

MORRIS COUNTY PARK COMMISSION

William G. Mennen Sports Arena
proudly presents



Dr. Jay P. Granat

Sport Psychologist

Summer Seminar Series 2010



How To Skate In The Zone With Sport Psychology

Thursday, August 5th, 2010
3:15pm-4:45pm

Tips to Perform Your Best When The Pressure Is On

Dr. Granat has coached athletes and their families from virtually every sport from around the world. He has worked with an Olympic Gold Medallist, professional golfers, tennis pros and elite young athletes from many sports and has lectured many teams, clinics, camps and to some of America's largest corporations. Jay P. Granat, Ph.D., is also the founder of www.StayInTheZone.com.

**Skaters and parents are
encouraged to attend this seminar!**

For more information, please call (973)326-7651

www.morrisparks.net

161 East Hanover Avenue, P.O. Box 1295, Morristown, NJ 07960



