



# PRESS PAUSE ON PLAY WEBINAR: HOW TO COPE WITH UNEXPECTED DISRUPTION OF YOUR SPORT SEASON

**DATE:** September 29

**TIME:** 7:00 pm

## ZOOM INFORMATION:

Please click the link below to join the webinar:

<https://e2ccb-gst.zoom.us/j/96237686154?pwd=ZENMWHovVHhOcIA5ODh1TzNnbmJ6Zz09>

Passcode: 572645

Or Telephone:

Dial (for higher quality, dial a number based on your current location):

US: +1 646 518 9805 or +1 646 876 9923

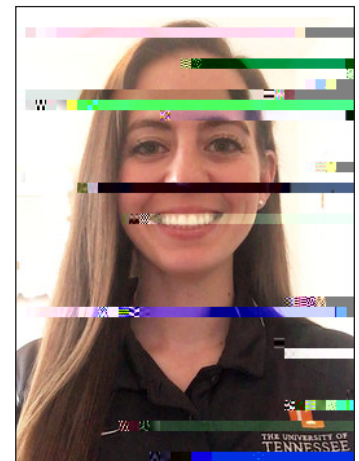
Webinar ID: 962 3768 6154

## SPONSORED BY HOST:

**Danielle DeLisio M.S., CMPC**

Certified Mental Performance Consultant

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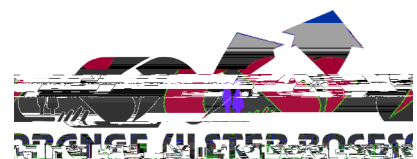
## DON'T MISS THIS WEBINAR FOR SECTION IX STUDENT-ATHLETES!

### Topics to be discussed:

- Learning how to cope with the unknowns
- Tools on how to remain positive in this ever changing environment
- How to continue working out and keep yourself accountable

## DANIELLE DELISIO M.S., CMPC BIOGRAPHY

- Master's degree in Sport Psychology and Motor Behavior from the University of Tennessee and a Bachelor of Arts degree in Psychology from Siena College
- Worked with youth, high school and collegiate athletes, military personnel, high school and college coaches, and a variety of sport teams
- Focuses on helping individuals build and maintain confidence, improve attentional focus, manage performance stress, control emotions, communicate more effectively, develop leadership skills, create team culture, and improve cohesion to enhance team performance
- Section IX Athlete graduating from Kingston Central School District in 2011. She then went on to Siena College to play on the Women's Lacrosse team
- The first Section IX Girls Lacrosse Goalie to play Division I NCAA Collegiate Athletics



Questions about the webinar can be directed to 845-294-5799  
or email [amanda.york@ouboces.org](mailto:amanda.york@ouboces.org)

Regional Office of Interscholastic Athletics