



4 Great Workshops

Increase Mental Toughness

Master The Mind Game

Mental Imagery See It, Then Achieve It

The Power Of Focus For Peak Performance

Gain The Competitive Edge

Attend The Winning Mind Set

16 Yrs. at Cornell University

Workshops With Professional Performance Coach Kevin Seaman

AUTHOR AND WORLD CHAMPION

Spend Tuesday Evenings in January

**U8-12yrs 6:00-7:00pm or 13-UP 7:15-8:15pm
Spaces are limited sign up today!**

Sponsored Exclusively By CNY Family Sports Centre

7201 Jones Road, Syracuse, NY (315) 638-8866