

# THE COMPLETE ATHLETE MAXIMIZING PERFORMANCE INSIDE & OUT



MIND OVER BODY PRESENTS  
KEYNOTE SPEAKERS  
DAVID THOMPSON AND PAUL SILAS

**AUGUST 6th**  
9am - 1pm

Free sprint style presentations on strengthening  
your physical and mental game



David Thompson  
NBA Hall of Fame



Paul Silas  
Former NBA Coach

at UNC Charlotte  
Barnhardt Student  
Activity Center

**SPECIAL  
OLYMPICS  
DONATIONS  
WELCOMED**



## FEATURING:

Desaree Festa, Ph.D.  
Patrick Young, Ph.D.  
Blake Boehringer  
David Wiercisiewski, M.D.  
Michael Agnone, PT, OCS  
Hunter Yard, CSCS  
Keith Gabriel

## TOPICS INCLUDE:

Mental Toughness & Resiliency  
Neuromuscular Efficiency  
Mental Wellness &  
Substance Use  
Injuries & Concussions  
Strength & Conditioning

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