

# California Baptist University *Center for Sport and Performance Psychology*



**Interested in taking your cheer to the next level?  
Want tools to work through the stress of  
competition?**

**CBU offers athletes the opportunity to gain the mental edge by developing the cognitive skills needed to enjoy their cheer and stunt experience. Scan the QR code to book a session today!**

**Questions: Contact Dr. Ed Garrett @ 601-667-9706**

