```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Sports Psychology & Social Media Management</title>
    <style>
        /* General Styles */
        body {
            font-family: Arial, sans-serif;
            margin: 0;
            padding: 0;
            box-sizing: border-box;
            background-color: #f9f9f9;
        }

        header {
            background-color: #333;
            padding: 1rem;
            color: white;
        }

        header nav ul {
            display: flex;
            justify-content: center;
            list-style-type: none;
            padding: 0;
        }

        header nav ul li {
            margin: 0 15px;
        }

        header nav ul li a {
            color: white;
```

```css
    text-decoration: none;
    font-weight: bold;
}

.hero {
    background-image: url('hero-image.jpg'); /* Placeholder */
    background-size: cover;
    color: white;
    text-align: center;
    padding: 4rem 2rem;
}

.hero h1 {
    font-size: 2.5rem;
}

.hero p {
    font-size: 1.2rem;
}

.cta-button {
    background-color: #f39c12;
    padding: 10px 20px;
    color: white;
    text-decoration: none;
    border-radius: 5px;
    font-weight: bold;
}

section {
    padding: 2rem;
    margin: 0 auto;
    max-width: 1200px;
}

h2 {
```

```css
    font-size: 2rem;
    color: #333;
}

.service {
    background-color: #fff;
    border: 1px solid #ddd;
    padding: 1.5rem;
    margin: 1rem 0;
    border-radius: 8px;
}

.service h3 {
    color: #f39c12;
}

form {
    display: grid;
    gap: 1rem;
    max-width: 600px;
    margin: 0 auto;
}

form input, form textarea {
    padding: 0.8rem;
    border: 1px solid #ccc;
    border-radius: 5px;
    font-size: 1rem;
}

button {
    background-color: #f39c12;
    padding: 10px 20px;
    color: white;
    border: none;
    font-weight: bold;
```

```css
        border-radius: 5px;
      }

      footer {
        background-color: #333;
        color: white;
        text-align: center;
        padding: 1rem;
      }
    </style>
  </head>
  <body>
    <!-- Navigation -->
    <header>
      <nav>
        <ul>
          <li><a href="#home">Home</a></li>
          <li><a href="#about">About</a></li>
          <li><a href="#services">Services</a></li>
          <li><a href="#blog">Blog</a></li>
          <li><a href="#contact">Contact</a></li>
        </ul>
      </nav>
    </header>

    <!-- Homepage Hero Section -->
    <section id="home" class="hero">
      <h1>Unlock Your Athletic Potential with Expert Social Media &
Psychology Support</h1>
      <p>Elevate your performance and online presence with tailored
strategies for success.</p>
      <a href="#services" class="cta-button">Learn More</a>
    </section>

    <!-- About Section -->
    <section id="about">
```

```html
    <h2>About Us</h2>
    <p>We specialize in helping athletes enhance their performance
through mental coaching and effective social media strategies.</p>
  </section>

  <!-- Services Section -->
  <section id="services">
    <h2>Our Services</h2>
    <div class="service">
      <h3>Social Media Management</h3>
      <p>We create personalized strategies to grow your online
presence and engage with your audience.</p>
    </div>
    <div class="service">
      <h3>Sports Psychology Support</h3>
      <p>We provide coaching to help athletes build mental
resilience, focus, and confidence.</p>
    </div>
  </section>

  <!-- Blog Section -->
  <section id="blog">
    <h2>Blog</h2>
    <p>Read our latest articles on improving athletic performance
and leveraging social media.</p>
  </section>

  <!-- Contact Section -->
  <section id="contact">
    <h2>Contact Us</h2>
    <form action="#" method="POST">
      <label for="name">Name:</label>
      <input type="text" id="name" name="name" required>
      <label for="email">Email:</label>
      <input type="email" id="email" name="email" required>
      <label for="message">Message:</label>
```

```html
        <textarea id="message" name="message" rows="4" required></textarea>
        <button type="submit">Send Message</button>
    </form>
  </section>

  <!-- Footer -->
  <footer>
    <p>&copy; 2024 Sports Psychology & Social Media Management. All rights reserved.</p>
    <p>Follow us on <a href="#">Twitter</a>, <a href="#">LinkedIn</a></p>
  </footer>
</body>
</html>
```