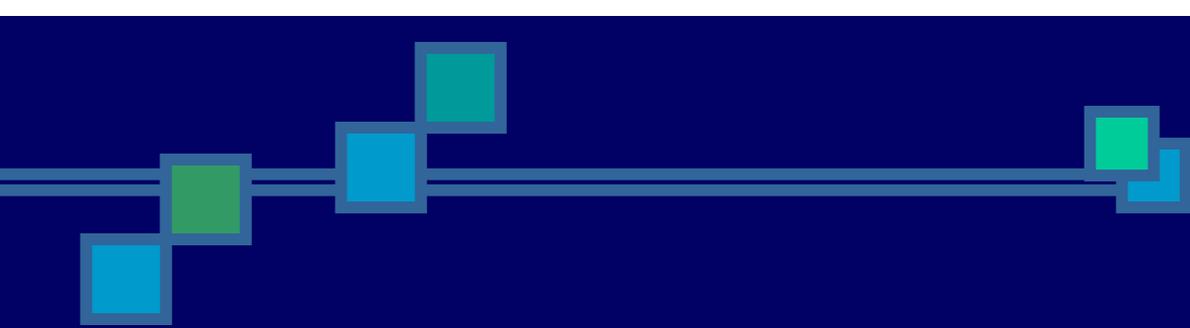


Game Time



STRATEGIES ON WINNING
David Gwodzik



Vision Statement

- When you hit the ground running never look back. Your entire life will be on fast forward and the goal line is your objective. Preparing for the game is a daily exercise. No one is going to prepare you for this event better than yourself. There will be plenty of coaching along the way, but coaches do not run, throw or catch the ball.
 - Technique and skill is learned gradually. We learn how to fall down in order to learn how to get up. You will fall down - many times, and you will get up every time. ***Game Time*** is the start of a new game. The game clock will not stop and there are no time outs – even when you are hurt or need a breather the clock keeps running.
 - ***Game Time*** will support you in gaining the winning strategy.
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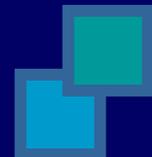
Goal and Objective



- In the real game there are no rookies – only players and every one is a pro! Every player is paid on every play and sometimes you get more for the result than you expected. The goal in Game Time is not to think about what you will be paid, but how effective you are on every play.
- As the game progresses, your strategy will improve. You will take hits you never expected, but if you focus and prepare yourself diligently, the hits will be met with tacit awareness – you start to learn how to read your opponent's plays with exceptional accuracy.
- In order to do this, collect as much evidence on human behavior – good and bad. The opposition is transparent and always shows signs of weakness. Be patient and calm – the quiet mind knows when to move.
- Game Time will prepare you for every play. Get ready to master your moves and position.



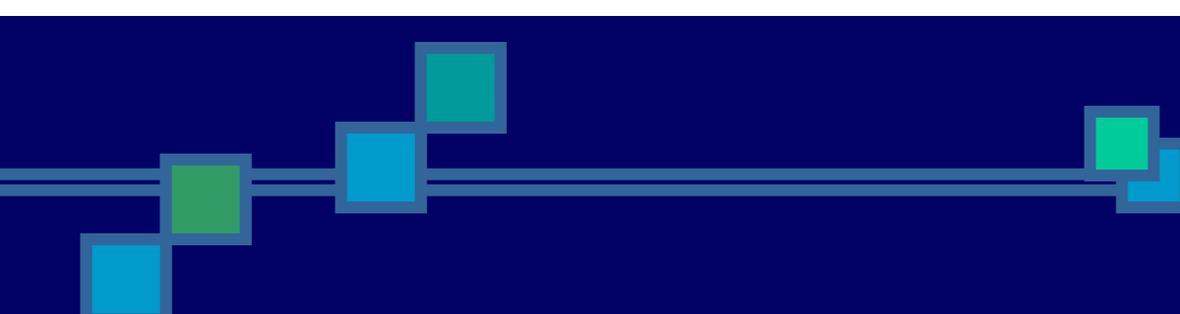
MENTAL CLASHING

- Mental clashing is learning how to adjust strategies with minimal effort. When mental clashing begins, meet your opponent with a steady gaze and immediately set the tone of the game. Your moves must be synchronized - act swiftly and move through the opposition with precision.
 - Stick to your strategy and make the opposition adjust accordingly. When you act, do so with conviction. Your conviction must be based on the desire to persevere at all costs.
 - Learning how to be in the game is about passion and will-power. Get into it! Don't take on the responsibility if you are not ready to win. Be mentally fit by accepting your role and position.
 - Strategies are cooperative lessons waiting to be exercised. If you do not want to exercise the game plan, then be prepared for the sideline.
 - ***Game Time*** is about winning. Approaching the ball is as important as taking the ball. Question is, what do you do with the ball when you get it?
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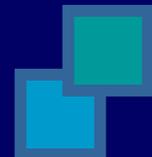


