



MIND OF THE ATHLETE™



CLEARER MIND, BETTER PERFORMANCE



STUDENT ATHLETES PARTICIPATING IN WINTER SPORTS
ARE WARMLY INVITED TO ...

NORTH HUNTERDON ATHLETICS PRESENTS

**DR. JARROD SPENCER, SPORTS PSYCHOLOGIST
SPEAKING ON...**



**SLEEP:
THE #1 FACTOR
IN PERFORMANCE**

FRIDAY DECEMBER 11TH, 2015

AUDITORIUM, NORTH HUNTERDON HIGH SCHOOL