

Mt. O Volleyball presents...



## Guest Speaker Riley Jensen

### *Mental Toughness and Resiliency*

Thursday, February 8th, 2018

7:00 p.m. at the Holladay Library

2150 E Murray Holladay Rd, Holladay, 84117

### **Players AND Parents Invited**

Riley Jensen has been playing or coaching high school and collegiate football for more than 27 years. Over the past (7) years he has been part owner and co-founder of the Mountain West Elite sports camps which operate in several states.

He started as a quarterback at an NCAA D1 school (USU), was named 1st team junior college All-American QB (Snow College, where he was recently named to the Snow College Football Hall of Fame), coached football at a Division 1 program (NC State), and has coached several successful Salt Lake City area high school teams (Cottonwood, Olympus, currently at Alta).

Riley earned a B.A. from Utah State University and completed his MS in Sport and Exercise Psychology at the University of Utah. He interned with Utah's football and tennis teams, and works with Westminster Basketball, Rowmark Ski Academy, Peak Ski Academy, East High Basketball, Juan Diego Baseball, and various individual athletes.

Riley has a unique enthusiasm and ability to teach the concepts of resilience, confidence, positivity, grit, and personal mastery. He is available to athletes at all levels, all sports, for coaches, organizations, and businesses. He is perfect for motivational seminars designed to help individuals, teams, and businesses reach their maximum potential.

Riley currently lives in Salt Lake City, Utah. When Riley is not working, he enjoys hiking and time spent his wife Georgann, and their two children Alexis (5) and Jack (3).