Balancing It All

MENTAL PERFORMANCE CAMP FOR ATHLETES

Building athletes to achieve mental resilience



July 18th - July 20th

Ages 14-17: 10AM-12PM

Ages 11-13: 1PM-3PM

$75/person

Vernon Hills, IL

*Open to all genders, all sports



WHAT TO EXPECT

- Time Management Skills
- Settling nerves
- Increasing confidence
- Keeping a balanced student athlete identity

REGISTER NOW www.simplybeecounseling.net/athletesummercamp