



w Nort

TUMBLING TECHNIQUE COACH, SPEAKER, AUTHOR, PODCAST HOST, AND PERFORMANCE **PSYCHOLOGY SPECIALIST** 

COACH LAIN SPECIALIZES IN MENTAL PERFORMANCE AND FEAR MANAGEMENT. WITH 20 YEARS OF EXPERIENCE, COACH LAIN IS A MASTER OF DECONSTRUCTION, SPECIALIZING IN FEAR MANAGEMENT, CONFIDENCE-BUILDING, AND HELPING CHEER ATHLETES, COACHES, AND EVEN PARENTS OF CHEER ATHLETES BETTER UNDERSTAND THEIR FEARS IN AN EFFORT TO OUTPERFORM THEM CONFIDENTLY AND CONSISTENTLY.



