

BrainTap Sports Maverick Baranowski

Athlete Maverick Baranowski

My name is Maverick Baranowski.

I play football at the University of Minnesota and I'm a linebacker.

Football is a very mental sport.

Your physical attributes get you in the door, but your mental capabilities keep you going and keep you thriving within the competitive nature of the sport.

The good players and the great players are separated by how hard they work and their mentality.

Success to me is knowing I did everything I could at the end of the day to be the best player I can be.

I first heard about BrainTap through my trainer.

And I used it going into a game and I absolutely loved it and I loved my performance that week.

I gave it a try because the mental edge of football is such a key component and I felt like I was lacking at that moment, and BrainTap really helped elevate that side of my game.

BrainTap helps a lot with the lower stress levels, the higher energy, and just a better attitude in my daily life.

BrainTap helps me recover by keeping me calm, helping me sleep better, and keeping me confident.

Mental preparation is important to me because that gives me an edge on the field.

I feel like the physical part has gotten me this far, and now I'm ready for that next step, which I truly believe is the mental side of football.

Partnering with a brand that emphasizes mental performance means everything to me because that is something I'm looking to enhance and I want to show others that it can do the same for them.

What excites me most about continually growing as an athlete is reaching my full potential.

Narrator:

Tap into your potential.

BrainTap Sports.