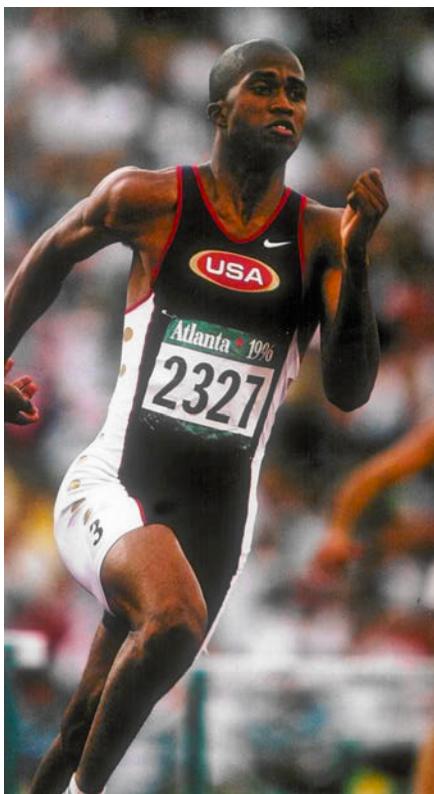


YOUTH AND COMMUNITY SERVICES



TOPICS COVERED INCLUDE

- » Applying athletic focus to your everyday life
- » Surrounding yourself with positive influences
- » Using failure as a motivational tool
- » The importance of being fit and eating healthfully
- » Recognizing opportunities and embracing new experiences

OLYMPIC MENTALITY

The Right Mindset Makes All the Difference

NYRR is pleased to offer a special presentation for New York City summer programs, presented by Olympic gold medal winner Derrick Adkins. In “Olympic Mentality,” Adkins explains what it takes to have a winning attitude.

The 30 minute session is completely **FREE** and adaptable for any age level or group size. Adkins is available Mondays, Wednesdays, and Fridays throughout the summer. Please contact Elizabeth Brown at **212.401.5707** or **ebrown@nyrr.org** to schedule a session.

“Your message was so inspiring to students and teachers. I had people coming up to me all day saying how much they enjoyed the assembly.... One student said she felt ‘refreshed and inspired’ to get her work done.

Thanks again,
Jenny Ovidia
ELA Teacher/Eagles Track Coach
PS/IS 102Q

GET INVOLVED. LEARN ABOUT OUR YOUTH PROGRAMS AT NYRR.ORG.