

## Mental Skills Clinic



### **When**

Thursday 26<sup>th</sup> September 7.00-7.45pm

### **Where**

Sport Southland Champions Lounge

### **Who For**

All Southland swimmers and their parents who have qualified for Town & Country NZ Junior Festival, DIV2 , NAGS and para swimmers.

This opportunity is part of our regional development pathway this can be viewed below.

[https://www.swimsouthland.org.nz/files/2885\\_2019072674404-1564083844.pdf](https://www.swimsouthland.org.nz/files/2885_2019072674404-1564083844.pdf)

### **Presenter**

Jason McKenzie, Jason is the Academy of Southland Programme manager. He will be covering pre performance routines, and how to deal with race day anxiety, nerves

### **Cost**

There is no cost for this opportunity.

If you have any queries about whether this is right for your child please contact Jeremy directly on 027 494 0852