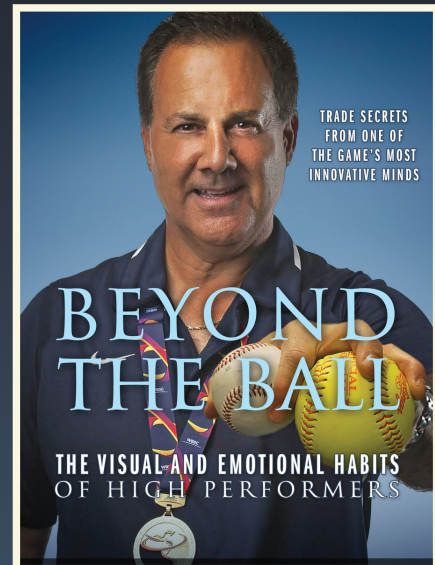


Beyond the Ball Mental Skills Monday



Join Tony for an interactive workshop that addresses the following:

- Anxiety and where it comes from
- Finding confidence when you need it the most
- Why routines and anchors are needed in real games
- Building bridges and tunnels for game success
- Pre-game and Post-game habits to succeed

All players will need to purchase Beyond the Ball to supplement the Workshop topics.

\$20 Per Player
3:00pm on Mondays
Register by Monday morning
Max 6 players per class

www.frozenropes.com/chester