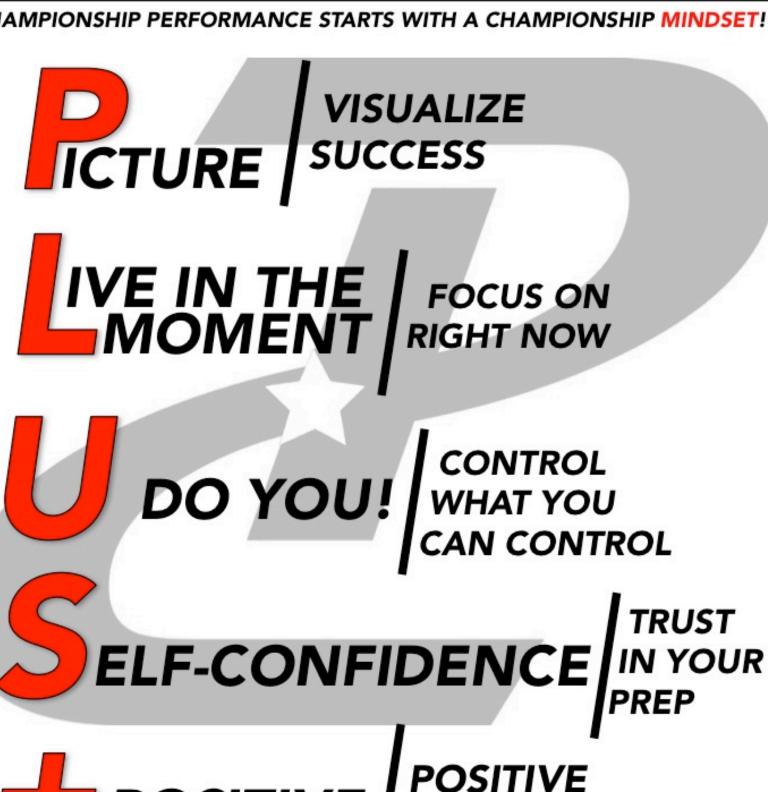
MENTAL PREP

AMPIONSHIP PERFORMANCE STARTS WITH A CHAMPIONSHIP MINDS



POSITIVE POSITIVE SELF TALK