

MENTAL SKILLS TRAINING FOR INCOMING HIGH SCHOOL ATHLETES



InControl
Performance Enhancement Consulting



Date:

Sunday, July 21st
2:00-4:00pm

Location:

6639-a Bay Laurel Pl
Avila, CA
(in Avila Village)

Cost:

\$75

Registration:

nicole@incontrolpec.com

*Space Is Limited

More Information:

www.incontrolpec.com

Applied Mental Skills Training Workshop
for 2019-2020 High School Freshmen Athletes
Create A Successful High School Student-Athlete Experience

TOPICS

Motivation – Identify and Sustain Appropriate
Motivation

Self-Talk – Your Inner Coach

Attentional Focus – Learn Skills To Minimize Distractions

Hear From A Panel Of Incoming High School Senior Athletes