

Press Release

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Franklin Student-Athletes Receives National Sport Psychology Honor for Baseball

The National Athletic Advisory Council Elects Franklin Student-Athlete, Ethan Allen, to 2023 Council

FRANKLIN, TN January 25, 2023, The National Athletic Advisory Council (NAAC) announced newly elected 2023 Council Members from a pool of thousands of candidates spanning the country, with Franklin Christian Academy's Ethan Allen receiving a 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.

"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 8th grade for the Franklin Christian Academy baseball team. He finished the 2022 summer season with Nashville Select, earning: **AVG: .447 | OBP: .559 | RBI: 21 | BB: 12 and SB: 7**. 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.

When asked about his current practice/training schedule, Allen replied, "I practice with my school team five days per week and we usually throw or run at lunch if we're caught up on homework. I work with my Strength and Conditioning Coach, Kasper Axtell, at Iron Tribe Fitness in downtown Franklin, or one of the other amazing coaches at least two mornings each week before school and Wednesday evenings after practice. Working with them is helping me get stronger and faster every day. In just a short time, I've already cut time off my 60, and my bat speed and power is stronger than ever. Additionally, I have hitting lessons Wednesday and Saturday mornings and practice with my travel team mid-day Saturday and Sunday. Currently, I'm also in a hitting small-group at Belmont Sunday evenings."

Allen said, “I never want to look back and wish I would’ve done more. I go to as many college camps and clinics as possible during the summer and fall and whenever we have a school holiday. I’ve been playing since I was two and it’s my absolute favorite thing to do.”

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.

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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