



If you would like to submit a question or topic to be covered in Coach's Corner, reply to this email with your question and be on the lookout for it next week!

Not Subscribed to the Coach's Corner yet?

Sign Up Here:

www.streckersportpsych.com/coachs-corner

Welcome back to the Coach's Corner!

Forget about sports for the day.
Spend time with your loved ones.

Enjoy good food, good company,
and some football.

Give yourself a break and enjoy
the day off!



Happy Thanksgiving!

We'll be back next week with another edition of Coach's Corner!

Check out Older Editions of the Coach's Corner at the Bottom of
the Page Here:

<https://www.streckersportpsych.com/coachs-corner>

Thank you for reading and until next week, remember:

Today is a great day to change a life!

Cheers,

Bryce Strecker M.S.

Applied Sport Psychologist | Mental Performance Coach

www.streckersportpsych.com