning more about Sport Science as well as lectures on the topic.

It's a matter of choosing which works most effectively for you."

Scripting the steps throughout your performance is another useful tool, he adds. "I recommend to my students to write in sensory details each step they will go through including how it will feel, smell and what they will hear, for example. Then you can read that script, tape record it, even memorize it as part of the visualization process."

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