

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 **4-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 27-30 Charleston, SC**



Limit 10 Athletes

A Glimpse of What You'll Get:

-  **Physical Training:** Master body mechanics, mobility, core stabilization and functional strength to prevent injury; learn to implement recovery standards and increase your fitness level!
-  **Mental & Emotional Mastery:** Learn to command your mind & emotions, push through limits, and develop unshakable confidence! Mindfulness training & breath work will take you to another level!
-  **Reflection & Journaling:** Know yourself at a deeper and learn simple practices to fuel growth!
-  **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 Beach House Experience:** 4 days in Charleston, SC with amazing accommodations, healthy meals, and built-in down time!
-  **Exclusive Small Group Setting:** **10 serious athletes** pushing each other to new levels!

**WATCH THIS
PREVIEW!**



Once 10 spots are filled, the opportunity is gone for this coming summer.



 **Are you ready to DOMINATE?**

[Schedule your 15-min call for application process!](#)

Athlete & Parent required on the call • 407 405 5815 • info@donnafisher.com



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?



female athletes starting college fall
2026, 2027, 2028

YOU are invited to this EXCLUSIVE event!

Donna Fisher

Leadership Coach



Allison Stucky

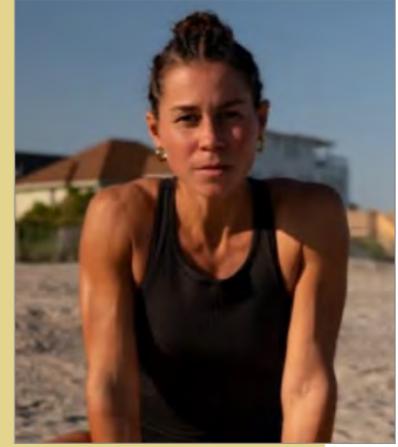
Strength & Conditioning Coach

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Limited to 10 Athletes



@ donnafisher



@ allisonstuckyy



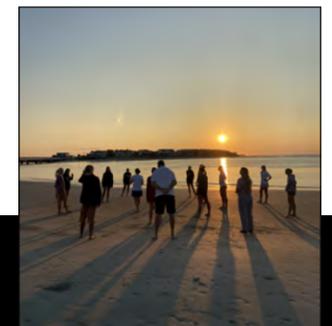
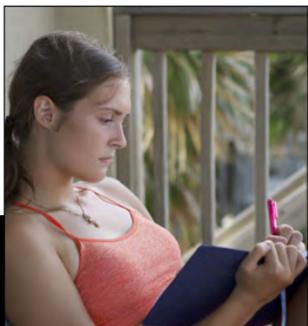
the Resilient PERSON & the Resilient ATHLETE

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!

***This experience is VALUED at \$6000
I'm offering it for a third of that at \$1900!***

CLICK to hear Donna talk about "THE WHY" behind this event!



Airport pickup & drop off included
Check-in 2p Sat / Check-out 10a Tue

4 Days on Folly Beach Includes Beach House
Accommodations & Healthy Meals / Snacks

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TEXT 407-405-5815 with inquiries & questions today!

Resilience DOMINATES!



Leadership Coach & Team Architect

Donna Fisher



Common Topics:

Mindset & Willpower

Sources of Confidence

Mind & Emotions

Leading Yourself

Body Language Impact

Goals & Objectives

High Performance Habits

Present Moment Focus

Your Why's & Purpose

Self-Worth & Self-Esteem

Communication

Accountability

Reflection & Refueling

Discipline & Discomfort

Habits & Routines

With intense focus on leadership, culture, and connection... Donna inspires athletes, coaches, and teams to another level of greatness in game & life! She believes everything rises and falls with leadership, so a main priority is coaching coaches to be the best version of themselves in every capacity. Donna also consults with teams at all levels in various sports creating blueprints and guidance systems for winning cultures and provides leadership training that focuses on athletes' mentality and ownership of their growth and experience.

Donna's passion is developing both the person and the player. With a heart, mind, body approach she guides athletes to become strong grounded humans as this is key to unlocking higher performance. The inner journey is powerful and transformational. Excellence is a lifestyle.

A former soccer coach with over 25 years across youth, high school & college levels, Donna spent 13 years at University of Central Florida, helping elevate the women's soccer program into an NCAA Division One Top 25 team. In 2020, she was honored by UCF Athletics as the #2 Assistant Coach of All-Time.

Donna is a founding member and certified leadership coach with the John Maxwell Coaching Team. She has served as an instructor for U.S. Soccer education courses and is a frequent keynote speaker at universities. Known in the coaching world as "Big D", she leads with passion, authenticity, and an unwavering belief in the human spirit.



donnafishter

donnafishter.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



 **allisonstuckyy**

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

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 Fitness Club in Charleston, SC.



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