




# DOMINATE Your Freshman Year!

What if I told you there's a way to **DOMINATE** your freshman year—right from day one? Most incoming athletes think they're ready—but the truth is, **you don't know what you don't know**. Even the best struggle with the transition—the physical, mental, and emotional demands required at the next level is unlike anything you've faced before. But there's a way to get the **tools, mental & emotional skills, and physical training** to **DOMINATE** from day one.









I'm inviting just **10 athletes** to an exclusive **5-day immersive experience**  designed to give you the ultimate edge. This is not connected to your college team—this is something completely separate, designed for those who want to dominate immediately!

## INCOMING INTENSIVE June 6-10 Charleston, SC



Limit 10 Athletes

### A Glimpse of What You'll Get:

-  **Physical Training:** Master body mechanics & injury prevention techniques, implement recovery standards, and level up fitness!
-  **Mental Mastery:** Learn to command your mind & emotions, push through limits, and develop unshakable confidence!
-  **Cold Plunge Challenge:** Train yourself to embrace discomfort and thrive under pressure!
-  **Personal Mentorship:** You'll have **unlimited access** to me throughout the event for real-time coaching, guidance & support!
-  **Private Beachfront Experience:** 5 days in Charleston, SC with oceanfront accommodations, healthy meals, and built-in down time!
-  **Exclusive Small Group Setting:** **10 serious athletes** pushing each other to new levels!

### WATCH THIS!



For those who want to put in the work and be the strongest version of yourself, inside and out!

*This event is VALUED at \$7,000. I'm offering it for just \$2,200! Once the 10 spots are filled, this opportunity is gone for 2025.*

## Ready to **DOMINATE** from day one?



[Book your 15-min zoom for application process!](#)

Athlete & Parent required • TEXT/CALL with questions 407.405.5815



**SCROLL FOR MORE DETAILS & PROFILES**





are you obsessed with your performance?  
 are you hesitating when things get tough?  
 is your body physically ready for the next level?



2025 college freshmen & 2026's  
 are invited to be a part of this **EXCLUSIVE** event!

**Donna Fisher**

Leadership Coach



**Allison Stucky**

Strength & Conditioning Coach

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 INTENSIVE  
 Charleston, SC  
 June 6-10**

Limited to 10 Athletes



@donnafisher



@allisonstucky

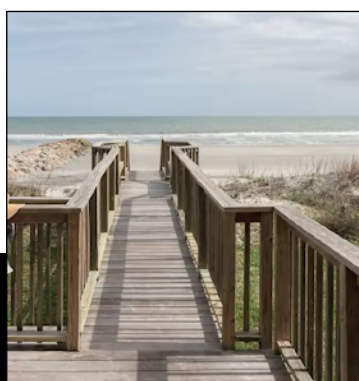


the *Resilient* **PERSON** & the *Resilient* **ATHLETE**

This is personal development at another level! Initial focus will be having a deep internal knowledge for stability. Highlights will be a Personal Ethos which includes writing your own personal brand of excellence! Emphasis on choosing power & belief from within versus searching for it outside of self. Developing the ability to handle challenges, discomfort and uncertainty better. Some key skills learned: mental & emotional agility, the practice of stillness & mindfulness, and use of empowering body language. This is the Resilient Person. Building an inner fortress that dominates in life and sport!

Building your body into a physical fortress is a must as you enter this next level. The focus here will be on fitness, mobility & injury prevention that incorporates plyometrics, speed & agility, and core stabilization movements. Emphasis will be put on proper body mechanics, landing mechanics and deceleration as this attention to detail is vital for body control. We'll also focus on proper recovery, flexibility, and the exercise of yoga to stay healthy. This is the entire picture of what it means to be the Resilient Athlete. Building a body that withstands the daily grind and dominates at the college level!

What you get is **VALUED** at \$7,000  
 This **EXCLUSIVE** offer is a third of that at \$2,200!  
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Airport pickup & drop off included  
 Check-in 4p Fri / Check-out 10a Tue

5 Days on Folly Beach Includes Oceanfront  
 Accommodations & Healthy Meals / Snacks

TEXT 407-405-5815 for inquiries and questions today!

