Strong Minds Sample Layout
(Layout may change based on the actual space and # of athletes)

Key:
- Table
- Screener chair
- Athlete chair

Main Hallway

Station 1: Stress and You
Station 2: Strong Messages
Station 3: Strong Breathing
Station 4: Strong Stretching
Station 5: Strong Supporting

Check-Out Station
Counseling & HAS Form Collection

Waiting Area
Station 2 (Supplies Table)
Station 3: Strong Breathing
Station 4 (Supplies Table)
Station 5 (Supplies Table)

Check-In Station

Entrance
Exit

1 outlet and power strip for tablet charging
1 electrical outlet for CD player