



hey athlete



OWN YOUR GAME

BUILD YOUR CHAMPIONSHIP MINDSET

OWN YOUR GAME

FREE Workshop for High School Student Athletes

You'll Learn How To:

- Build real confidence that lasts
- Stay focused when it matters most
- Bounce back from mistakes fast
- Set goals—and actually crush them
- Balance school, sports, and life like a pro



**Saturday
June 14th
2025**



**At
11:00AM
(45 min)**



**Virtual
via Zoom**



**Register at
HeyAthlete.
com**