

## Press Release

FOR IMMEDIATE RELEASE

### **University School of Nashville Student-Athlete Receives National Honor**

*University School of Nashville Student-Athlete, Grant Reilly, Selected to the 2023 National Athletic Advisory Council*

**NASHVILLE, TN February 6, 2023**, The National Athletic Advisory Council (NAAC) announced newly elected 2023 Council Members from a pool of thousands of candidates spanning the country, with University School of Nashville Student-Athlete, Grant Reilly, representing the junior class.



Junior Grant Reilly played basketball and baseball from childhood through his sophomore year of high school, ultimately choosing to focus primarily on baseball. Reilly plays for Nashville Select 17U and is a 3-year Varsity starter for USN. Reilly, a corner infielder & 3B, is described by his coach as having the ability to play with freedom and without fear in a game full of ‘failures,’ being a leader in both word and deed, and extending freedom to his teammates even in the most challenging moments. He is on his school’s advisory team

“Grant has learned to love the ‘process,’” said Catch23 Performance owner, Kaci Allen. “Whether it’s the process of becoming a more skilled athlete, learning in challenging academic settings, or getting to know teammates and how to lead, learning to love the process is what makes great athletes, exceptional. Athletes who consistently focus on outcomes are more likely to get stuck, nervous, and not perform at their most optimal levels. Grant is the kind of athlete who seeks to learn more, works to execute what he’s learning, and then encourages teammates along the same lines. We are excited to have his contributions on the council and be part of his 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](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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