



Grand Haven High School Athletics

Proudly Welcomes

Dr. Greg Dale

Dr. Gregory A. Dale, Ph.D. is a professor of Sport Psychology and Sport Ethics at Duke University. He is also the Director of the Sport Psychology and Leadership Programs for the Duke Athletics.

He provides a wealth of knowledge and practical strategies for anyone interested in **enhancing their performance.**

We encourage athletes of all ages to attend this event **free of charge!**

You don't want to miss this special event!

ATHLETES WILL LEARN HOW TO:

- Focus on Success
- Let go of mistakes
- Make the most of practice time
- Handle criticism
- Thrive under pressure

Tuesday, August 8th

2:00-3:30pm

Performing Arts Center

Inspire. Achieve. Succeed.