

Virtual Summer

ALL TIMES 10:00AM

**LAUREN JOHNSON TIMES: 6/25 @ 11AM & 7/9 @ 1:30PM

WEEK 1

JUNE 8TH: CREATING
YOUR IDEAL
PERFORMANCE
ENVIRONMENT- CE
JUNE 10TH:
NUTRITION- CAROLINE

WEEK 2

JUNE 15TH: TRANSITIONING
FROM ATTACKING TO
DEFENDING-
GARY CURNEEN
JUNE 17TH:
ATTACKING PRINCIPLES
OF PLAY- CE

WEEK 3

JUNE 24:
NUTRITION-
CAROLINE
JUNE 25TH: THE
ACT OF RESILIENCE-
LAUREN JOHNSON

WEEK 4

JULY 1ST: GAME
FACE AND SQUASHING
YOUR ANTS- DAN
ABRAHAMS

WEEK 5

JULY 8TH:
NUTRITION- CAROLINE
JULY 9TH: THE ART OF
CONSISTENCY-
LAUREN JOHNSON

WEEK 6

JULY 15TH: DEFENSIVE
PRINCIPLES OF PLAY- CE
JULY 17TH:
MINDFULNESS
FOR ATHLETIC
PERFORMANCE-
ANGIE COROGIN

WEEK 7

JULY 23: VIDEO
ANALYSIS FOR PERSONAL
DEVELOPMENT-
JUSTIN FERGUSON
JULY 24: MINDFULNESS
TO DOWNSHIFT-
ANGIE COROGIN

WEEK 8

JULY 29TH: COMMUNICATION
TO BUILD RELATIONSHIPS-
GARY CURNEEN
JULY 31ST: BUILDING GOOD
HABITS & STRATEGIES
FOR HIGH LEVEL PERFORMANCE-
IVI CASAGRANDE

SESSIONS WILL BE 60-90 MINUTES MAX IN LENGTH