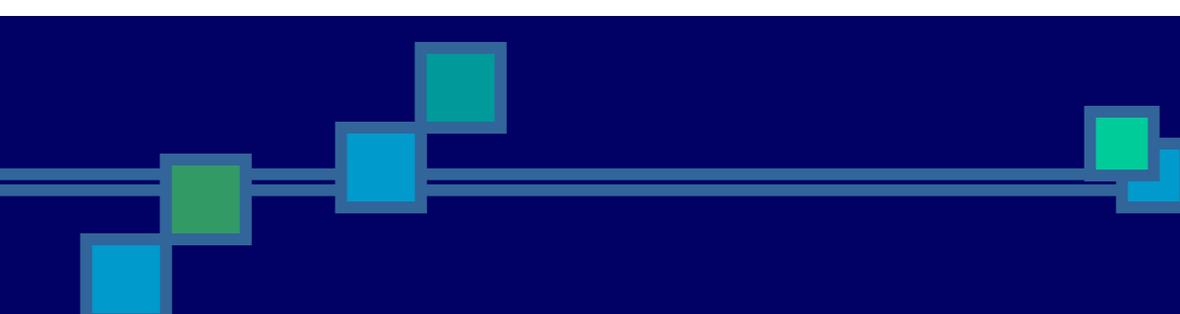
APPROACHING THE BALL BEING IN THE GAME

- Before the game starts it is important to understand that a great deal of preparation is required. You have the talent - training has given you the edge and your skills are honed. The flow of the river is not always smooth. Undercurrents are stronger than the naked eye. Before riding an undercurrent, you have to learn how to **PADDLE...**
- **P** is for positive thinking. **A** is for accepting the challenge. **D** is for decisiveness. **D** is for deducing information. **L** is for learning. **E** is for enthusiasm.
- Before you learn how to swim effortlessly you will have to develop a regimen that works for you. Put your plan of action into focus and start rehearsing every detail. Come game time - you will be ready!
- One fact that will remain constant throughout your career is change. Change is happening every second of the game. The **PADDLE** process allows us to be in the game with the right mental approach.


$$E=MC^2$$

Let's look at the formula:

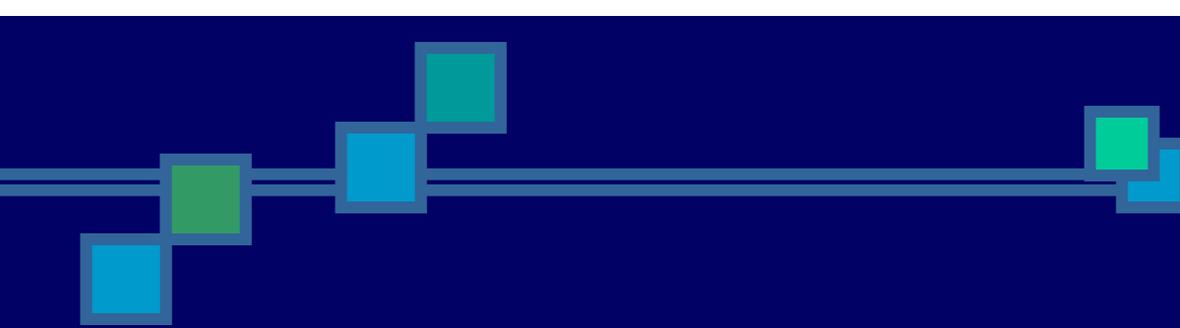
- E IS FOR ENERGY
 - = IS FOR SEEKING EXCEPTIONAL RESULTS IN THE EQUATION
 - MC IS FOR MANAGING CHANGE EFFECTIVELY
 - ² IS TO OBTAIN YOUR GOALS; FULFILLING YOUR PLANS AND WINNING
 - FAIL ² PLAN; PLAN ² FAIL
 - Being in the game is based on learning. Feed your mind as much as you feed your body. The power of knowledge prepares you for every challenge. Balancing both makes you the perfect competitor.
 - Champions are masterful strategists, but to be a master in the art of the game means you have taken advantage of opportunities. Managing strategies means you have taken the time to prepare for the game.
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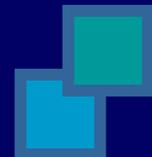
COMPASSIONATE CHAMPION

G.W.T.F.

- Compassion is the jewel in the champion's crown. To become a champion you first have to learn the feeling of defeat. Defeat strengthens the heart of the champion and teaches him self-respect. There will be losses, but victories will follow. Victory is the sum total of every play that went into the development of your strategy. With each loss and every win you are reminded how quickly you need to prepare for your next challenge.
- Before you blink, the next play has already begun. Move forward immediately. Your new strategy will require making a move that may require sacrifice. In order to get further down the playing field, do the opposite of what you did in previous plays.
- If you want to have a better batting average, then change your stance. Alter your pace and be more flexible. Loosen up and demonstrate an effortless approach
- **Go With The Flow (GWTF)**



Go With The Flow (GWTF)

- Winning strategies that flow cannot be impeded. The flow of game time means, that every play has no beginning and no end – the results were rehearsed before the whistle blew. You started your preparation long before the actual event - now, the moment flows with you in position to master an opportunity.
- 

