

## **BrainTap Sports Allison Seitz**

### **Athlete Alison Seitz:**

Well, I'm Alison Seitz.

I play women's golf for Seminole State College.

Balancing school and golf can get really hard.

I know I have to play good golf and I have to get good grades.

Just knowing what my ultimate goal is keeps me motivated and disciplined.

The way I would describe my approach to golf is a mixture of both mental and physical, but way heavier on the mental side.

Golf's probably the most mental game.

Out there when you're standing over the ball, you're alone with your thoughts.

You have to control your thoughts.

If you're thinking, well, I hope I don't go in the water, you're gonna go in the water.

If you're having positive thoughts, you're gonna see those results.

I first discovered Brain Tap when I was on my recruiting trip here.

I had some of the girls that were on the team at that point show me what the headset was.

I was very open minded.

We tried some different sessions, and I remember being like, I'm in it now, like I get it.

Before every round I use Brain tap to just have fun, enjoy the process, enjoy the way that you get there and do it with a good attitude positivity will control everything just think how much better you could play if you were working on your mental game and having Brain tap shows you that if you put in the work you will see the results.

if you have the right mentality, you're gonna get the results.

### **Narrator:**

Tap into your potential.

BrainTap Sports.