



GLADIATOR TRAINING SESSION



AUGUST 20, 2019
6:00 PM - ALVerson P.A.C.

*Booster Information
Athletic Department Information - Guest Speaker*

**THIS IS A MANDATORY MEETING FOR EVERY
FAMILY...PLEASE PROVIDE AT LEAST ONE ADULT
MEMBER OF THE FAMILY PLUS YOUR STUDENT
ATHLETE(S)!**



**Approximately 6:30 pm
Guest Speaker: Will Heining**

Outreach Coordinator, U-M Depression Center; Former U-M Student-Athlete, Football

Will is a mental health advocate who helps student-athletes adjust to and cope with the stressors of being a high-profile individual in a high pressure environment. He encourages and promotes holistic wellness for the student-athletes in order to increase performance on and off the playing field.

Our evening will share knowledge about depression, mental health, and how seeking help can make you better beyond just your emotional/mental health. Also learn about the different kinds of stress and how that can impact confidence and performance.

**FOR MORE INFORMATION PLEASE CONTACT 517-223-6070 OR EMAIL
OSBORN@FOWLERSCHOOLS.ORG**

