2023 NATIONAL ATHLETIC ADVISORY COUNCIL

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Sport Psychology Coaching
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Press Release

FOR IMMEDIATE RELEASE

Glacier High Student-Athlete Receives National Honor
Glacier High Student-Athlete, Reese Ramey, Represents Montana 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 Glacier High Student-Athlete, Reese Ramey representing the state of Montana.

Sophomore Reese Ramey has competed in a variety of sports including track, gymnastics and softball and currently plays basketball and soccer at Glacier High. Ramey has played both at the varsity level since freshman year and was named captain of the soccer team as a sophomore. In addition to playing basketball on the school team, she is part of the Northwest Blazers, a national circuit Under Armour team. Reese is no stranger to hard work, having trained for gymnastics around 30 hours each week as a child before falling in love with basketball. Now, with a 4.0 GPA and strong character, we are excited to see which collegiate opportunities emerge in the near future.

"Reese brings a strong work ethic, and is described as mentally tough while remaining extremely coachable, two characteristics that will serve her well in sports and in every area of life," said Catch23 Performance owner, Kaci Allen. "We're looking forward to working with Reese in the upcoming year."

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

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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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