



Grand Slam USA 2024 Spring 6-Week Clinics Mental Training



We are partnering with Austin Errthum of Errthum Performance to provide a brand new mental training program here at Grand Slam U.S.A! Combining his NFL experience and his masters in Sports and Exercise Psychology, Austin has developed an in-depth 6 week course to educate athletes on a wide variety of the mental aspects of sports performance and how to apply this to their own game. Topics to be covered within the course include goal setting, self-perception, visualization, self-talk, relaxation, and activation. Join us for this exciting new program and get a step ahead on your competition in this critical component of your athletic success!

COST: \$300.00 per session/per player
DATES: Choose Session(s) below
AGES: 10-18

MAR. & APR.	AGES	TIME	DATES
SESSION 1 - TUESDAY	10-18	7:00pm - 8:00pm	Mar. 19,26 Apr. 2, 9, 16, 23

PLAYER INFORMATION

NAME: _____

AGE: _____

PARENTS NAME: _____

PHONE #: _____

EMAIL: _____

PAYMENT AMT: _____

CREDIT CARD #: _____

EXP DATE: ____ / ____

V-CODE (on back): _____

