



# Complimentary Workshops on Developing World Class Habits

## Becoming E.L.I.T.E.

With Michael Massucci

Author and Motivation Speaker on leadership skills and values.

In today's world of sports, talent may help you make a team, but it takes strong character and high standards to continue to reach higher and become the best version of yourself. Come hear the author of *An Elite Journey: A Young Man's Leadership Story* speak on becoming your ELITE self through the power of knowledge, choosing to lead, competing with integrity, the importance of positive relationships, and committing to a game plan for success. These winning principles will not only improve your performance in sports, but will also improve your academics and relationships with others.

## Mental Training

With Greg Amundson

Former DEA Special Agent and Army Captain and bestselling author of "God in Me" and "Firebreather Fitness."

We've all heard the statement, "actions speak louder than words," but what if we told you that words are what affect one's actions? Words are very powerful, especially the ones we tell ourselves on a daily basis. The words we choose can affect our performance either positively or negatively no matter how physically prepared we are. Therefore, I encourage you to come hear the amazing speaker, Greg Amundson, talk about his own journey through life and how he has learned how to choose his words wisely to overcome some amazing physical challenges along with helping others reach their full potential!

## Workshop with Michael Massucci

### Session One

Monday June 26<sup>th</sup> at 11:30am or 1:15pm  
Tuesday June 27<sup>th</sup> at 11:30am or 1:15pm

### Session Two

Monday July 17<sup>th</sup> at 11:30am or 1:15pm  
Tuesday July 18<sup>th</sup> at 11:30am or 1:15pm

## Workshop with Greg Amundson

Wednesday July 19<sup>th</sup> at 11:30am or 1:15pm  
Thursday July 20<sup>th</sup> at 11:30am or 1:15pm

\_\_\_\_\_ **YES!** I am a player/parent/coach who will be attending **Mon./Wed.** workshops!

\_\_\_\_\_ **YES!** I am a player/parent/coach who will be attending the **Tues./Thurs** workshops!

Player's Name: \_\_\_\_\_ Parent/Guardian's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_