



Digital Summer Team Series

With Danny Desin, CMPC

- **All Summer, Any Sport**
- **6 week courses, 1 hour each week**
- **Meetings through GoogleMeet**
- **Maximum of 20 team members**
- **Presentation Package Included**
- **Email to determine cost & schedule**

Email desinsportpsych@gmail.com or visit desinsportpsych.com for more information or to schedule a 6 week course. Team meetings cover various mental skills required for peak performance and are catered to each particular sport. Athletes are asked to take notes and apply the skills involved. Potential topics can be discussed. Appropriate for any sport and any skill level.