

**Mission Sports Council Speaker Series**  
**Continues...**

**Tuesday November 20, 2018, 6:30pm**

**Mission Leisure Centre**

**Sport Psychology**  
**and the**  
**Minor Sport Athlete**

Join UFV Kinesiology Dept Sport Psychologist, Roger Friesen as he discusses sport psychology and the minor sport athlete. Roger has been working as a performance psychology consultant for the past 28 years with National and Olympic teams and athletes and is currently the sport psychologist for the BC Lions.

Parents and coaches learn how you can support your athletes and how athletes can prepare themselves for the demands of sport.

**Phone in registration is required to the Leisure Centre by**

**November 19 604-820-5350**

**Participation is**

**Free**

