

Introduction

To Mr. Scott Hill

My name is Jeff Flowers. I am the power lifting coach for the high school football team in Sulphur, Oklahoma and have been training young kids for about 20 years. I am also a father of a son, who won several state championships including football, baseball and power lifting. I give credit to Jack Rhodes for much of my son's success. I believe that every athlete no matter how serious they are with the sport, can fall into a rut and not be able to perform up to their ability. I have always believed that, but really, never knew what to do about it.

Sometimes they are able to come out of themselves and sometimes not. That was the case with my son. He was a very good baseball and football player and had a lot of success even at an early age. He sometimes would fall into a "rut" with his swing and it took forever for him to get out of it. One day Jack and I were talking at a civic function and he ask about Brandon and I told him about his trouble. At this time Jack offered his help and said he thought he could make a difference.

To be honest, I was very skeptical about his service and at first declined, thinking I could help get my son's mind on the right track myself. However, his trouble didn't get better and I ask Brandon what he thought about having a session with Jack. He was at a point that he was willing to try anything. The next week I went with Brandon to Jacks office and watched as Jack worked his magic on my son. As I listened to Jack talk to Brandon I was sure that even if this didn't help him, the things Jack was saying would make my son feel more positive about himself.

After the session was over Jack assured me that he thought Brandon responded well and we should see results. Still skeptical, on our drive home I ask Brandon what he thought about the session with Jack. His words were " Dad, I feel so good inside and I feel so relaxed". The proof was on the field!~ After that session, Brandon led his team in batting and by the end of his senior year was the number one ranked hitter in the state in all classes. This also carried over to football. When he was feeling stressed or was having bad workouts he would just listen to his CD that Jack made for him and immediately he would return to top form.

I do believe that the mind is a very powerful tool for athletes and if you KNOW you can, you WILL succeed. I have seen Jack myself and was amazed the difference he made in my attitude about things. If you have any questions please write me or give me a call.

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