

ADAMAS

ESPORTS TRAINING + PERFORMANCE

GENERAL CAPABILITIES
2023

OUR OFFERINGS FOR ORGANIZATIONS

ENVIRONMENT OPTIMIZATION

- Culture Design
- Adamas Bootcamps
- Competition Support
- Optimizing Practice Environment

LEADERSHIP DEVELOPMENT

- Executive Coaching
- Coach Development Program

PLAYER DEVELOPMENT

- Mental Skills Training
- Personal Development
- Physiotherapy Support
- Health + Lifestyle Optimization

OPTIMIZE THE GRIND (FOR CREATORS)

- Life Coaching
- Health + Lifestyle Optimization
- Business Coaching

ADAMAS BOOTCAMP

Adamas Bootcamps play a critical role in your team's success at strategic points in the season, by providing the opportunity to build real connections between your athletes, coaching staff and entire organization. We ensure your team's performance is greater than the sum of its parts.

Our 2-5 day bootcamps help establish a winning culture and serve as an important break from the usual grind. We can fit our bootcamps into your existing schedule, bootcamp before an event, or organize an offsite for a few days.

EXPERIENCE GAME-CHANGING IMPACT WITH:

- IMPROVED TRUST
- BETTER ROLE CLARITY
- MORE EFFECTIVE COMMUNICATION
- DEEPER INTERPERSONAL CONNECTIONS
- GREATER SENSE OF BELONGING WHICH REDUCES EGO DRIVEN PERFORMANCE

*HUMAN CONNECTION IS THE FOUNDATION
OF TEAM PERFORMANCE*



EXPERIENCE AN ADAMAS BOOTCAMP



DARKZERO
E S P O R T S

[WATCH NOW](#)



[WATCH NOW](#)

COMPETITION SUPPORT

Esports teams travel and compete all over the world throughout each year. Our performance coaches enhance the live competition experience by methodically planning out your event with you and providing necessary leadership and support during the event.

NEXT LEVEL PREPARATION:

- TRAVEL & JET LAG OPTIMIZATION
- VOD REVIEW AND TEAM COMMUNICATION FACILITATION
- BACKSTAGE SUPPORT
- LOGISTICS & ADMINISTRATION
- PRE & POST EVENT BOOTCAMP



THE ADAMAS ADVANTAGE



MAJORS

Through our support of 4 CDL teams at over 10 majors we have:

- Organized pre-event bootcamps
- Facilitated team meetings and VOD Reviews
- Supported coaching staffs
- Led gym sessions with players
- Conducted post-mortem meetings after events



LCS SUPER WEEK SPRING 2023

We were in-studio where 100T went on a 7-win streak rising from 8th - 3rd:

- We set team values and associated behaviours
- Introduced the concept of High Performance Mindsets
- Created a shared language model for in-game communication sequences
- Pre-game performance routines and Breath-work



VCT 2023 EMEA LEAGUE

We have supported Team Heretics VALORANT at all of their events:

- Introduced pre-game performance routines
- Conducted post-mortem meetings after events
- Developed individualized structured exercise programmes
- Supported player well-being and mental health throughout season

40 PRO COACHES MENTORED



"Adamas and Coach Matt's mentorship has been invaluable for me on my journey to becoming a head coach in the LCS. Matty cared about me as a person and challenged me to level up as a leader."