BEFORE YOU FLEX



- Power is the name of the game!
- Taking your game to a new level means implementing strategies that will support you in gaining maximum results. Building your strategy requires positive thinking. The ABCs of positive thinking in structuring greater power is the following:
 - **AWARENESS IS AN ADAPTATION TO CHANGE BASED ON DEVELOPING A POSITIVE ATTITUDE**
 - **BUILDING IS ACCEPTING CHANGE AND USING CHANGE LEADS TO NEW IDEAS AND INNOVATION**
 - **COMPETENCE OPENS THE DOORS OF PERCEPTION – UPON ENTERING YOU WILL NEVER RETURN TO WHAT YOU DID PREVIOUSLY**

INSPIRATION

- Inspiration is achieved through a heightened sense of imagination. Mental images are the source of success. In your mind's eye, see yourself running the play, catching the ball and crossing the goal line. Do it over and over. Be creative and design your goals. The expectations you have can be achieved with the support of an inspirational imagination.
- Who inspired you thus far in your life? Use them as your inspiration. Emulate their philosophy and will-power. The results will be fortuitous. Ambition is healthy when coupled with creative imagination. Start using your imagination to gain inspiration and your success will multiply continuously.



GAME CLOCK VS INNER CLOCK

- Working with your inner clock allows you to engage every situation freely, openly and effortlessly. The game clock signifies the beginning and end of every play; the inner clock is in constant motion moving at a different pace and rhythm.
- Knowing how to move with or without the ball is based on clarity; when you control your breathing, your mind works effortlessly.
- Relax your breathing, clear the mind and execute your moves with total awareness. The inner game clock is *Game Time* in the zone. Learn how to use it and your game moves to new performance levels.
- *Game Time's* winning strategies is learning how to use the inner clock.



KEEP MOVING

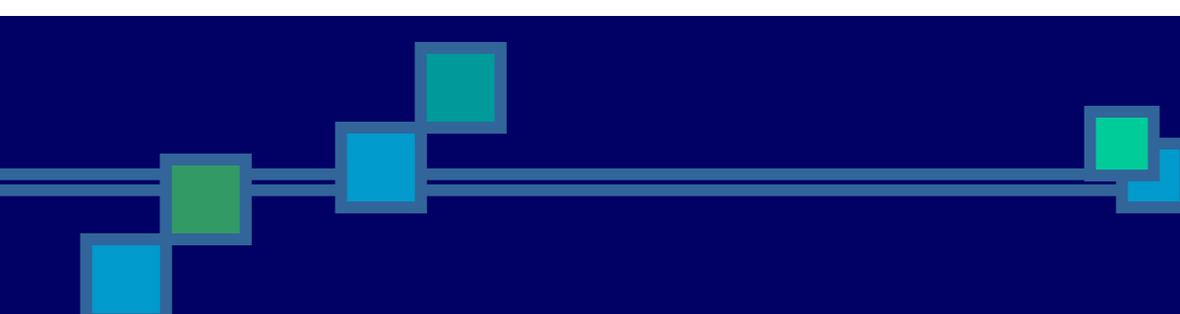
- To be able to sustain the power required to move throughout a game, you have to be in excellent shape. A regimented training program is of utmost importance, but what about the mind? How does the mind and body work together in getting the job done?
- Movement with controlled awareness – nothing is wasted, the inner clock working in timeless rhythm.



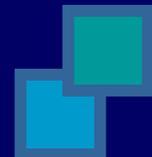


CHARGE!

- When the moment is aligned, explode with power. Head to head action means staying on your toes. Be on guard, be ready and control your emotions. Remember - you are a pro and you did not get here by being unprepared. In the final analysis, you will be measured by your winning strategy – not by your losses. Play to win, but play fair and clean.
 - Control every part of your game – streamline your emotions – follow your breathing and in a calm and collected manner wait for the next head to head. Plant your feet and shoulders squarely, firmly position your target and come up under your opponents shoulders - don't blink, don't hesitate – EXPLODE!
- 



LOG-IN

- Staying focused mentally and physically is part of the daily task in establishing your winning strategy. Keeping a daily log will support your preparations and game time performance. Everything you do leading up to kick-off comes together at the blow of the whistle.
 - The following words will illustrate the way to stay focused and balanced – the ABCs of your strategy depends on your personal philosophy. Along with the Plus Thinking vs. Minus Thinking words generated below – create your own too, your log-in plants a winning philosophy – use it daily!
- 

Plus Thinking

VS

Minus Thinking

Adjustments
Balance
Commitment
Dedicated
Equilibrium
Focus
Goal
Harmony
Intuitive
Join
Knowledge
Manage
Nurture
Optimist
Plan
Quick
Role
Tough
Unite
Victory
Win
X-Spot
Yield
Zone

Anger
Boisterous
Careless
Doubt
Erupt
Fear
Goal-less
Hurried
Ignore
Jostled
Knocked
Mismanage
Neglect
Obsessive
Pity-pot
Question
Rejection
Timid
Under-estimate
Vanity
Whine
Xed
Yanked
Zero

Zone



- In the Zone my game is filled with enthusiasm and passion
- The fire that emanates within is keen
- The game is a challenge and I accept the moment fully
- I am charged by the kick of being in the center of competition
- I reach for the top and triumph effortlessly

