

Belmont Boosters Speaker Series presents



“Mental Toughness for Peak Performance”

Tuesday October 25, 6-7:30pm
Little Theater, BHS

This talk is designed to benefit **parents-students-athletes-performers**: *anyone* who desires to increase her/his chance for success in school, performance, work, athletics.

Research shows that successful and fulfilled people in any walk of life all have one thing in common – **deliberate and practiced mental toughness**. Thus, the instructors will provide the same mental toughness techniques that US Olympians, top college and professional athletes, elite performers in music and the arts, and prominent businessmen/women use to maintain peak performance.

- ***Increase confidence***
- ***Perform at peak performance levels more frequently***
- ***Live/perform in the present moment***
- ***Develop a positive mindset***

Pete Moscariello - Co-Founder/Instructor Personal Best: Mathematics Teacher/Department Head at Reading Memorial High School for 35 years. Head Baseball Coach at Reading (MA) High School for 35 years; 14 league championships; 1 state championship, 8 times Middlesex League Coach of the Year and 2 times Boston Globe Division II Coach of the Year. Member of Mass. Baseball Coaches Association Hall of Fame; Member Reading Memorial High School Hall of Fame. Reading High School Baseball Sportsmanship Alliance of Mass Award recipient 2003, 2009. Owner/Director Reading Baseball School - 30 years

More and Questions....

email: belmontMAboosters@gmail.com Or website: www.belmont.k12.ma.us/bhs/boosters