– Sam Broadley

COACH DEVELOPMENT

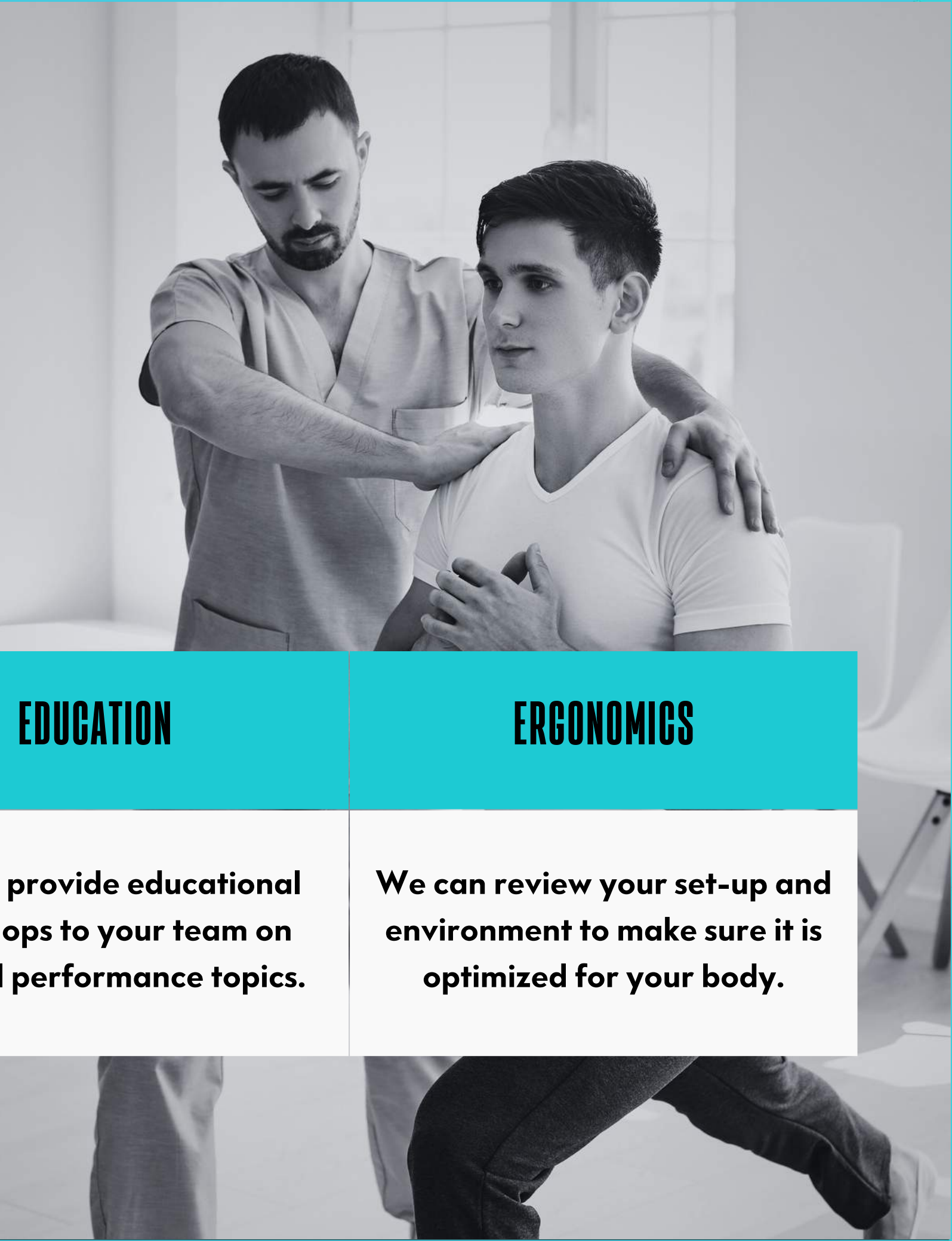
Coaches in esports are typically in-game technical, tactical and strategic experts but lack the leadership skills and experience necessary to lead their players. This creates many problems for your team's performance:

- Putting undue pressure on your in-game leader to compensate for a coach who isn't leading
- Unclear role responsibilities among your staff lead to things falling through the cracks
- Insecurities among coaching staff create ego-driven decision-making versus what is best for the team

Our experienced coaches guide your coaching staff throughout the season and empower them to problem-solve, overcome challenges and grow into influential leaders.

PHYSICAL THERAPY / PHYSIOTHERAPY

Our performance team is made up of physiotherapists in Los Angeles and Berlin. Our physios have worked with some of the biggest names in traditional sports and esports. We can be reactive and treat your athletes' injuries, we can be proactive and support your team throughout the season, and we can assist in return-to-play protocols.



