

Cole Gomez

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Coach Matt
4221 E Chandler Blvd
Suite 115
Phoenix, AZ 85048
www.coachmattaz.com

I have had the privilege to coach with Cole this year in the capacity of his mental performance coach. Having coached over 20,000 athletes during the past 17 years (professional, collegiate, and youth) has allowed me the unique opportunity to witness greatness. Having a coaching center in Phoenix, AZ has blessed me with the position of learning and truly seeing others rise and resilience. Cole's desire to evolve stands out as one of those moments of greatness and resiliency.

Cole came to me seeking to elevate the performance and mindset he experienced during his freshman year of high school. He showed up with such a humble spirit knowing that his on the field performance was directly related to his mental/emotional state. He asked, "what do I need in order to be a more impactful leader?" My first thought was this is way too scripted. After 2 coaching sessions that was definitely a NOPE. That is Cole. Constantly willing to own his results, quick to try and elevate the vibe of his teammates and those around him, and maintain a powerful relationship with his family that allows him to stumble, fall, and figure out how to get back up again.

What I have experienced in coaching with Cole is a growth in his mental game. From being in a place of tension, pressure, and uncertainty to now being in a place of confidence, ease and a trust in his ability to create success for himself. Cole puts his trust in his ability to tap into his greatness rather than putting his trust in his results. Because of this, it allows him the freedom to explore, learn, lead, and impact a team in a way that infects them with a FUNness of the game of baseball.

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COACH@COACHMATTAZ.COM
480.261.9168