

Dane County Athletes Committed Welcomes John Underwood

Former NCAA All American Runner. Coach of Olympic Champions. Consultant, US Navy SEALs.
Founder, Life of an Athlete

Building Better Teams, Better Athletes and Ultimately Better Adults

Dane County Life of an Athlete Institute

Facilitated by John Underwood and a Former Navy SEAL from Applied Performance Sciences

November 8th and 9th, 2017

Wednesday, November 8th

Stoughton High School

Coaches and Athletic Directors

4:30-6:30pm

Coaches' Playbook

7:00-9:00pm



Thursday, November 9th

Door Creek Activity Center, Madison

Athletes 8:30am-2:30pm

Sun Prairie High School

Coaches, ADs, Administrators & School Board Members 4:00-6:00pm

Parents, Athletes & Community

6:30-8:30pm

Registration fee of \$1,000 includes a team of up to 10 student athletes. Also includes unlimited access for Athletic Director(s), coaches, superintendents, principals, school board members and

Questions?

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It is not just that you put on a uniform or show up every day at practice or the games....

You are a athlete all the time, on and off the field.

You represent your family, your community, your school, your teammates, your coach and yourself