

Free 45,000 word ebook for parents
Best and Fairest Sports Parenting. How to get your kids to
love sports and you at the same time



**NATHAN BURKE CONSULTING
PRESENTS**

ONLINE YOUTH SPORTS MENTORING

for kids with aspirations

**EX ST KILDA CAPTAIN AND
CURRENT AFLW HEAD COACH**

Learn the secrets to both physical and mental
high performance

GIVE YOUR YOUNG ATHLETE A HEADSTART

5 ON LINE SESSIONS WITH NATHAN

session 1

**what is high performance and
building your own high performance
plan**

session 2

the mental edge

session 3

resilience skills

session 4

technical and tactical skills

session 5

your personal needs

\$500+gst for 5 x 45 min on line sessions plus
introductory survey to determine the exact needs
of your young athlete.

All sports welcome.

contact us nathanburke3@icloud.com for details