

DG SPORTS TRAINING AND CONSULTING

**PARTNERING WITH ORGANIZATIONS THAT WANT THEIR ATHLETES
TO ELEVATE PERFORMANCE WITH LESS RESISTANCE TO WIN!**



Deborah Gardner, President
DG SPORTS TRAINING & CONSULTING
email: Deborah@DeborahGardner.com | direct: 623-341-9077

ATHLETES FACING THE MEDIA & PUBLIC

Why are athletes not prepared to be role models for their fans and future athletes when it comes to interactions with the media or public?

How do organizations deal with athletes offbeat or even freakish social media posts that leave thousands, if not millions of people to respond in despair?

Wouldn't you want to protect any negativity that effects the athlete's legacy and the organizations reputation?

In this high-energy and interactive classroom program, your athletes will learn the following:

- Think on your feet when asked about the game and your performance.
- Discover how to say something of value, especially for the organization's reputation.
- Be better equipped, in and out of competition, to handle the public and media.
- Practice their skills in a recorded mock interview.
- Discuss the do's and don'ts of public speaking and more!

Deborah is a spitfire in getting our team ready for the season, which made a huge difference.

— George Raveling
Head Coach,
University of Iowa



ATHLETIC WATER RESISTANCE TRAINING

Any sports organization knows that their athletes need honed skills and proper training for peak performance, mentally and physically. However, few land-based athletic organizations realize that those needs can be accomplished through the benefits of water resistance training. The aquatic sport of swimming is unique in both training methods and physiological demands on the athlete. The athletes that choose water resistance training rank 97% higher in overall performance.

- Learn how to swim or receive cardio-based water resistance workouts
- Experience an increased range of motion while gentle on the joints and any injuries
- Strengthened alternative muscles to bodyweight ratio
- Receive good bodyline posture in a de-stressed buoyant environment
- Build confidence and receive greater overall fitness

Other water resistance body training benefits:

Cardiovascular • Muscle Tone
Strength Endurance • Full Body Movement
Core Stability and Balance Coordination
Reduced Recovery Period
Injury Prevention Rehabilitation • Lung
Breathing Coordination • and more!

We have never had a trainer get our young high school guys motivated more than Deborah. She has such an amazing knowledge that we appreciate.

— Amanda Robinson
Tennessee Quarterback Club



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Sports Broadcaster



Businesswoman



Professional Master Swimmer

WHO IS DEBORAH GARDNER?

- Competitive Performance Expert
- Olympic Trial Swimmer
- One of the first female sports broadcasters with CBS and NBC Sports
- Color Analysis for WHO-Radio
- Founder/CEO Adults Learn to Swim
- CNN Top 75 Keynote Speakers Worldwide
- Mrs. Arizona 2020/2021 & Mrs. America 2022 & 2023

DON'T DROP THE BALL
by missing out on preparing
your athletes' upcoming season!

Call DG Sports Training & Consulting
to help your organization succeed
on land and in water, **NOW!**

CONTACT US TODAY!