



Monday Night Mental Training

Spend the summer gaining an edge like no other in a fun and relaxed setting working with Adrienne Langelier. MNMT is an opportunity to gain new mental skills required to compete at an athlete’s best as the group training sessions feature a new skill each week. All sport levels are welcome.

- Learn skills for staying focused
- Building & Keeping Confidence
- Preparing for games, competition to tryouts

Staff / Instructors:

- Adrienne Langelier, MA, LPC works with athletes of all age groups and sports from youth to Olympic levels. Adrienne is a current member of the Association for Applied Sport Psychology (AASP).

Session Dates:

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| • June 6 th , 13 th , 20 th , 27 th , & July 11 th
Session 1 | 5p – 5:45p
6p – 6:45p | Jr. High 6 th - 8 th grade
Sr. High 9 th - 12 th grade |
| • August 1 st , 8 th , 15 th , 22 nd , 29 th
Session 2 | 5p – 5:45p
6p – 6:45p | Jr. High 6 th - 8 th grade
Sr. High 9 th - 12 th grade |

Registration / Cost:

- **Registration Deadline:** Session 1 - June 10 Session 2 – July 29
- **Cost:**
 - Session 1: 5 weeks **\$150.00** (\$175 if registering late)*
 - Session 2: 5 weeks **\$150.00** (\$175 if registering late)*
 - Both 1 & 2: 10 weeks **\$255.00** (\$175 if registering late)*

**Late registration runs until the Friday before the start of the given session.*

To Register or Ask Questions:

- Contact 1P410 Sports at 832-791-5954.
- You may also email Adrienne Langelier, Director of Sports Psychology directly at Adrienne@1p410sports.com.
- Visit our website for more detailed information about our full Menu of Services.

1P410 Sports – Home of Athletic Republic

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