

TOMMY KIDNEY MEMORIAL FUND
and the
TOWN WRECKERS SWIM TEAM
present...

SAMANTHA LIVINGSTONE

OLY, M.E

OLYMPIC GOLD MEDALIST,
High-Performance Consultant
& Mental Performance Coach
WWW.SAMANTHALIVINGSTONE.COM



SATURDAY, JANUARY 11TH, 2020
ORCHARD PARK HIGH SCHOOL AUDITORIUM

Saturday Morning// 9:00-10:30:
90-minute parent presentation

Saturday Afternoon// 11- 12:30:
90-minute students + athletes

ALL STUDENTS 11 YEARS AND OLDER & PARENTS WELCOME

Samantha is also a certified instructor of Mindful Sport Performance Enhancement (MSPE), Youth Mental Health First Aid, has a master's in Education, taught HS Science, was a member of the US National Team, 1999 Pan Pacific Team, 2000 Olympic Team, a 7x NCAA All-American, and more. She candidly shares her battles with the inner critic, anxiety, depression, perfection, PTSD, overcoming injury, teenage brain development – and believes in the transformative power of her story – and the strength that comes from knowing we are not alone.



For more info... please call
Anne Kidney 716-597-8001