



SportStrata Mental Training Camp



For High School Athletes



SportStrata and Columbia Athletics are partnering to offer two camps to help student-athletes develop a competitive mindset. Participants will experience a variety of interactive exercises to improve:

- Confidence
- Focus
- Self-awareness
- Resiliency
- Stress Management

CAMP DATES

(choose section 1 or 2)

Session 1

August 7th-11th

8:30 a.m. – 12:30 p.m.

Session 2

August 7th-11th

1:00 p.m. – 5:00 p.m.

Cost: \$499/Session*

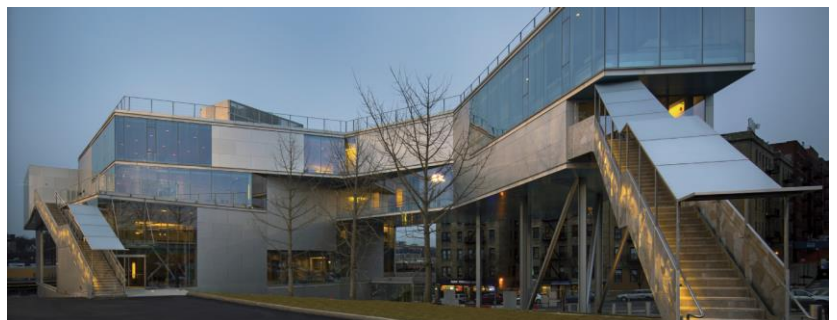
Sample Daily Schedule

60 minutes	Performance Profile Creation to establish performance
60 minutes	Biofeedback training to enhance relaxation
60 minutes	Confidence discussion
60 minutes	Focus Training with Strobe Glasses

To register for camp, please call/email SportStrata at 212-991-1107 or team@sportstrata.com

Location:

Columbia University Athletics
Campbell Sports Center
533 W. 218th Street, New York,
NY 10034



Camp Staff



Jonathan Fader, PhD.

Dr. Jonathan Fader is a licensed performance psychologist and a certified consultant of the Association for Applied Sport Psychology (CC-AASP). Dr. Fader is the Director of Mental Conditioning for the New York Football Giants and also served as the team psychologist for the New York Mets for nine seasons.



Brent Walker, PhD.

Dr. Brent Walker is the Director of Championship Performance at Columbia University where he oversees mental training for 31 teams and over 700 student-athletes. Dr. Walker is the Past President of the Association for Applied Sport Psychology and serves as the association's liaison to the National Basketball Retired Players Association.



Hannah Thurley, M.S.

Hannah Thurley is a certified consultant of the Association for Applied Sport Psychology (CC-AASP). Prior to joining SportStrata, Hannah served as a mental conditioning coach at the International Junior Golf Academy (IJGA) and was part of the Pittsburgh Pirates Mental Conditioning Team.



Ben Oliva, M.Ed.

Ben Oliva is a Mental Performance Consultant. Prior to joining SportStrata, Ben was an assistant baseball and football coach at Williams College, a performance counselor at Boston University Student-Athlete Support Center, and as a member of the mental skills group for the Boston Red Sox.

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***Spots are limited. Athletes from all sports are welcome.**