

Testimonials

Growing up in Homewood Brushton, there wasn't too much to motivate a person against the negative temptation of the streets. One of the only positive outlet was sports. Coach Mitchell has been blessed with the gift to change young men lives through athletics & competition. The life lessons he taught us through sports wasn't just about X's & O's, but changing your perspective about yourself & getting a good education.

This was my first exposure to Coach Mitchell's Championship Mindset. His concepts influenced my decision to go college, get my Bachelor's degree, and also get my Master's degree. One thing Coach Mitchell would always say is "this game will take you places you never dream you could go". All I can say is, what a journey.

-Theo Turner, Director: Center for Multicultural Student Leadership and Engagement

I am currently a junior studying pre-medicine at Emory University, and I am a former student of Ms. Grant. I had the pleasure of knowing her since my elementary school years. She is a caring, dedicated, encouraging, and intelligent teacher who develops inspiring and long lasting relationships with her students.

Mrs. Grant is a very dedicated teacher, constantly advocating and working for the success of her students in the classroom, but she also is dedicated in her students on a level that goes beyond the educational classroom. All throughout my elementary years, I knew that I Mrs. Grant is the teacher that I can go to for anything, not just for academic help. She was our counselor, our mentor, our mother away from home, our friend, and really just anything that we needed during our stay at school.

-Ifechi Okonkwo: Former Student- Pre-Med Major

Testimonials

Coach Tone was very influential in helping me cultivate a mindset that focused on achievement at a young age. Growing up in the inner City of Pittsburgh neighborhood of Homewood was very challenging as a black adolescent male. You either played sports or hung out in the streets after school. Coach Tone taught me the fundamentals of life and what the advantages are in being successful. Coach Tone would say to me you have to have a championship mindset".

It was at that moment, I began to not just think as a champion but to live like a champion. This holds true into my adult life as I give back young people today. I now understand that the "Championship Mindset" engages the mindful reasoning and learning process needed for effective decision making and problem solving. It is designed to be an implementation of actions and initiatives that positively impact the quality of one's life and seeing beyond the obvious which has many turns and shifts.

I want to thank Coach Tone for what he has done for myself and for so many other young people, as I have now used his "Championship Mindset" Coach Tone is a "Champion Mindset".

Keino L. Fitzpatrick Sr.- Master's Degree Community Leadership

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On the Road to Greatness

**CHAMPIONS
ARE MADE
NOT BORN!**

Championship Mindset

**"BRINGING OUT YOUR INNER CHAMPION
AND INSPIRING OTHERS TO DO THE SAME!"**

www.afichampionshipmindset.com

Championship Mindset

Meet the Founders of Championship Mindset

Anthony Mitchell is the Co-Founder of **Championship Mindset**. He is the CEO of Athlete's Fitness Inc., founded in 2000, which prepares a vast number of athletes, male and female to ultimately become successful in a number of sports. Not only does this company give athletes a competitive edge, it instills a *Championship Mindset*. This has translated into successful careers for a lot of at risk and low socioeconomic student athletes. The program has become so dynamic, that it is now being used in affluent school districts as well as the corporate and private sector.

Anisa Lucas- Grant is the Co-Founder of **Championship Mindset**. Mrs. Lucas-Grant teaches Language Arts & Gifted ELA at Chestnut Log Middle School. Anisa helps her students develop goals, morals & ethics through her **Championship Mindset** program. She considers herself to be a nation builder. Every child deserves a champion & she is their champion! This is her 12th year of teaching & she was the Teacher of the Year for her school & a Teacher of the Year semifinalist for Douglas County Schools, Douglas County, GA in 2017.

The Origin of Championship Mindset

Championship Mindset was founded in January 1996. Coach Tony Mitchell realized that the same morals, values and work ethic that he was establishing with his football team, could be implemented within the classroom. It was then that he passed the torch to his daughter

Anisa Lucas-Grant in 2006 and she began instilling the **Championship Mindset** within her students. 12 years later, **Championship Mindset** is the core program that Anisa uses within her middle school classroom & has allowed Anisa to become a successful educator who motivates & inspires her students on a daily basis.

Mission and Vision

A total commitment to excellence is important in every aspect of your life. Making excuses is not an option.

The **championship mindset** is the ability to prepare yourself physically, emotionally, mentally and spiritually to overcome your biggest fears during competition and in life. If one of these vital tools are not fully developed, you will ultimately fail during competition and in life.

Benefits of Championship Mindset

The **Championship Mindset** Program has been known to

- Elevate student awareness and achievement
- Encourage students to set short/long term goals
- Decrease behavioral and discipline issues
- Promote student accountability
- Increase respect for teachers
- Increase parental involvement
- Form healthy student/teacher relationships
- Cultivate a positive school culture & climate

Programs & Services Offered

- Curriculum Kits & Resources
- Staff Development & In-Services
- Motivational & Keynote Speaking
- Breakout Sessions & Student Events
- Live Training, Corporate Growth Seminars, Webinars & Workshops

Implementation

The **Championship Mindset** Program is currently being used for staff development in

- School Districts
- Collegiate & Secondary Education
- Community Sports Programs
- Corporate Level Training
- Private/Non-Profit Organizations

Why should you choose Championship Mindset?

Champions are not born; Champions are made. Everyone knows that there are no shortcuts to success. Let **Championship Mindset** place you on the road to greatness.

We look forward to working with you and developing a community of CHAMPIONS!