



VERSION1 PARTNERS WITH PERFORMANCE STARTUP ADAMAS ESPORTS TO PROVIDE PLAYERS AND COACHES WELLNESS SUPPORT AND MENTAL TRAINING

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Version1 is pleased to announce our partnership with [Adamas Esports](#), gaming's premier esports performance startup. Adamas Esports is offering performance-related services to all four Version1 teams, including boot camps, coach mentoring, in-person tournament support, and in-season mental skills training.

“Our coaches have been asking for performance and mental health coaching for a while. After investigating multiple options, coaches and management felt Adamas Esports was best equipped to provide our teams with top-tier service,” says Jacob Trobaugh, Vice President of Esports and Acquisitions at Version1.

Last year, at Major V, fans of professional Call of Duty witnessed Minnesota Røkkkr pull off “the greatest comeback in Call of Duty history.” Minnesota Røkkkr were down 0-4 in their best-of-nine grand finals series against Toronto Ultra. With the odds stacked against them, the Minnesota squad orchestrated a breathtaking reverse sweep, winning the next five maps in a row and securing a first-place finish at the event.

Moments like these, when an incredibly talented and passionate team defies expectations to deliver a legendary performance and claim their place in the annals of esports history, are part of the allure of competitive gaming. But in the wake of victories like this, players are left to grapple with a challenging question: How do we *consistently* perform at that level?

Top performers in traditional sports have struggled with “the consistency question” over the past century, and the growing discipline of sports psychology has emerged in response.

Around the world, teams, clubs, and Olympic coaches have embraced a model of performance that supplements the physical training of elite players with a variety of programs and resources designed to offer mental and emotional support.

As the competitive gaming industry matures, Adamas Esports is bringing the lessons learned from decades of sports psychology research to the world of video games.

“Contrary to what most may believe, esports athletes face many physical, emotional, and mental demands. I'd argue that the mental pressures and stresses on an esports athlete can be higher than a traditional sport athlete, as their avenue to release those stressors doesn't often come from their sport itself,” says Jerrad Guenther, the Adamas Esports health and performance coach who works directly with Version1’s teams. **“There’s also no guarantee that your job is safe in esports, even if you sign a longer-term contract. This is a results-driven industry, and being able to handle and navigate those pressures is a must-learn skill.”**

Unlike in-game technical coaching, Adamas creates a safe space for positive communication, fosters internal team-building with performance rituals, and helps teams adopt rest and recovery efforts. A ‘culture accelerator’ sets a healthy, year-round player expectations on practice, sleep, and outings. ‘Emotional regulation training’ limits outbursts and steadies high-stress communications, while ‘team optimization’ exercises forges family-like bonds to establish complementary gameplay.

All four Version1 teams — Minnesota Røkk, Version1 Rocket League, Version1 VALORANT, and VersionX VALORANT — have access to the services provided by Adamas. Looking to the future, Trobaugh had this to say about the partnership: **“Esports is still an incredibly young industry and we have a lot to learn from traditional sports. Mental health and player longevity is key. Happy and healthy players create better organizations, healthier cultures, and, ultimately, produce more championships.”**

About Version1

[Version1](#) is a multi-property esports organization headquartered in Eagan, Minnesota. We are proudly owned by Minnesota Vikings owners, the Wilf family, and entrepreneur and investor Gary Vaynerchuk. Our professional teams include Minnesota Røkk in the Call of Duty League, Version1 in Rocket League, and Version1 and VersionX in VALORANT. As we grow, we’re adding new entertainment avenues, including streamers and content creators.

In 2021, Version1 founded [V1SIONARIES](#), a platform providing women a safe place to compete, game, network, and socialize. In partnership with USAA Insurance, Version1 created [Røkk Regiment](#) to connect with military members who share a passion for Call of Duty and provide access to exclusive opportunities and experiences.

Learn more about our organization by following [@version1gg](#), [@ROKKR](#), and [@rokkr_mn](#) on social media channels.