Zip Zone – Mental Training

- Engage the game with enthusiasm!
- Inner dialogues are essential in carrying out your personal game plan. Finding the zone, using the zone and staying in the zone are trademarks of great champions. Day in, day out, week after week, season after season – some players stand above the rest and deliver optimal results.
- What separates the champion from the average player?
- The champion strategist uses mental training to bring his game to another level. Inner dialogue rehearses images that will be played out on the field. Whatever is thrown up goes in! Whack - the ball sails to the green and gently rolls to the cup! Boom – the ball lifts and lands into the upper corner of the net!
- The Zip Zone will enhance your performance and prepare you for every challenge. Zoning strategy is the key in activating mental power and physical strength. Can-do attitude, positive thinking, developing 360° awareness, visualizing the goal, confidence building all lead to zone performance – the process is a winning strategy leading to sustained mental and physical power.

Zoning – 360° Degrees:

- Zip Zoners are filled with positive spirit and accept challenges with absolute conviction.
- Zoning – 360° Degrees is a personal field of energy surrounding you. Once you mentally place the energy field around you, you turn-on your Zip Zone and become more aware of activities taking place.
- Champions play the game in a sphere. Their advantage lies in the ability to see the playing field as their zone and everything in it belongs to them. With zoning mental practice any field becomes the home field advantage. Begin each day and game in the zone. Full concentration is an element of success and utilizing the power of visualizing success leads to mastering the opponent and game. The results are fortuitous!
- Playing in the ZONE has several characteristics that must be developed. In order to sustain ZONE PERFORMANCE, the player develops the following traits:





- Be an optimist! An optimist develops a clear mind and positive spirit.
- Players who accept every challenge learn to engage the game effortlessly.
- The ZONER plays the game as a team member – willing to sacrifice in order to get the ultimate results.
- Focuses on game strategies without being distracted.
- Receives the ball with enthusiasm – does not hesitate and clearly accepts the moment.
- Visualizes the objective and rehearses success.
- Is fully committed from beginning to end – never stops until the whistle blows.
- Accepts winning and losing with dignity and respects his team members and opponents.
- Steps into the arena with complete resolve and calmness.
- Believes every game can be won despite the odds.

DOWN-TIME TIME-OUT

- Training the body and mind requires a great deal of preparation. During the game your body and mind is put to test - wear and tear demands down-time periods to rejuvenate. The benefits of down-time eliminate fatigue and deter injuries. Your overall physical and mental state will escalate enabling you to sustain ZONE LEVEL performances.
- The body and mind is hard pressed for results. Demanding schedules with minimal recovery periods can lead to sub-par performances. It is essential to utilize techniques that can re-charge the body and mind faster. The following activities will support your winning strategy goals:
- **Controlled breathing and water therapy are the body and mind's greatest relaxation/healing tools.**



Controlled Breathing

- Energy that is spent in a game can be re-gained quickly by learning how to breathe with controlled awareness. Effortless breathing is a technique that once learned must be used always – the positive effects are experienced immediately.
- With your back erect, shoulders squared, inhale through your nose, keep your mouth closed. As you inhale let your stomach out. Breathe from the stomach. Inhale, count 1 and 2 and 3, exhale – release from the stomach, stomach in, count 1 and 2 and 3. Repeat the procedure. Inhale, stomach out, 1 and 2 and 3, exhale, stomach in, 1 and 2 and 3...
- Controlled breathing is a calming body-mind technique that creates immediate balance. The purpose for breathing from the lower part of the diaphragm enables you to fill the chest from top to bottom. The more controlled your physical and mental reactions are, the greater your possibilities for executing your thought process and movements. This technique leads to states of controlled awareness that works on two levels – physical and mental / outer game clock / inner game clock. Controlled breathing is one of the essential components in establishing a winning strategy.
- During your quiet time period, practice using the breathing technique 30 minutes daily. The technique should be applied during practice and game time situations. In a very short period, your breathing will rejuvenate your game and the results will lead to zone performances.

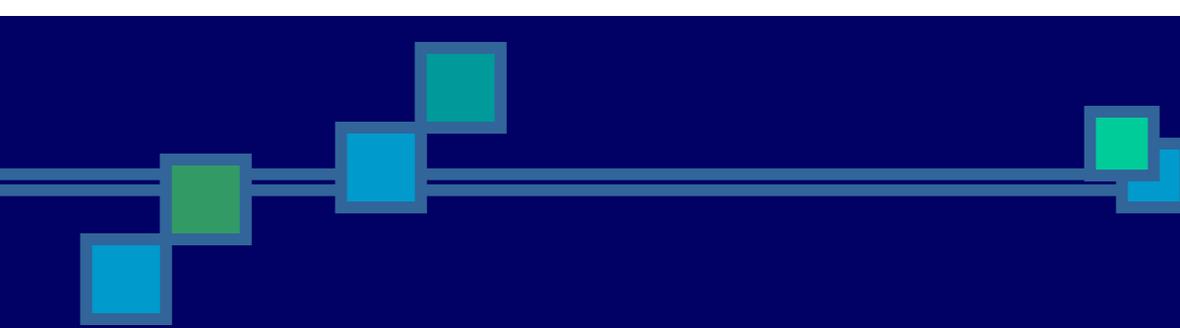
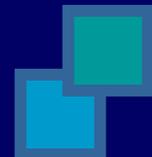
Quiet-Time

