

The Beautiful Mind & Lifetime Sports: Syllabus

Instructor: Austin Josef Bock

- Owner of Lumberjax Urban Axe Throwing (LBJ) — 2019 - Present
- Top 20 in the USA for Knife and Big Axe Throwing in the World Axe/Knife Throwing Leagues
- Indiana Wesleyan Univ. 2010 Grad — Bachelor Degree: Sports Ministry Minor: Business
- Starting Collegiate Soccer Player at IWU from 2006 - 2010

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General Course Info

Description:

A course designed to help you take control of your mind to prepare you for anything and everything life throws at you. While this course is geared towards athletes to help them perform at the highest level, it is not solely for athletes and all principles within this course can be used outside of athletics to help anyone take life, and each moment in it, captive and make the most of it rather than be taken captive by it and found in the prison of the beautiful mind. Each week will be accompanied by a different lifetime sport to help students absorb the curriculum better and have fun that will follow them through their lives while learning.

Expectations and Goals:

- Students are expected to live by the golden rule during our class sessions, “doing to others as we would like them to do unto us.” Simple as that respect/honor/love one another and receive the same in return.
- The goal for the course is to see students grow in the positive views of themselves, to be able to understand how the mind works and give realistic, simple tools to be able to wire or re-wire their thinking to help them achieve excellence in any/everything they do.

Dates: 10 weeks Beginning 01/28/26 - 4/22/26 (No class 3/11, 3/18, 4/15, or 4/22)

Times: Wednesdays 2:30p-4:00p

Location(s): Lumberjax Urban Axe Throwing, 2808 Niles Avenue, St Joseph, MI & Local Area Parks (weather permitting, see schedule below, fallback option for inclement weather is LBJ)

Course Materials

Required Materials: Note taking supplies, pens/pencils/paper, required texts

Optional Materials: Sporting Equipment for any/all sports we may be playing those days

Required Text(s): With Winning In Mind By: Lanny Bassham (used Amazon \$7) // The Mindful Athlete: George Mumford (used Amazon \$6), HBR On Mental Toughness (used amazon \$6)
(able to be rented if needed)

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Course Schedule

Week	Topic	Lifetime Sport	Location	Date
1	Concepts of the Mind & Basic Building Blocks	Cornhole	LBJ	1/28
2	Who Am I	Darts	LBJ	2/4
3	Positivity: Mentality, Self Talk, & More	Disc Golf - Putting	LBJ	2/11
4	Mental Toughness	Bowling	Strikerz St Joe	2/18
5	Goal Setting & Time Handling	Student Choice	LBJ	2/25
6	Emotions	Cornhole	LBJ	3/4
7	Visualization//Problem Solving	Disc Golf	Benton Charter Township Park	3/25
8	Mindfulness/Relaxation	Pickleball/ Tennis	Lincoln Township Park	4/1
9	Negativity	Kickball/ Softball	Carronnde Park	4/8
10	Fear/Nerves/Stress	Sand Volleyball	Shoreham Downs Park	4/29

Other Topics (can include but not limited to):

Emotional Intelligence

Personal Responsibility

Resilience

Community, Teamwork, Social Connections