



SOLE 2 SOUL



A Workshop for the Youth Athlete

Focus. Resilience. Confidence. Compassion.

TARGETS:

- HOW TO BE A PERSONAL LEADER
- OVERCOME FAILURES
- INCREASE COMPASSION FOR SELF AND OTHERS
- IMPROVE BODY AWARENESS
- INCREASE FOCUS AND BEING "PRESENT" IN SPORT



✉ info@sole2soulcounseling.com

☎ (920) 659-0634



FACILITATORS INCLUDE:

COACH

MINDFUL PERFORMANCE TRAINER

PHYSICAL THERAPIST

***SEE BACK FOR DETAILS**

When Girls' Workshop
June 10th 8:30-12:30 pm

Boys' Workshop
June 16th 8:30-12:30 pm

**Lunch provided*

Who Rising 6th - 9th Graders

Cost \$60

Where W5361 County Rd KK,
Appleton



www.sole2soulcounseling.com

Meet our Facilitators



Tammy Krueger, MSE: As a contracted provider with Sole 2 Soul, I offer mindful performance training to individual athletes and sport teams who are seeking improved performance both in and out of competition. I teach skills that enhance performance through improved focus, resilience and the ability to be a better teammate and personal leader. All skills taught in the mindful performance training are easily generalized to everyday life.

Mindful Performance Trainer - Facilitates both Girls' and Boys' Workshops



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Jarius "JJ" James: Originally from Galveston, Texas, I have built my career around developing athletes and leaders through football and education. I am currently the Head Football Coach at Appleton East High School and a Student Success Advisor in the district. I coached defensive backs for five years at the University of Wisconsin Oshkosh after playing the position at the University of the Incarnate Word (Tx). My mission is to build disciplined, accountable, and high-character athletes prepared for success in sports and in life.

Varsity Football Coach - Facilitates Boys' Workshop



Betsy Zemlock: My coaching philosophy is to develop well-rounded athletes who compete hard, while also having fun and enjoying the process. I focus on building a positive mindset and setting measurable goals that allow athletes to evolve as athletes and individuals. With a heavy coaching emphasis in volleyball and dance, I love working with athletes on developing strong fundamentals, having self-confidence, and creating a love of the game that lasts for a lifetime.

Girls Club Volleyball Coach - Facilitates Girls' Workshop



Morgan Dopp, DPT: I view physical therapy as a team sport, working closely with patients and athletes to achieve their personal goals. My perspective is shaped by my athletic background as a former three-sport athlete, as well as my own experience recovering from a track and field injury. That journey inspired me to pursue physical therapy and continues to drive my commitment to helping others regain strength, confidence, and return to the sports they love.

Physical Therapist, Peak Performance - Presents at Girls' Workshop



Peak
Performance
Physical Therapy
& Sports Medicine



Eric Wallace, DPT: I help athletes and active individuals move confidently, stay and feel young so that they can smash PRs in the gym or in their sport without using injections, medications, or surgeries. With specialty care specifically for junior athletes, I understand the demands that the current athlete is facing and addresses them with a unique lense.

Physical Therapist and Owner, Motus RX - Presents at Boys' Workshop



MOTUSRX
— REHAB AND PERFORMANCE