TONY ABBATINE

MENTAL PERFORMANCE COACH, SPEAKER AND AUTHOR

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tonyabbatine.com
Warwick, New York

Dedicated Mental Performance Coach with twenty years of experience working with professional and amateur players, teams and coaches.

A multi-dimensional approach to Player Development and Sports Performance

EXPERIENCE

Frozen Ropes Baseball Company 2005 to present
Founder
Oversees the content and integration of athletic performance and player development for Frozen Ropes locations across the U.S.

Major League Baseball 2001 to present
Performance Consultant, Mental-Visual Skills
Contracted to provide vision and mental skills support to players and coaching staffs. **Clubs include:** New York Mets, New York Yankees, Boston Red Sox, Los Angeles Dodgers, Colorado Rockies, Pittsburgh Pirates, Texas Rangers, Seattle Mariners

NCAA Baseball and Softball Programs 2005 to present
Performance Enhancement Consultant
Consults with major universities on mental skills, visual psychology and vision training, with classroom and on-field work alongside coaches and players in compliance with NCAA rules. **Programs include:** University of Arizona, UCLA, Alabama, Clemson, CSU, University of Texas, University of South Carolina, University of South Florida, West Point

Team USA Olympic Softball National Team 2015 to 2021
Performance Coach
On-field training and scouting support to coaches and players in mental skills and visual search strategies.

MEDIA AND SPEAKING

Baseball America, Columnist 2018 to present
A monthly column on the latest topics in sports performance.

Beyond the Ball Podcast, Host 2023 to present
Sports performance tools and tips for athletes and coaches, with Frozen Ropes.

ABCA and NFCA National Conventions, Presenter Multiple years
Including the 2026 ABCA main stage: Improving Swing Decisions.

International speaking, Speaker
Recent presentations in Dubai, Italy, France, Germany, Holland, Kuwait and Japan.

TEACHING

Manhattanville College, Adjunct Professor, Sports Psychology 2020 to 2022
St. Thomas Aquinas College, Adjunct Professor, Sports Psychology 2018 to 2020
Developed the curriculum for Sports Psychology courses covering mental skills training and performance. Lectured classes of 35+ students and worked with individual teams.

AUTHOR

Beyond the Ball: The Visual and Emotional Habits of High Performers. Outskirts Press, 2021.

EDUCATION

Juris Doctor, Pace University
Bachelor of Arts, Social Science, University at Buffalo
Certified Open Focus Trainer, Les Fehmi, PhD

Professional references available on request