

The Friends of Concord-Carlisle High School Swimming and Diving
invite athletes (students and adults), coaches and parents to:

Nationally-Renown Sports Psychologist

Dr. Alan Goldberg

presenting

**“The Athlete and
Mental Toughness”**

Sunday, September 23, 2007

Concord-Carlisle High School Auditorium

500 Walden Street, Concord, MA

Two presentations:

1:00 p.m. ***“Racing Your Fastest When it Counts the Most:
Mental Toughness for Peak Performance”*** for swimmers,
runners, triathletes and participants in individual/endurance sports

3:00 p.m. ***“Developing Mental Toughness”*** for athletes in team
sports—soccer, lacrosse, football, hockey, basketball, etc.

A nationally-known sports psychologist, Dr. Goldberg helps athletes overcome fears & blocks, snap out of slumps, and perform to their potential. He is recognized for his ability to take the subjects of sports psychology and peak performance and present them in a humorous, practical and easy-to-understand manner

**Admission \$10 per presentation. Tickets available at the
door half hour before each session - seating is limited.**

Proceeds to benefit the Friend's fundraising drive for an electronic timing system
for the Beede Swim and Fitness Center. For more information, contact the Friends of
CCHS Swim & Dive at cchs.fosd.org@verizon.net