[www.donnafisher.com](http://www.donnafisher.com) info@donnafisher.com

*Resilience* **DOMINATES!**





Leadership Coach & Team Architect

# Donna Fisher



### Common Topics:

- Mindset & Willpower
- Mental & Emotional Agility
- Receiving Feedback
- Mindset & Willpower
- Achievement Systems
- High Performance Habits
- Present Moment Focus
- Impact of Perception
- Power of Visualization
- Energy & Attitude
- Personal Accountability
- Communication
- Point of View is a Choice
- Discipline & Discomfort
- Reflection & Routines

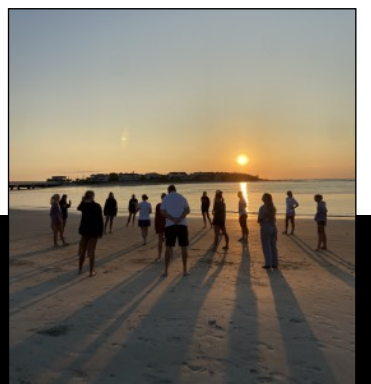
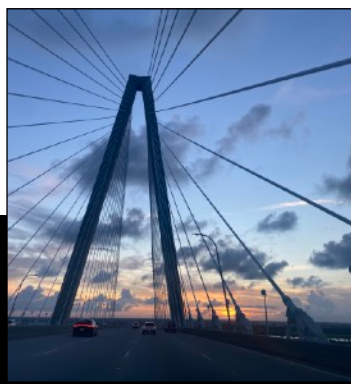
Donna has coached for over 25 years at the youth, high school & college levels. She spent 13 years at University of Central Florida and helped build UCF into an NCAA Division One Top 25 program. The main catalyst for this high performance and success was a focus on what Donna calls the "invisible and intrinsic side of the game." In 2013 Donna shifted away from the x's and o's in order to devote 100% of her time to consulting. Through intense focus on leadership, culture, and personal development she has helped coaches, teams, and athletes build foundations and strategies to achieve greatness. Donna is coaching coaches & athletes at all levels and is consulting with teams in multiple sports. Every year Donna has teams competing in post-season, winning conference championships, and has an exciting 2013 National Champion and 2014 Final Four participant. Donna wants every person she encounters to find sustained success in life and game.

Donna is a Founding Member and certified leadership coach with the John Maxwell Coaching Team. She has been an instructor for U.S. Soccer Education Courses and is a regular speaker at the United Soccer Coaches Convention. Donna teams up occasionally with #SoccerChat who hosts the "Dose of Donna Fisher" podcast. Known in the coaching world as "Big D", she is driven everyday by her passion for people.



- Donna Fisher
- @DonnaFisher
- @donnafisher

## donnafisher.com



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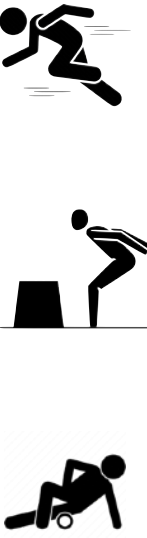
# Resilience **DOMINATES!**



# Strength & Conditioning Coach

*I am passionate, energetic, a bit fiery and fearlessly authentic. My journey has taught me that coaching is my vessel to impact, inspire and empower those around me. Through compassion, connection, and culture, I believe we can bridge the gap between the people we've been to the people we want to be. The people we were destined to be. Sweat bonds are a great place to start! My brand is the culmination of where I've been and where I'm going. I hope to embody all that is beautiful and flawed and give you the power to do the same. We are works in progress, constantly evolving, recalibrating, bending, but never breaking. Here's to sweat, soul and spreading the love.*

# Allison Stucky



## Certifications & Education

SCCC, Collegiate S&C Coaches Association

NSCA Certified Strength & Conditioning Specialist

Adult/Child CPR/AED, American Red Cross

Functional Range Conditioning Mobility Specialist

Bachelor of Applied Health Sciences, Kinesiology

University of Illinois at Urbana-Champaign



 @allisonstuckyy

As the Performance Consultant for select DFC teams, Stucky's primary role is creating the annual programming for athletes and collaborating with S&C for implementation and measurement protocol. She provides the strategy that guides players fitness and coordinates with coaches to monitor load. Stucky brings an innovative methodology that provides an emphasis on body mechanics, the harnessing of energy systems, and optimization of warmups. Her collective approach brings focus and intention to everything from the beginning of practice to recovery at the end. The energy Stucky brings creates an amazing environment for athletes. Her enthusiasm is infectious and her depth of knowledge is exceptional. In her own words she is a fierce competitor who cares deeply about the human dimension...the heart of a person. Her influence is about body, mind, and soul!

Stucky is a former NCAA D1 Strength & Conditioning Coach and NCAA D1 Assistant Women's Soccer Coach & Recruiting Coordinator. She is the owner of James Island Fit Body Boot Camp in Charleston, SC.



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