

The Science of Success:

How Training the Mind and Nutrition Affect Athletic and Scholastic Performance

Chenango Valley Central School District invites you to join us for a seminar on **Wednesday, March 28 from 6:30 – 8:00 p.m. at Chenango Valley High School** entitled, **“The Science of Success: How Training the Mind and Nutrition Affect Athletic and Scholastic Performance.”** This seminar is for parents and students alike, and will focus on the power of the mind and the value of nutrition. Participants will be taught strategies and lessons that can be implemented in their day-to-day lives.

We are thrilled to announce the evening’s presenters will be Mr. Bill Clark, CV High School Government, Economics, and AP Psychology teacher, and Mr. Trent Patterson, CV’s Middle/High School Security Officer. In addition to their positions at CV, Mr. Clark and Mr. Patterson recently co-authored a book called *“Lifting Spirits: World Champion Advice for Everyday Living.”*

Mr. Clark is a weightlifting world champion and record holder, and is an international Olympic weightlifting champion. He will discuss the science behind a positive thinker and share how neural pathway creation and the central nervous system can be developed to maximize countless opportunities. Mr. Clark will also share the same mental and emotional training techniques taught and used at Olympic training centers.

Mr. Trent Patterson, University of Alabama football star, television’s *Biggest Loser* competitor, and certified strength, nutrition & movement specialist, is a firm believer that the mind and body need the proper fuel to reach personal excellence. Mr. Patterson will not only teach you how to eat and drink like a winner, he will educate you in the timing of meals, which foods to eat and when, and the biological effects food has on our bodies.

Following the seminar, Mr. Clark and Mr. Patterson will be on hand to sign books and answer questions. We hope to see you at what promises to be a motivating and educational seminar packed with information and tools you can use every day!

WEDNESDAY, MARCH 28, 2018
6:30 - 8:00 P.M. | CHENANGO VALLEY HIGH SCHOOL

