



TRACKGIRLZ

SISTERHOOD | EMPOWERMENT | TRACK & FIELD



TRACKGIRLZ SPEAKER SERIES

BE INSPIRED BY WORLD CLASS WOMEN IN TRACK AND FIELD!

USA Track and Field Olympian and Olympic Coach, Mechelle Lewis Freeman will empower student-athletes on how to optimize their mental and physical performance.

WHEN

Wednesday, October 18 -
Cardinal Break

WHERE

John Paul II High School

WHAT

Young Women's Assembly to empower athletes with the daily habits to achieve their goals. Students will have the opportunity to hear and participate in a Q&A with Mechelle & Alexis to learn what it takes to be the best in the world as they prepare for the 2024 Olympic Games.



www.TrackGirlz.org

CONTACT US

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MECHELLE LEWIS FREEMAN

Mechelle Lewis Freeman, a graduate of the University of South Carolina, is a certified high performance coach specializing in mental and physical performance tools. She is also the Founder of the nonprofit TrackGirlz, empowering girls through track and field. Mechelle currently serves as the Head Women's Relays Coach for USA Track & Field National Teams, coaching gold medal and record-breaking performances at global championships.