



Pure Performance

Life of a Student Athlete

Featured Speaker

John Underwood

President and Founder American Athletic Institute

Thursday, March 27, 2014
6:30pm—8:00pm

Brookfield Central High School, Cafeteria
16900 Gebhardt Road, Brookfield

Who Should Attend:

- Parents
- Middle and High School Students
- Teachers
- Coaches
- Athletic Directors
- Administrators and Board Members
- Athletic trainers
- Concerned Community

Mark Your Calendar because you don't want to miss the opportunity to hear John Underwood, President and Founder of America Athletic Institute and the creator of "The Life of a Student Athlete" program!

John is a dynamic speaker who is passionate about educating people about his program that is targeted towards helping student athletes create a healthy lifestyle and maximize individual potential. John talks to students and parents about appropriate choices regarding sleep habits, proper nutrition, emotional health, leadership skills, and the effects of drugs and alcohol use on the body and brain. He will not only educate on how to obtain optimum athletic potential, but also how students can improve academically.

A former NCAA All-American Runner, coach of Olympic champions and consultant for US Navy Seals, John gives the best and most up-to-date information about topics that are important for students and athletes.

Life of an Athlete
American Athletic Institute

KEY TOPICS

DEVELOP LEADERSHIP SKILLS

IMPROVE YOUR ATHLETIC PERFORMANCE

UNDERSTAND THE EFFECTS OF ALCOHOL & DRUGS ON YOUR PHYSICAL ABILITIES

GAIN KNOWLEDGE OF HOW YOUR SLEEP HABITS HELP AND/OR HURT YOUR SCHOOL & ATHLETIC PERFORMANCE

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