



5530 South Ellis Avenue
Chicago, Illinois 60637
Telephone: 773-702-4641
Fax: 773-702-6517
E-mail: lkocher@uchicago.edu
Internet: athletics.uchicago.edu

Leo Kocher, Head Coach

Enrique,

I want to express my gratitude for your working with us on what is one of the most elusive and thorniest aspects of peak wrestling performance – mental preparation/training.

Long ago as a competitive wrestler it became apparent to me that most of the difference between great performances and not-so-great performances by the same individual was in his state of mind. As a coach I have for over two decades searched and experimented with various approaches of mental preparation to help my athletes achieve their peak performance and to avoid the sub-par execution that is the greatest fear in high-stakes competition. The differences between wrestlers, the differences in their experiences, and the complexity of the human mind has traditionally made this problem a tough nut to crack.

Until meeting you I had not come across anyone within or outside of our sport who was applying as wide of a range of practices and theories of the mind as were you. I consider you a pioneer in a very challenging field of endeavor and the uniqueness of your position brings to mind the phrase “if it were easy then everyone would be doing it.”

I appreciate your having worked with us within our limitations and your investment in the success of our team. I have seen positive changes in our athletes and this success we have had so far causes us to very much look forward to our continuing to work together.

My willingness to seek every innovation to find an edge for our wrestlers combined with your innovative approach to get the most out of the human mind has been a good match. When our wrestling program reaches the level where our athletes are getting the maximum out of their potential, which I hope and believe will be soon, Champion by Design will be playing a crucial role in that success.

Sincerely,

Leo Kocher