

## BrainTap Sports Brian Haukoos

My name is Brian Haukoos.

I'm the co-founder and CEO of H4 Sports Academy.

H4 is a destination for athletes and parents.

We've been able to build a team of professionals that understand what it's like to be an athlete, and they also understand what it's like to be a parent trying to help an athlete achieve their goals.

So, we've got 2 courts, 6 basketball hoops.

We host a small group training for youth, middle school, high school.

College athletes have private training, so individual one on one training that happens on our turf space here.

We've got about 35 yards of turf to be able to do everything from our agility work, our sprint work, a lot of football drills and training.

Athletes are able to go from our sports performance on the turf over to here to do all of their strength training.

A few years ago, I saw the need for a lot of athletes here that train with us.

We're really missing the mental piece.

BrainTap really helps bridge the gap.

Working with BrainTap is key.

I first heard about BrainTap through a contact that I had who I work closely with, had a chance to use it and just kind of fell in love with being able to incorporate that into the routines of athletes that I work with.

You're able to get additional reps that are really logged in your subconscious in your, in your mind to help you build that confidence and be prepared for game type situations as well.

**Narrator:**

Tap into your potential.

BrainTap Sports.