

Press Release

FOR IMMEDIATE RELEASE

### **Randolph School Student-Athlete Takes National Honor**

*Randolph Student-Athlete, Ashlyn Hafley, Selected to Represent Alabama on 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 Randolph School Student-Athlete, Ashlyn Hafley representing the state of Alabama.



Since age 4, junior Ashlyn Hafley has been playing sports such as soccer, softball and volleyball and in 2021 chose to focus on basketball to prepare for a collegiate career. As a member of Randolph School's varsity basketball team since the 7<sup>th</sup> grade, Hafley also plays travel basketball, is a member of the National Honor Society and serves as an ambassador for her school. With aspirations to be a chemical or nuclear engineer, her coach describes her as being committed to being the best person everywhere she goes. Ashlyn volunteers to help younger athletes develop a love for sports and is one of the strongest leaders emerging from Alabama.

"It's easy to see why Ashlyn was nominated," said Catch23 Performance owner, Kaci Allen. "We believe she embodies all the qualities we look for in council members, including excelling in athletics, academics and personal character."

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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