

Press Release

FOR IMMEDIATE RELEASE

Lexington Student-Athlete Takes National Honor

Lexington Christian Academy Student-Athlete, Makenna Hurst, Selected to Represent Kentucky on the 2023 National Athletic Advisory Council

NASHVILLE, TN February 2, 2023, The National Athletic Advisory Council (NAAC) announced newly elected 2023 Council Members from a pool of thousands of candidates spanning the country, with Lexington Christian Academy Student-Athlete, Makenna Hurst representing the state of Kentucky.



Junior, Makenna Hurst, has competed in soccer, swim, cheer and has been playing volleyball since 7th grade. She's currently on the varsity team at LCA. Some of Hurst's accomplishments include: AVCA 2022 Phenom Watchlist, KVCA 2022 Watchlist, AAU 2022 Academic All-American, Prep Dig Rankings - #7 Setter in Kentucky, NCSAA Super-Regional Team, All "A" All-Tournament Team, AVCA 2021 Phenom Watchlist, KVCA 2021 Watchlist, Prep Dig 2021 Watchlist, and AAU 2021 Academic All-American. In addition to dominating on the court, Hurst is in the National Honors Society, Beta Club, M Alpha Theta and Leadership Forum. She also was part of Chick-Fil-A Leadership Academy and maintains a 4.2 GPA.

"It's clear Makenna strives for excellence in all she does," said Catch23 Performance owner, Kaci Allen. "In addition to juggling so many incredible opportunities, she finds time to give back to her community. Having her on the council is going to bring a fantastic perspective on time management and the importance of a solid mental game in sports and life."

Election to the NAAC is the highest sport psychology honor available to high school athletes. Nomination to the NAAC is open to athletes from all sports across all 50-states and is based on a level of excellence in Athletics, Academics and Personal Character. Once nominated, Athletes must apply for consideration, complete an interview process and if moved through to the final round, identifying information is removed from applications, then voted on by a team comprised of collegiate/high school athletic directors, collegiate/professional athletes and coaches, executive coaches, sport psychology coaches and other leadership professionals.

The NAAC is crucial in providing feedback to help direct programming for T.E.A.M. (*Training Elite Athletes Mentally*) Varsity, the leading Sport Psychology program available to high school athletes. Members of T.E.A.M. Varsity have access to monthly live calls/workshops focused on sport psychology and developing and/or honing their own mental game as well as exercises, Q&As and more with leading experts. "At Catch23, we work with top Athletes around the world, helping them develop and keep an unstoppable mental game. We want high school athletes from the smallest town to the largest competitive arena to have access to the same expert knowledge, techniques, and exercises on their own time, in a way that's not been available, until now," said Allen.

"T.E.A.M. Varsity has changed our Athlete's entire trajectory. Last year, he almost quit playing altogether but just recently accepted a full 4-year scholarship to a division one school, a dream come true," said a T.E.A.M. Varsity parent. T.E.A.M. Varsity is transforming how the mental

game is approached, combining expert knowledge and practical applications that help athletes in all areas of life, in addition to sport performance.

To nominate an athlete for the National Athletic Advisory Council, visit www.NationalAthleticAdvisoryCouncil.com.

About Catch23 Performance

Catch23 Performance is headquartered in Nashville TN and works with Professional, Collegiate and High School Athletes around the world, building UNSTOPPABLE mental games. For more than two decades, Catch23 has worked with athletes at every level and the transitions between with unique training combining sport & performance psychology with clinical mental health counseling and has made sport psychology coaching accessible like never before.

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