

# SEMINAR SERIES

5 SEMINARS AVAILABLE



Lynne Herbert, LD, RD  
Sports Nutrition  
Providence College

## SPORT NUTRITION

### Nutrition for Performance

Learn valuable information about fueling your body to perform.

## MENTAL WELLNESS

Bryce Scotton, Ph.D  
Clinical Sports Psychologist  
Providence College

### Success Isn't Random: It's Planned

All athletes want to be successful and perform well. We are often taught that hard work and talent will result in a great performance. What if I told you that's entirely not true? What good is a beautiful new, high-powered boat without a map? Today, you will learn how to effectively goal set and develop a plan that will give you the best chance of achieving success.



Marcia Pankratz  
Former Head Coach - Michigan  
Recruiting Consultant

## RECRUITING

### Recruiting Process 101

Review the recruiting process and walk away with key tips for a successful journey.



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## STUDENT-ATHLETE PANEL

Q & A with a panel of current student-athletes. Get the inside perspective on playing field hockey at the collegiate level.

## COLLEGE COACH PANEL

Q & A with a panel of college coaches from each division level. Get an understanding of the before, during, and after expectations!



TOP COLLEGE CONNECTION PERFORMERS INVITED



**BRYANT UNIVERSITY**  
JUNE 12<sup>th</sup>-14<sup>th</sup>, 2026



**BOSTON COLLEGE**  
JULY 21<sup>st</sup>, 2026