

## Press Release

FOR IMMEDIATE RELEASE

**Two Williamson County Student-Athletes Receive National Honors**

*The National Athletic Advisory Council Elect Two Williamson County Student-Athletes to 2023 Council*

**FRANKLIN, 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 Ravenwood's Reaghan Larkin and Franklin Christian Academy's Ethan Allen receiving unanimous selection in first round voting.

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.

"Reaghan and Ethan both impressed the council with their relentless work ethic, and excellent leadership contributions with younger athletes," said Alyson White, Accountability Strategist with Catch23 Performance. "We've not encountered any other athletes who are as committed to their physical and mental performance than this duo."



Reaghan Larkin (2023)  
Ravenwood Volleyball

Larkin is a class of 2023, All Tournament Team District 11-AAA/Region 6-AAA volleyball player at Ravenwood High School, Brentwood, TN. The AVCA All American recently committed to play at Iowa State University and is a member of the Alliance Volleyball Club 18 REN Team. She is a John Maher Scholar Athlete, Named 4-Year President's List and member of Mu Alpha Theta.



Ethan Allen (2024)  
Franklin Christian Academy  
Baseball

Allen, class of 2024, has been a varsity starter for the Franklin Christian Academy baseball team since 8<sup>th</sup> grade. He finished the 2022 summer season with Nashville Select, earning: AVG: .447 | OBP: .559 | RBI: 21 | BB: 12 and SB: 7. Allen 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.

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 White.

“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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