- During breathing sessions, an additional technique used is called quiet-time. There is no better time to conduct a quiet-time session than during your breathing exercise. Quiet-time is a one hour daily session where you do not speak, but simply observe your surroundings. During this period you are highly aware of your breathing. Follow the flow of your inhaling and exhaling patterns. The activity lowers blood pressure and re-energizes the body-mind equilibrium levels. Practicing quiet-time amidst your normal activities teaches you how to control situations with minimal emotional involvement. The mental power gained from this exercise increases concentration, self-confidence and will-power. The body flows with the mind, and in turn, the effortless action creates a personal space that becomes your zone. When these inner-outer personal fields merge, or align, the level of your game intensifies.
- Total field awareness in heightened situations separates the average player from the highly successful player. This process is part of the space-time dimension that separates the zone player from the group.

Water Treatment



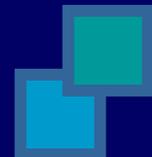
- In order to keep your body top-fit, massages are necessary in recovering from intensive training and games. Re-energising the body with massages supports mental training as well. Full body massages are encouraged throughout the week.
- Water plays an important role in Down-time / Time –out preparations. Water treatment utilizing hot and cold showers invigorates the mind and body. The treatments are natural methods that invigorate the circulatory system re-charging the mind-body relationship.
- Start with the soles of the feet and work upwards to the top of your head. Our nerve endings are in the bottom of our feet and require a great deal of attention – hot/cold water foot baths and massages are essential treatments.

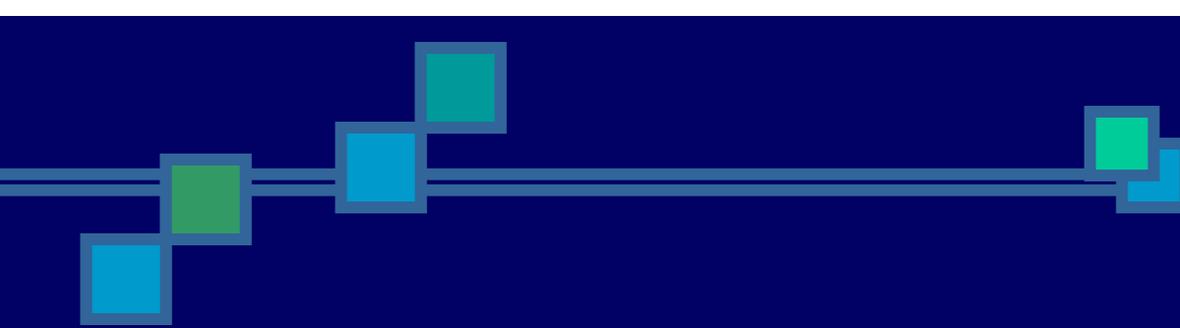
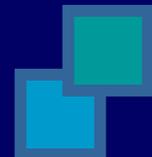
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- Stabilizing the body and mind requires drinking plenty of water. Water replenishes the body's chemistry and adequately cleanses impurities.
 - Down-time is a critical component in the overall performance equation. Preparing yourself for the game begins with mental fitness. Knowing how to relax and regenerate the body and mind is a fundamental requirement. Don't ignore the power of your inner game. Follow Down-time / Time-out techniques and enter a new sphere in your winning strategy.
 - The next step leads to Space-Time dimensions and without Down-time you will not be able to enter the Space-Time zone.
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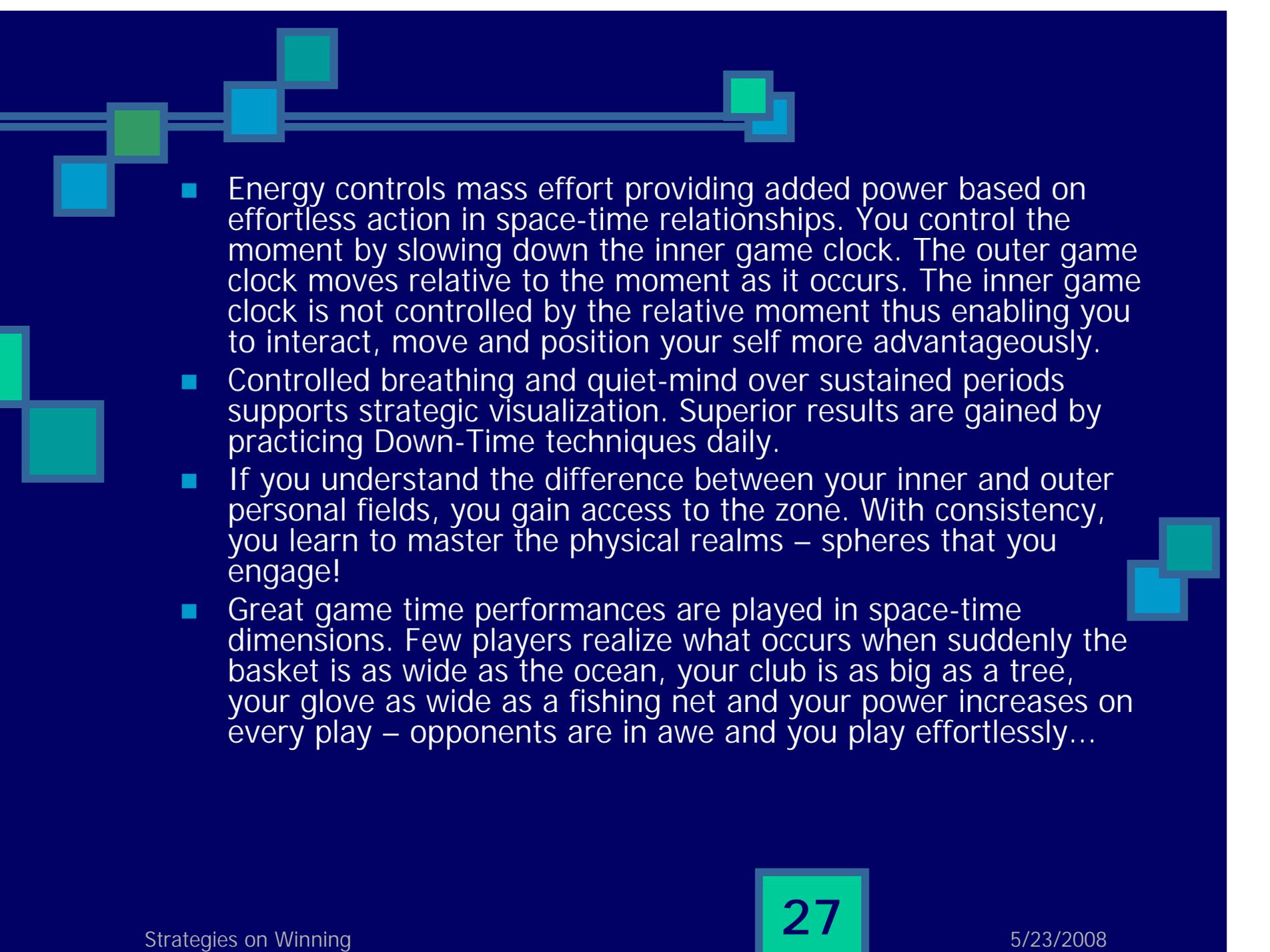


