

## Press Release

FOR IMMEDIATE RELEASE

### Valor Christian High School Student-Athletes Receive National Honors

*Valor Christian Student-Athletes Claim a Record Four Positions on the 2023 National Athletic Advisory Council*

**NASHVILLE, TN January 24, 2023,** The National Athletic Advisory Council (NAAC) announced newly elected 2023 Council Members from a pool of thousands of candidates spanning the country, with Valor Christians Student-Athletes claiming a record four spots!



Audra Dial  
2023 Lacrosse



Jade Chi  
2024 Lacrosse



Kaylie Whidden  
2024 Softball



Amanda Stevens  
2024 Lacrosse

Audra Dial (2023 Lacrosse), Jade Chi (2024 Lacrosse), Kaylie Whidden (2024 Softball) and Amanda Stevens (2025 Lacrosse) were each individually elected to the NAAC, giving Valor Christian four positions on the council, the most from any single school in one year!

Three of the four have already committed to continuing their athletic careers at the next level: Audra Dial, committed to D1 Kent State, Jade Chi has verbally committed to D1 Kennesaw State and Kaylie Whidden, currently playing for Nebraska Gold, has committed to join the softball team at Division 1 University of Wisconsin. Sophomore Amanda Stevens currently plays for M&D Black 2025 out of Maryland and will likely have several choices for her collegiate experience.

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 council wasn’t torn at all when we realized we had elected four athletes from the same school. We knew they were the right choices, and each brought her own unique experience.” said Catch23 Performance owner, Kaci Allen.

Lacrosse Head Coach, Terry Ellis, was drafted by the Denver Outlaws, and played on the Major League Lacrosse championship team, after competing at Division 1 University of Denver. Coach Libby Noeth played softball at Wheaton and immediately dove into coaching, now the head softball coach for the Eagles.

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.

### **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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