

## **BrainTap Sports Me'arah O'Neal**

### **Athlete Me'arah O'Neal:**

My name is Mia O'Neal.

I'm from Los Angeles, California.

I play women's basketball for the University of Florida and I'm a forward.

I would describe my playing style as smooth and versatile because I can do a little bit of everything.

What gives me a competitive edge is I think I'm very hungry.

I'm very fearless, and I'm also determined.

To me, focus is staying calm through the chaos.

And being determined on your goal, one thing I wish people knew about mental performance is to stay consistent, stay in the gym, and just give it all your effort.

I'm mentally prepared before stepping on the court.

I like to visualize just simple things like making free throws or like making layups.

I really just like to be calm, be chill until I get into the game, and that's when I.

Just let everything out.

I first heard about BrainTap through live.

She was talking about it in the training room, and it sounded interesting.

BrainTap helps me prepare for big games by helping me relax and also visualizing what I'm gonna do for the game.

BrainTap helps me off the court by allowing me to focus while I'm studying and also helping me get a deeper sleep and rest.

### **Narrator:**

Tap into your potential.

BrainTap Sports.