

## Press Release

FOR IMMEDIATE RELEASE

### **Two Cornwall Central High School Student-Athletes Receive National Honor**

*Orange County, NY, Cornwall Central Student-Athletes, Taylor Hill and Shelby Hunt, Claim Position on the 2023 National Athletic Advisory Council*

**NASHVILLE, TN January 27, 2023,** The National Athletic Advisory Council (NAAC) announced newly elected 2023 Council Members from a pool of thousands of candidates spanning the country, with Cornwall Central Student-Athletes, Taylor Hill and Shelby Hunt joining the ranks.



Senior Shelby Hunt has been playing basketball and soccer since age four and found a love for lacrosse in the third grade. While competing for teams within Cornwall United Soccer League and for teams such as Gymratz and Beast Girls Lacrosse, Shelby also remained competitive on the school teams, recently completing her senior soccer season. She's currently in basketball and excited about lacrosse in the spring. Shelby's coach describes her as a wonderful role model who excels in both academics and as a 3-sport athlete.

Taylor Hill, class of 2024, competes on the varsity basketball and lacrosse teams at Cornwall. Her coaches also describe her as an excellent role model who selflessly gives time to helping others, while maintaining a strong work ethic on the court, in the classroom and at work.



"The council is excited to have both Shelby and Taylor serve on the 2023 council. Their work ethic and service to others is admirable and a great fit for the type of student-athlete that will work well on the council," said Catch23 Performance owner, Kaci Allen.

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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