



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK TO SCHOOL SPORTS: THE IMPORTANCE OF PREPARING MENTALLY FOR YOUR SEASON

AUGUST 17, 2026 • 5:30-7 PM

HOSTED BY THE GLEASON FAMILY YMCA
YMCA SOUTHCOAST



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**PLEASE JOIN US AS WE HEAR FROM LOCAL EXPERTS IN THE
FIELD ON HOW TO HELP ATHLETES, COACHES AND PARENTS
PREPARE FOR THEIR UPCOMING SPORT SEASONS.**

TOPICS COVERED:

- CULTIVATING EFFECTIVE MINDSET SKILLS
- HOW TO TACKLE PERFORMANCE ANXIETY
- CREATING A POSITIVE TEAM DYNAMIC
- SUPPORTING YOUR ATHLETE CHILD

REGISTRATION
REQUIRED
(FREE)



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