

Sport Psychology Clinics

- 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

August 27 – October 15

5:30 pm – 6:45 pm

Held in Rink Side's Off-Ice Studio

\$25.00 per session x 8 weeks = \$200

Payment Plan Option Available...ask in Guest Services

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

