



Our Mission

Our mission is to translate complex scientific knowledge into comprehensible messages to which athletic communities will be receptive; and thus broadly creating better outcomes for athletes on gameday, in the classroom, and in life thereafter.

How to become a Cortex Flex Athlete:

1. Apply to be a Cortex Flex Athlete at this link: **Cortex Flex Athlete Application Form**.
2. Once you are accepted we will send an Zoom invite for on-boarding as well as an invite to our Slack workspace via your preferred method of communication.
3. As a Cortex Flex Athlete you would agree to repost our Instagram posts and, most importantly, promote athlete health awareness with your peers! You would also receive swag and other exclusive Cortex Flex merchandise to show your support and spread the message. More details will follow once you've been accepted!

Why become a Cortex Flex Athlete?

- **Mentorship:** Gain unparalleled access to a network of student-athletes who have excelled in diverse fields such as medicine, research, and non-profit leadership, balancing their academic pursuits with athletic excellence. Benefit from their experiences, advice, and support to navigate your own journey.
- **Leadership:** Elevate your leadership skills by organizing and leading Cortex Flex presentations, bringing critical awareness to athlete health within your school and community. This platform allows you to demonstrate and enhance your leadership capabilities in real-world settings.
- **Visibility:** Increase your visibility and personal brand by being associated with a cause that matters. Leverage Cortex Flex's platform to showcase your commitment to athlete health and wellness, opening doors to new opportunities and connections.
- **Exclusive Resources:** Access cutting-edge research, tools, and resources on health specifically tailored for athletes. Stay informed on the latest in athlete health science to not only benefit your own health but also to become a knowledgeable advocate in your community.
- **Networking Opportunities:** Connect with professionals, fellow athletes, and experts in the field of athlete health and beyond. These connections can lead to mentorship opportunities, internships, and even job offers post-athletic career.
- **Community Impact:** Make a tangible difference in the lives of others by promoting athlete health awareness and contributing to the well-being of your peers. Your efforts can lead to a healthier, more informed athletic community.
- **Personal Development:** Engage in workshops and seminars that focus on your growth, from optimizing your athletic performance to scientific writing. These skills are invaluable and will serve you well beyond your athletic career.

Get Started Today

Contact Us

- ✉ team@cortexflex.org
- in LinkedIn
- 📷 Instagram