

- Apply Mental Skills Training Along With Physical Skills Training!
- Make your Skaters' Minds Their Ally, Not Their Opponent.
 - Develop tools to improve your performance on and off of the ice.

Rink Side is bringing in another expert to expand our training team. Complete your training program by enrolling in this sport psychology clinic. This clinic will involve mutual trust and safe sharing of thoughts and ideas in a quiet, group setting off of the ice. The goal would be for this to be offered continuously throughout the year.

- ✓ Improve your skating and your life with the power of your mind!
- ✓ Gain emotional intelligence!
- ✓ Get the tools needed to help you deal with thoughts that interfere with skating, school and daily life.

Performance Enhancement

Stress Management

A Holistic Approach

Wednesdays

July 9, July 16, July 23, July 30, Aug 6, & Aug 13
5:30 pm – 6:45 pm

Held in Rink Side's Off-Ice Studio

\$25.00 per session x 6 weeks = \$150

Must have eight people registered in order to hold each session.

Dr. Lawrence Todryk, PSY. D., M.B.A.

Mind~ Body~ Spirit~

Dr. Todryk works daily for the State of Wisconsin. He has a small private practice in Grayslake. He lives locally and is very interested in helping in the area of sport psychology.

This portion of a skaters' training is often overlooked. Let's address it now.

Call (847) 856-1064 ext. 302

for more information or

visit us on the web at www.rink-side.com