PHYSICAL ASSESSMENT	PAIN MANAGEMENT	EDUCATION	ERGONOMICS
We can conduct a physical health assessment for your players at any point during the season.	We can diagnose and treat injuries and pain that your players may be facing to enhance performance.	We can provide educational workshops to your team on physical performance topics.	We can review your set-up and environment to make sure it is optimized for your body.

OPTIMIZING YOUR PRACTICE ENVIRONMENT



Deliberate practice is one of the most overlooked aspects of performance in most esports teams.

Through strategic scheduling, effective communication and intentional training we optimize your practice environment.

Our team of coaches focus on:

- **Introduce a Yearly Training Program**
- **Creating a shared vocabulary for in-game with each team**
- **Reviewing and improving VOD review effectiveness**
- **Creating space for constructive feedback (positive and negative)**
- **Individual and team goal setting**

CULTURE DESIGN

We all seek to belong. We help create a team culture where everyone feels ownership and is part of the tribe.

Our practical performance sessions explore and identify team values, behaviors, and standards of performance that underpin your team's culture.

We empower your players and staff to take ownership of their culture and create an environment that allows each and every individual to thrive.

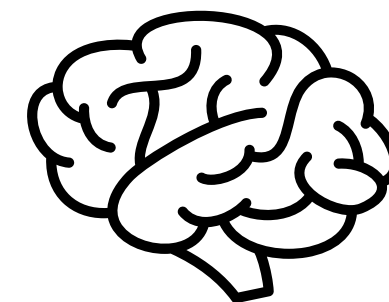




MENTAL SKILLS TRAINING + SPORT PSYCHOLOGY

Your players face tremendous pressures to perform day after day. Having mental skills at their fingertips can mean the difference between winning and losing when it matters most.

Our team is composed of experienced Sport Psychologists and Mental Performance experts who can offer the most effective and practical tools that will set your players apart from their competitors.



LIFESTYLE OPTIMIZATION

Let us enhance your athletes' performance by introducing techniques to optimize their physical and mental wellbeing across all aspects of their lives—both inside and outside of the gaming environment.



HOW WE DO IT



NUTRITION

- Menu-curating and ordering service
- Individualized nutrition plans
- Consultation with a dietician



SLEEP

- Environment optimization
- Energy management
- Jet lag strategies



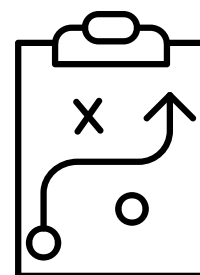
EXERCISE

- Personalized work-out plans
- Bespoke recovery protocols
- Injury prevention program

OPTIMIZE THE GRIND

Content creators will be guided on their journey by one of our Adamas Performance Coaches. Through a series of virtual meetings your performance coach will help you identify their challenges, set goals and provide them with an action plan to achieve them.

- **Define what their values are and discuss current habits and behaviours.**
- **Explore different areas of health and performance, including sleep, nutrition, psychology, exercise, ergonomics and general lifestyle.**
- **A bespoke training program with nutrition guidance.**



COMING SOON

ADAMAS BLACK

Over the last 5 years, we have created the blueprint for esports performance. Now, we introduce Adamas BLACK.

Adamas BLACK will help organizations transform and modernize their esports infrastructure to power growth and drive efficiency. Our organizational insight and domain knowledge reveal real-world advantages, delivering sustainable, transformational change.

CONTACT US TO LEARN MORE ABOUT THE BETA 

WHAT YOU GET

- Gain support from the Adamas Leadership team through fractional leadership role opportunities
- Level up your internal systems and processes
- Reduce your overhead and management load with our full-time, managed, team manager and operational roles
- Develop your existing staff
- Hire the right staff and talent with Adamas playing a role in the interviewing and onboarding process
- Mitigate your risk with our safeguarding protocols
- Consult with us to design leading edge esports facilities
- And much more...

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