



Centennial High School Athletics and Activities is pleased to announce a partnership with Premier Sports Psychology. Through our partnership we are excited to share information about our Spotlight Series for student-athletes, coaches, advisors, directors, and parents/guardians. For the 2024-2025 school year we have created a five-part Spotlight Series focusing on student-athlete mental health, mindset, and performance. These sessions will be free of charge for any Centennial High School student-athlete (9-12), Centennial High School athletic and activity coaches, advisors, and directors, as well as parents and guardians of Centennial High School students.

Following are the dates, times, locations, and brief summary of each of the five sessions we will be hosting. Each session will be approximately 60-minutes with an opportunity for questions and answers at the conclusion of the program.

Centennial High School - Performing Arts Center

Sunday, September 8 - 6:00 PM

Mental Health as Student Athletes

Mental health and mental performance go hand in hand. In this presentation we will discuss common mental health trends among student-athletes, signs and symptoms of mental health concerns, and how to support your own mental health as well as those around you.

Centennial High School - Performing Arts Center

Sunday, November 10 - 6:00 PM

Crush Your (Inner) Competition: Building Confidence

It is not always easy to feel, think and behave confidently. In this presentation we will cover different barriers to confidence, sources of confidence, and tools to build confidence pre performance, in the moment, and after performance.

Centennial High School - Performing Arts Center

Monday, January 6 - 6:00 PM

Performance Under Pressure: Managing Your Emotions

We cannot control our emotions, but we can learn to manage them. In this presentation we will discuss understanding our emotions, the benefits and challenges that come from emotions, complete a "traffic light" activity, and go through different coping skills/techniques to best manage our emotions.

Centennial High School - Performing Arts Center

Sunday, February 9 at 6:00 PM

Managing Distractions and Finding Focus

Focus is essential when it comes to performing at a high level. In this presentation we will begin to understand focus, learn how to build focus, manage distractions and redirect our focus to what is most productive.

Centennial High School - Performing Arts Center

Sunday, April 13 at 6:00 PM

Resilience: Fostering a Growth Mindset

Hard times are going to happen, so how do we prepare for them? In this presentation we will explore what it means to be resilient, go through some examples, discuss how to build a resilient mindset and how to apply it in your daily life.

Please use the following link to complete your registration for the specific event(s) that you plan to attend.

[Spotlight Series Registration](#)

Should you have any specific questions regarding the Spotlight Series, please feel free to contact Matt St. Martin, Director of Athletics and Activities, mstmartin@isd12.org