



## REACH PEAK PERFORMANCE WITH SPORT PSYCHOLOGY

### Educate and Elevate

Centennial High School is excited to partner with Premier Sport Psychology's Dr. McKenzie Bromback, Kaity Weimerskirch and Hannah Ruohonen this year to discuss mental wellness and performance.

Premier's Team will help to educate parents, athletes and coaches on how to best support their own mental health and take their mental performance to the next level. All student-athletes and their parents are welcome to attend.

### Your Premier Team



Dr. McKenzie Bromback



Hannah Ruohonen



Kaity Weimerskirch

### Schedule of Events

**Sunday, Sept. 8th at 6:00 PM**

Mental Health as Student-Athletes

**Sunday, November 10th at 6:00 PM**

Crush your (Inner) Competition: Building Confidence

**Monday, January 6th at 6:00 PM**

Performance Under Pressure: Managing your Emotions

**Sunday, February 9th at 6:00 PM**

Managing Distractions and Finding Focus

**Sunday, April 13th at 6:00 PM**

Resilience: Fostering a Growth Mindset

Location: Centennial High School - Performing Arts Center:  
4761 North Rd #4701, Circle Pines, MN 55014

If interested in  
additional  
information, please  
contact  
Matt St. Martin at  
[mstmartin@isd12.org](mailto:mstmartin@isd12.org)

THINK BETTER. FEEL BETTER. PERFORM BETTER. **BE BETTER.**



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