SPACE-TIME DIMENSIONS



- *Game Time* is a winning strategy based on increasing your perceptual awareness. Perceptual awareness in the game zone is heightened when relaxation techniques become part of your strategy – on and off the field. Your inner game time clock moves at a different pace than your outer game time clock. Space-Time dimension allows you to take full advantage of your opponent / field and game. Your inner game time clock enables you to visualize / engage the speed of time differently.
 - Implement Down-time - Quiet-mind techniques. De-accelerating the field means you increase your zone awareness by increasing your field of perception. Heightened awareness is developed with controlled breathing and quiet mind exercises.
 - Relaxation breathing during a game increases time-space control. When perceptual awareness increases, the objects in and around you move slower you in turn, begin moving faster than the field.
 - Space-Time control is a natural phenomenon. When learned and practiced regularly, your level of performance will rise to new heights. Space –Time dimension gives you the following advantages:
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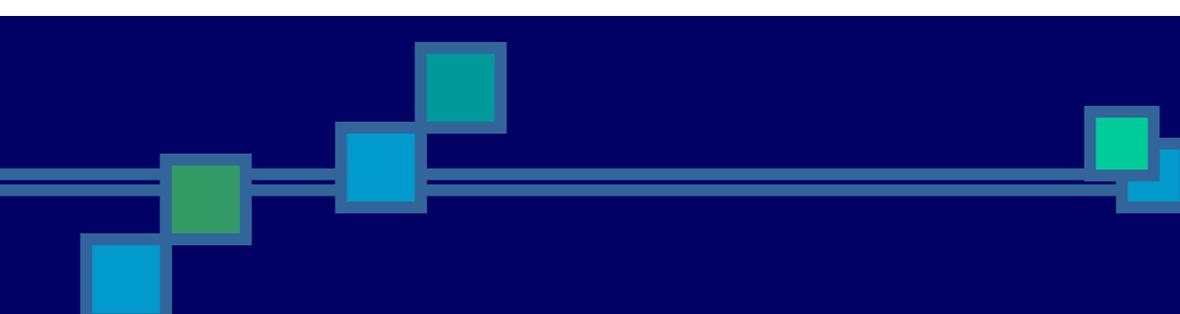
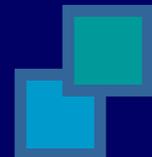
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- By controlling your breathing, you learn to control the moment, minimize stress, fatigue and mistakes. Your concentration improves immensely.
 - You accelerate with greater ease and increase your mental and physical power.
 - Your field awareness increases thus allowing for advanced strategic planning during the game.
 - Mental and physical performance remains constant - increasing depth /insight.
 - The key to *Game-Time* and Winning Strategies is best described in the following way:
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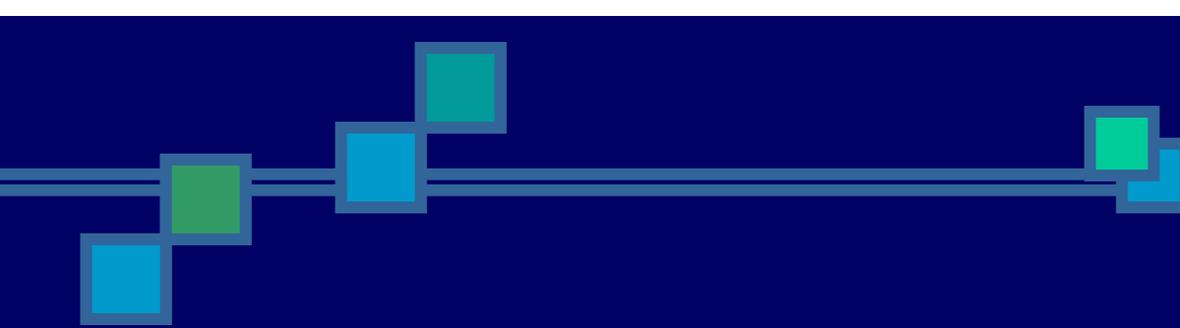
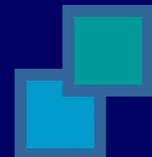
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- Energy controls mass effort providing added power based on effortless action in space-time relationships. You control the moment by slowing down the inner game clock. The outer game clock moves relative to the moment as it occurs. The inner game clock is not controlled by the relative moment thus enabling you to interact, move and position your self more advantageously.
 - Controlled breathing and quiet-mind over sustained periods supports strategic visualization. Superior results are gained by practicing Down-Time techniques daily.
 - If you understand the difference between your inner and outer personal fields, you gain access to the zone. With consistency, you learn to master the physical realms – spheres that you engage!
 - Great game time performances are played in space-time dimensions. Few players realize what occurs when suddenly the basket is as wide as the ocean, your club is as big as a tree, your glove as wide as a fishing net and your power increases on every play – opponents are in awe and you play effortlessly...

