

SHARPEN SKILLS TRAINING

# X-TREME GYMNASTICS MENTAL PERFORMANCE CLINIC SERIES

These clinics are designed to empower gymnasts to start owning their mental performance journey and learn the mental tools and strategies that can level up their skills.



## ATHLETE SESSIONS:

- Saturday , September 16 2:30-3:30 PM
- Saturday, October 7 2:30-3:30 PM
- Saturday, November 4 2:30-3:30 PM

## PARENT SESSION:

(ATHLETE MAY ATTEND)

- Saturday, November 18 2:30 - 3:30PM

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## PRICE:

-\$40 per session

-Purchase all 4 for \$140

**\*Clinics are non-transferable and non-refundable**



X-Treme Gymnastics



Coach Abbie:

[abbiea@sharpenkillstraining.com](mailto:abbiea@sharpenkillstraining.com)



# SCAN A CODE TO REGISTER FOR SESSION DATES:



**SATURDAY , SEPTEMBER 16**  
**2:30-3:30 PM**

**SATURDAY , OCTOBER 7**  
**2:30-3:30 PM**



**SATURDAY , NOVEMBER 4**  
**2:30-3:30 PM**

**SATURDAY , NOVEMBER 18**  
**2:30-3:30 PM**  
**(PARENT SESSION)**



**ALL 4 SESSIONS BUNDLE**

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