

RESILIENCE. PERSEVERANCE. TOUGHNESS.

**TRAIN
YOUR
BRAIN**

Every elite hockey player trains their body—but what about their mind? In today's ultra-competitive hockey landscape, skill and strength aren't enough. The difference between a good player and a great one often comes down to **mental toughness, resilience, and the ability to perform under pressure.**

That's where Mental Edge Coaching comes in.

This 12-Week Mental Performance Coaching program is:

- Designed specifically for **top amateur hockey players** who want to build the habits, mindset, and resilience required for success at the highest levels.
- Whether your athlete dreams of making it to the NCAA, juniors, or the pros, this program **will give them the mental toolkit used by elite athletes and top performers in the NHL.**

12-Week Program: ~~\$2,500~~

T1EHL Player Special: \$999*

**MENTAL EDGE
PERFORMANCE
COACHING**

**"90% OF HOCKEY IS MENTAL"
-WAYNE GRETZKY**

***Special available only during the T1EHL Blaine Playoffs. Spots are limited.**

GET THE MENTAL EDGE

✓ **Elite-Level Assessments:** We use behavioral and personality assessments trusted by professional sports teams and top organizations like NASA, Nikon, Ford, and Johns Hopkins to identify your athlete's unique mental strengths and areas for growth.

✓ **Coached by the Best:** Our behavioral science specialists have worked with NHL players, Olympians, and world-class business leaders, helping them build resilience, focus, and elite-level decision-making skills.

✓ **12-Week Performance Training:** Athletes will train their mental game like they train their physical skills, with proven techniques to improve grit, confidence, emotional control, and performance under pressure.

✓ **Game-Tested Strategies:** Your athlete will learn how to handle adversity, bounce back from mistakes, and stay locked in—even when the stakes are high.

✓ **Stand Out to Scouts and Coaches:** A strong mental game is what separates good players from great ones. Developing elite mental toughness makes your athlete a more coachable, consistent, and impactful player.

**SPACE IS LIMITED,
SIGN UP NOW.**

**START: APRIL 6TH, 2025
END: JUNE 22ND, 2025
TIME: 5 PM - 6 PM EST**



**CLICK OR SCAN
TO REGISTER**

