



EASTERN
CONNECTICUT STATE UNIVERSITY



MINDSET OF A CHAMPION

**THE TOUGHEST OPPONENT ISN'T ALWAYS
ACROSS FROM YOU.**

Pressure. Expectations. Setbacks. Self-doubt.
Every athlete faces them. Champions learn
how to respond.



ERIN CONNER & KATIE WOOD
BET ON YOU MENTALITY

They've coached athletes. They've raised them. They've been them.



OCTOBER 23, 2026
9:00-11:00 AM



SHAHER HALL AUDITORIUM
EASTERN CONNECTICUT STATE UNIVERSITY

FREE EVENT



**RYAN
LAVARNWAY**

Former Major League
Baseball Catcher

World Series Champion &
Olympian

Leadership Coach &
Keynote Speaker



Photo Credit: The Eagle-Tribune

REGISTRATION



<https://casci.ac/13411>