

High School Athletes, Parents, Coaches Be our Guest!

For The

**BEYOND BALL SERIES
FOR ASPIRING ATHLETES**



**Sunday, October 5, 2008
8:30AM – 3:00PM**

Workshop Topics:

**Eating for Athletics
Sports Performance Enhancement
Sports and Your Mental Edge
NCAA Eligibility Requirements
College Admissions
Financial Aid
Individual Development Accounts**

*All workshops are conducted by professionals in the sports, medical,
and educational fields*

PLUS! Panel Discussion: “Using Athletics to Your Advantage”

**Science Park High School
260 Norfolk Street
Newark, New Jersey**

FREE ADMISSION

- ❖ **Avoid mistakes that can cost your eligibility to play college sports**
 - ❖ **Learn about eating habits that create champions**
 - ❖ **Learn how to avoid injury for best performance**
 - ❖ **Recognize the pressure of playing sports to develop mental toughness**
 - ❖ **Tips on applying to college, scholarships, and tuition assistance programs**

**Sponsored by the Satori Athletic Organization
&
Tribeca House**

**PRE-REGISTER ONLINE Beginning September 12th
at: www.satoriathletic.org**

For more information call: 973-395-4282
Email: tribeca_house@hotmail.com

