

BrainTap Sports Liv McGill

Athlete Liv McGill:

My name is Liv McGill.

I play for the University of Florida Gators from Minneapolis, Minnesota, and I'm a point guard.

I would describe my playing style as passionate, fierce, and I'm an all-out competitor.

No matter a win or loss.

I'm always coming in focused on the task at hand.

I mentally prepare a lot of ways, always calming my mind.

That is the way I get in my flow state, the way I can have my best performance is when I'm ready to go and focusing.

Able to overcome adversity no matter what outside noises and distractions come in the way.

Again, getting in that flow state, meditating and always focusing on the game, not what's going to happen after the game.

I'm just focusing in the moment.

I first began using BrainTap in May of this past summer, and I used it with H4 right after the season.

My first impression after trying BrainTap was phenomenal.

I wanted to use it again immediately and I was excited to improve my game not only on the court but also on the mental side.

The best part about using BrainTap is the immediate results you get after it and seeing yourself succeed before it even happens.

One thing I wish people knew about mental performance is you have to work on that first before you actually work on your physical game.

Narrator:

Tap into your potential.

BrainTap Sports.