WINNING STRATEGY

- *Game Time* is the Zone and every pro who embraces the game with utmost respect knows that drive and energy channelled consistently will experience success.
- The ZONE is a personal force field with unlimited power and dimensions.
- Effortless action is the game's nature. When you join its rhythm and move with the flow, the energy you gain carries you through the entire process. Winning strategies are initiated with careful preparation and training, come game time the player/team that is emotionally in control will win.
- Harmony is the other side of success. When the referee tosses the coin, the ZONE is put in motion. Teams and players know at that moment, it is time to let go and be in the game.

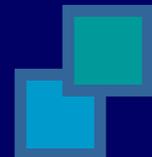


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- Breathe – inhale, relax, exhale...
 - Mark the pitch – it's your zone...
 - Let the strategies work - execute effortlessly...
 - Your opponents will find it difficult to move with your winning strategy...
 - You are in the Zone and the winning strategy is set by your inner clock.
 - Everything you visualized and rehearsed is set in motion and the win is in your zone!
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- When a *Game Time* strategist plays, he personifies intensity with composure and expresses his joy with respect. Respect for having achieved the opportunity to play in the game. Respect for his organization, coaches, team members and opponents. Without them it would not be possible to do what you are doing now!
 - The Zone player knows that the culmination of a winning performance is achieved gradually – it is a body of work that is sculpted into play! When the alignment between body and mind are in harmony, *Game-Time* becomes a winning strategy.
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Alignment – Get GT:

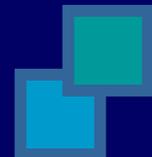
- Winning Strategy – Zone Power:
 - Aligning your mental and physical game time attitude is called, GET GT!
 - Get game time! Keep it in mind and deliver it on every play.
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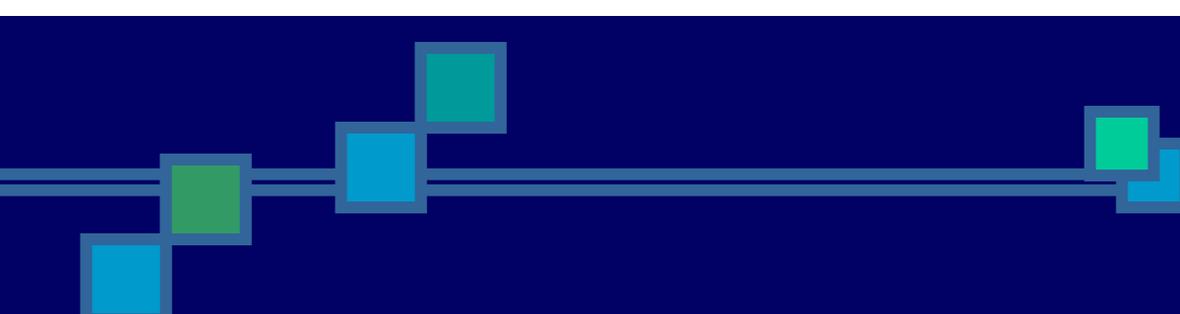


