

Press Release

FOR IMMEDIATE RELEASE

Beechwood Student-Athletes Receive National Honor

Beechwood High Student-Athletes, Konner Huljak and Nazario Pangallo, Selected to Represent Kentucky 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 Beechwood High School Student-Athletes, Konner Huljak and Nazario Pangallo representing the state of Kentucky.



Senior, Konner Huljak has competed in virtually every sport possible: soccer, travel baseball and basketball for more than 8 years and 13-years of football. The last three years of football have been on the varsity team where he was not only named captain but won the state championship all three years. Huljak, student council president, is also competitive in the classroom having taken seven AP courses and made the honor roll all 4 years of high school. He aspires to study engineering in college and is described by his coach as a leader and dedicated, participating in National Honors Society, Kentucky United Nations Assembly, Hugh O'Brian Youth Leadership Forum, Future Business Leaders of America, Fellowship of Christian Athletes and serving as a Tiger Ambassador.

Coaches describe class of 2023 Nazario Pangallo as a humble leader, responsible and mature beyond the normal athlete his age. He has played basketball, football and is now solely focused on baseball. Pangallo plans to study broadcast/journalism in college and with a 4.0 GPA and 31 ACT score, will surely be an asset at the next level.



“When we established the NAAC, we wanted to make sure seniors had a place to contribute and connect,” said Catch23 Performance owner, Kaci Allen. “Konner and Nazario make great additions to this year’s council, and we’re excited to be part of their journey.”

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.

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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