

## Press Release

FOR IMMEDIATE RELEASE

### Two Nashville Select Teammates Receive National Honors

*Nashville Select Teammates Grant Reilly and Ethan Allen Were Selected Unanimously to the 2023 National Athletic Advisory Council*

**NASHVILLE, TN February 14, 2023,** The National Athletic Advisory Council (NAAC) announced newly elected 2023 Council Members from a pool of thousands of candidates spanning the country, with Nashville Select 2022 teammates, Grant Reilly and Ethan Allen receiving unanimous selection in first round voting. Coached by Jay Benard and Morgan Jean, these two athletes really understand what it means to play “free and loved.”



Junior Grant Reilly played basketball and baseball from childhood through his sophomore year of high school, ultimately choosing to focus primarily on baseball. Reilly plays for Nashville Select 17U and is a 3-year Varsity starter for USN. Reilly, a corner infielder & 3B, is described by his coach as having the ability to play with freedom and without fear in a game full of ‘failures,’ being a leader in both word and deed, and extending freedom to his teammates even in the most challenging moments. He is also on his school’s advisory team

“Grant has learned to love the ‘process,’” said Catch23 Performance owner, Kaci Allen. “Whether it’s the process of becoming a more skilled athlete, learning in challenging academic settings, or getting to know teammates and how to lead, learning to love the process is what makes great athletes, exceptional. Athletes who consistently focus on outcomes are more likely to get stuck, nervous, and not perform at their most optimal levels. Grant is the kind of athlete who seeks to learn more, works to execute what he’s learning, and then encourages teammates along the same lines. We are excited to have his contributions on the council and be part of his journey.”

“I was new to Select last summer after a tough year of loss, and Grant was so welcoming. He is a humble leader and a heck of a teammate, the kind that’s easy to cheer for,” said Ethan. “I always enjoyed taking the field with him. Playing with Select, Coach Jay, Coach Morgan and practicing with Coach Brent, gave me my confidence back and helped me fall in love with the game all over again. It’s an honor to serve on the council with Grant.”

“Ethan impressed the council with his relentless work ethic, and excellent leadership contributions with younger athletes,” said Alyson White, Accountability Strategist with Catch23 Performance. “We’ve not encountered many athletes who are as committed to their physical and mental performance than him; he’s always training to get better.”



Allen, class of 2024, has been a varsity starter since 8<sup>th</sup> grade for the Franklin Christian Academy baseball team. Ethan is a 2023 Invited Scholar, for the 2023 National Youth Leadership Forum. Additionally, he was invited to appear on Nashville’s Talk of the Town to discuss his charitable service work distributing Valentine’s to the homeless as well as Easter egg hunts for kids with special needs. Always eager to learn and work, Ethan is currently attending various collegiate camps as a 3B/2B/RHP getting a feel for the best fit to continue at the next level.

Ethan's goal is to, "Play baseball, as long as I can." Whether that's through college or professionally, his focus and effort is that of an unstoppable athlete.

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](http://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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