

LM Athletics is Hosting a Warrior Culture Clinic on **WEDNESDAY, March 27th**

The Clinic is FREE and will be focused on building:

Mental Toughness, Confidence, A NEXT PLAY mentality, and a Competitive Mindset

10 QUALITIES OF A WARRIOR

- 1. DON'T COMPLAIN**
- 2. FEED THE POSITIVE**
- 3. UNDERSTAND PETTY VS. REAL PROBLEMS**
- 4. EMBRACE PERSONAL RESPONSIBILITY**
- 5. DO NOT RESENT OTHERS SUCCESS**
- 6. ACCEPT COACHING AS FEEDBACK**
- 7. MASTER THE BORING**
- 8. BODY LANGUAGE SCREAMS CONFIDENCE**
- 9. REALIZE PARENTS AREN'T OBJECTIVE**
- 10. GET OUTSIDE COMFORT ZONE**

ONEHEARTBEAT

ALL SESSIONS INCLUDE THE FOLLOWING:

Mental Toughness
The 10 qualities of a warrior
Building a pit bull mentality on the field
Tips to developing confidence
Keys to overcoming mistakes
How to redefine failure
Tips for performing under pressure

GROUPS AND TIMES – will be held in the will be held in the High School Cafeteria

FIELD HOCKEY Grades 7th – 12th 2:45 – 3:45

GIRLS BASKETBALL Grades 7th – 11th 4:00 – 5:00

Boys and Girls Athletics Grades 7th – 12th 5:15 – 6:15

YOUTH Athletics Grades 3rd – 6th 6:30 – 7:30

FOOTBALL grades 8th – 11th 7:45 – 8:45

Parents are welcome to attend