



# GAIN A MENTAL EDGE CAMP FOR ATHLETES

You feel the need to achieve both in school and in sport. Players compete with other teams and each other for positions and playing time.

This **one-day** camp was created to help student-athletes learn unique skills that will guide them in their sport and in everyday life. Athletes will be able to call on these new skills when things get challenging.

**SATURDAY, JANUARY 4, 2020 | 9AM - NOON**

or

**FRIDAY, JANUARY 24, 2020 | 1 - 4PM**

*High school student-athletes of any sport*

**Cost: \$75**

**Location:** Anderson Auditorium in Predolin Hall

On the Edgewood College campus (1000 Edgewood College Drive, Madison, WI 53711).

## **Camp Features:**

- Obtain mental skills coaching in a personalized setting
- Learn to be an expert on yourself—your baseline level of functioning
- Learn cognitive reframing skills to tackle negative self-talk
- Understand how failure can actually be GOOD and how to learn from it
- Learn mindful self-compassion techniques to accept the good and bad, the successes and the failures
- How to approach a parent/coach for additional resources

## **Things to Bring:**

- Notebook
- Pen
- Curiosity

**CHECK-IN WILL BEGIN 30 MINUTES BEFORE CAMP STARTS**

A **WAIVER & MEDICAL RELEASE FORM** will be attached to your email confirmation, and available in the camp listing. Please print, fill-out, sign, and bring to check-in. You will not be able to attend camp without this form.

## REGISTER ONLINE NOW

**BETHANY BREWSTER**  
HEAD CROSS COUNTRY,  
TRACK & FIELD COACH



Bethany Brewster has a unique passion for student athlete mental awareness and wants to

share her knowledge with you! Brewster is a licensed mental health professional and was a highly decorated student-athlete while at the University of Wisconsin. Brewster has a total of 11 Big Ten championships to her credit. She was an All-American selection six times during her career. Post collegiately, she competed in the 1500m at the 2004 Summer Olympic Trails in Sacramento, CA.

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