- Stand-up, take your position and get a jump on the ball. Play the game mindfully. When you cross the goal line, raise your arms in triumph.
- Start over and do it again. Champions start over and do it again, again and again!
- Game attitude is a constant adjustment to diverse situations. Therefore, aligning the game attitude means remaining flexible and open-minded. Observing and listening allows you to rise above any adversity.
- Putting your game attitude on is a process that begins with quiet-mind. Once in the game, the power derived from quiet-mind and controlled breathing creates a balanced Game Attitude.
- ***Game Time*** cultivates a champion's spirit. The process is gradual, but once engineered the positive zone spirit delivers successful results

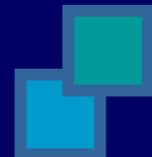


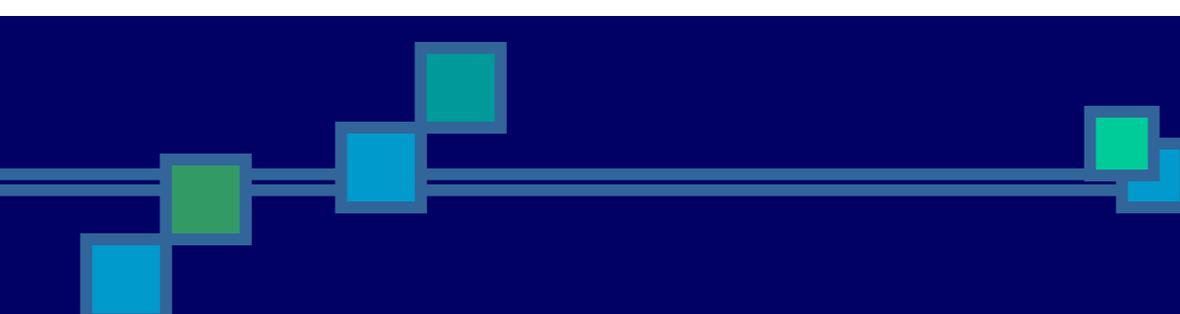
GAME-TIME ADVISOR

- Being in the game might be enough for some pros, but being in the game and in the zone is the ultimate winning strategy. No player accomplishes his or her success without great coaching. Having a *Game Time Advisor* as your *Inner Game Time Coach* is a necessity in today's highly competitive field.
 - The techniques generate a heightened perceptual awareness that creates mental and physical balance. In time-space dimensions the player learns how to control his body and mind and move away from conflict. Focus through repetition strengthens the zone player's inner game, thus allowing for more control on and off the field.
 - The game time advisor gives the player additional insight in mastering his/her own dynamics. Every pro is different and every game has its own characteristics.
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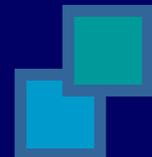


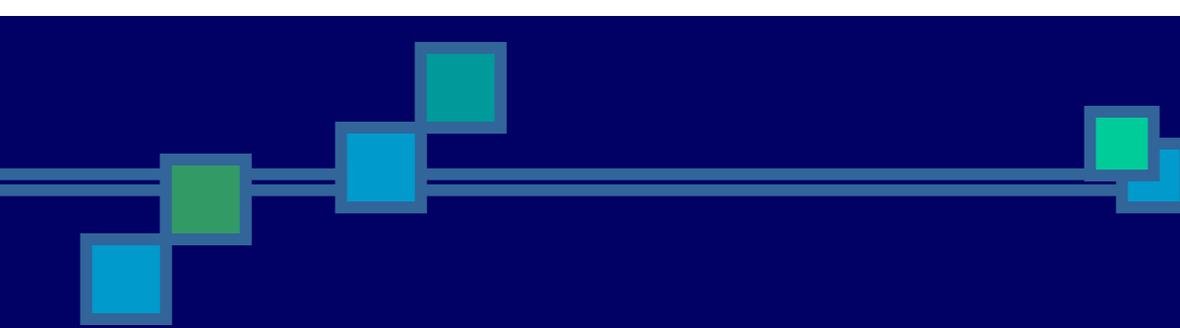
The *Game Time* Advisor and Professional, work-out the space-time dimensions in a strategic personalized style

- The opposition asks:
 - How does he do that? What is he on? Whatever he is doing, can I do it?
 - The spirit of imagination is a zone crowned with infinite possibilities. Nowhere but in the imaginative minds of those who choose to play the game with winning strategies will know the value of space-time dimensions.
 - If you have the will-power and a willingness to learn, your next breath will align your senses (mind-body) – inhale slowly- listen, touch, taste, smell and see for yourself.
 - The inner game will never disappoint you. Step in and discover how different your game can be.
- 



The Inner Game & Space – Time Dimensions...

- When play is serious, it's a game – one which goes under any name to find the way to free us as we play, to break the cocoon, to mind the way you can see a difference, a changing sense in a scene of others and yourself, of being, in fact, as you break boundaries, dart, run, double back, with cosmic art to express the unity of yourself
- 



GET GT!

- David Gwodzik, Author & *Game Time* Advisor
 - Muehlen Strasse 37 – A, 13187 Berlin, Germany
 - davidgwodzik@yahoo.com
 - Telephone: 0049 30 4703 6635 / 0049 176 2410 5597
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