

# PURE PERFORMANCE

## Life of an Athlete



### FEATURED SPEAKER

John Underwood,  
President and Founder of American Athletic Institute

March 26, 2014

6:30-8 PM,  
Kettle Moraine High School, West Gym

#### JOHN UNDERWOOD BIO:

John Underwood, the creator of “Life of an Athlete” program, will be at KMHS to discuss 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 alcohol and drug use, sleep habits, proper nutrition, emotional health, leadership skills and much, much more.

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

#### NO CHARGE FOR THIS EVENT!

Reserve your seat today!  
RSVP's are not necessary but greatly appreciated.  
[www.kmloa.eventbrite.com](http://www.kmloa.eventbrite.com)

#### SHOW YOUR KM SPIRIT

by wearing a team jersey, LOA t-shirt,  
or KM blue & gold!

#### KEY TOPICS



#### WHO SHOULD ATTEND?

Parents	Athletic Directors
Middle and High School Students	Administrators and Board Members
Teachers	Athletic Trainers
Coaches	Concerned community



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