

Press Release

FOR IMMEDIATE RELEASE

Ramapo Student-Athlete Receives National Honor

Ramapo High School Student-Athlete, Carolina Mosquera, Selected to Represent New Jersey 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 Ramapo High Student-Athlete, Carolina Mosquera, representing the state of New Jersey.



Junior Carolina Mosquera, has played tennis since age five, competing in numerous tournaments. The past nine years, she has played for the Torpedoes Soccer Club, and is the captain of her team, winning the state cup and reaching the regional finals in 2021. Mosquera has been on the varsity soccer team at Ramapo High since sophomore year, winning group 3 states for the first time in 14 years. As a senior next year, she will become a captain, something she has aspired to since a young age. Her coaches describe her as a good judge of character, dedicated in all she does which is also evident in academics, earning a 4.14 GPA with honors and AP courses.

“Carolina has a quiet depth about her,” said Catch23 Performance owner, Kaci Allen. “Her mind is always working on something, and she is an incredible addition to the council this year. It’s truly an honor to work with such amazing athletes.”

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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