

MENTAL SKILLS TRAINING FOR YOUTH ATHLETES



Applied Mental Skills Training Workshop
for athletes in 5th – 8th grade

TOPICS

Motivation – Learn To Own Your Effort

Self-Talk – The Power of Thought: Learn
to Believe in Yourself

Attentional Focus – Learn Skills To
Minimize Distractions

Date:

Sunday, September 22nd
10:30-12:00pm

Location:

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

Cost:

\$75

Registration:

<https://incontrolpec.com/youth-workshop/>

*Space Is Limited

More Information:

www.incontrolpec.com

Create A Foundation For Long-Term Athletic Involvement