

BLACKPOOL, WYRE & FYLDE AC: PRESENT A



Mental Skills Workshop

Join Jenny Meadows and Coach Trevor Painter in a workshop where we will look at ways to improve your mental skills so that nerves and anxiety do not get in the way of your performance

Available for Athletes and Sports People of all ages

Sacred Heart Primary School

Heys Street, Thornton-Cleveleys FY5 4HL

Please park considerately as space is limited at the School

Wednesday 11th April 2018

19.00 – 21.00

Athletes - £5.00, Parents £2, Coaches Free if with 3 or more Athletes



*Learn to Control your
nerves and unleash your
potential*

