

FINAL DRAFTS OF 5 DAY BLOG for ultimatehockeysource.com; November 10-14, 2014

Warren,

Please find below 5 final drafts of articles for Blog Marketing Campaign.

The launch itinerary and schedule is here:

- Day 1- ANNOUNCING THE FIRST ANNUAL ULTIMATE HOCKEY SURVEY!
 The Path to Hockey Success is Creating a Winning Mindset!
- Day 2- The Most Important Thing You Need to Know When You're Playing Hockey
- Day 3- Legendary Coaches Share Their Secrets To Winning
- Day 4- Three Lessons to Remember This Hockey Season
- Day 5- The Ultimate Hockey Solution to Playing Your Best

Thanks!

-Chris

Day 1 Monday, November 10, 2014

**ANNOUNCING THE FIRST
ULTIMATE HOCKEY SOURCE SURVEY!**

*Presented by:
ultimatehockeysource.com
and
standstillsolutions.com*

The Path to Hockey Success is Creating a Winning Mindset!

Here's How You Can Accomplish That:

Coach Nye here again, talking hockey. I have an exciting announcement to make! The 2014 Ultimate Hockey Source Survey presented by ultimatehockeysource.com and standstillsolutions.com is kicking off this week.

Read on for more information about the survey, how your feedback can help you win some very cool prizes, and lastly some awesome advice on how to further develop the Winning Mindset so you can start, right now, imaging your way to your hockey success.

Earlier this summer, Barbara Guerra introduced me to a unique mental hockey program that was developed for Standstill Solutions by former NHL Player Jason Woolley to help hockey players and goalies improve their hockey performance using proven mental preparation and visualization, or TGI - Transformational Guided Imagery, as they call it.

The Mental Side of Hockey is a program that helps you improve your hockey performance through ten transformational guided imagery meditation experiences that is part of a learning platform that you can access through a device called the TGI KEY.

I know! It sounds amazing. I've got to say that technology has certainly helped grow the great game of hockey!

When I first heard about the TGI KEY and this mental hockey program I was immediately interested and I had to learn more! So, Barbara arranged for me to try out a demo device of the program this past summer and I was so impressed that I knew I needed to share what I learned with you on the blog all this week.

This week on the blog we're going to reveal different strategies from The Mental Side of Hockey Program to help you improve your game this season, and become the best hockey player that you can be. Today we're going to talk about Module 1- The Winning Mindset- Your Path To Success.

Before I get into Module 1 though, I want to share quickly a little more about what the device was that Barbara loaned me so I could experience, first hand, these transformational guided imagery meditations.

The device is called the TGI KEY. The best way I can describe it is, it looks like an iPod Nano and it comes with two attachments. One is the earbuds for listening and the other is the L.E.D. glasses. Now the glasses are what's most interesting. It's the glasses, or rather the use of the soft blue light, along with the music that help you relax quickly. The light and music together allows for the transformational guided imagery meditation experience.

I also like that it's portable, fits easily inside a sunglass case and that you can take it anywhere with you, like on the bus when you're travelling to games and away tournaments.

Now here's how the transformational guided imagery experience works:

First imagine yourself laying back on your favorite recliner or lying in your bed.

Next, choose what module you want to learn that day, or listen to before the practice or the game. I will suggest that it be done just an hour or earlier before you leave for the practice or game.

Then just slip on those special L.E.D. glasses and grab the earbuds, or any earbuds will do.

Barbara told me to always keep my eyes gently closed and relaxed. When wearing the glasses, don't have them too bright as they are just meant to slow down our brainwaves so that we can reach that magic relaxation state.

Then press the Play button and enjoy. The module begins to play teaching you the Mental Side of Hockey mind-set and the session will end bringing you back to that fully alert, wide awake state, feeling refreshed and motivated and all in less than 20 minutes.

Why is the TGI KEY so unique? Well, that's the best part, it guides you into that magic relaxation state quickly and this is also the 'peak-learning' state-of-mind that is associated with higher levels of learning, creativity and inspiration.

It is where your unconscious mind learns to rehearse the changes and improvements you desire in becoming a better hockey player or goalie and it will help you to develop your own ability to use the power of your mind to imagine your hockey goals with increased clarity and confidence.

The TGI KEY simply helps your brain learn the secrets revealed in the Mental Side of Hockey Program and you can listen to them every day.

I've listened to all 10 Modules but for this example we're going to choose Module 1- The Winning Mindset- Your Path To Success.

In Module 1- The Winning Mindset- Your Path to Success the focus is on learning how to access and develop the Winning Mindset. It is a skill that you want to develop in hockey as far as you can, and the TGI KEY helps you shift and focus your attention quickly so through every shift, every play and in every game you can call upon your winning mindset instantly. By accessing your winning mindset you're allowing your mind to search and create for ways to make the win happen, simply by imaging it in your mind and we know that the body follows the mind.

This technique to train your mind to win hockey games is actually very similar to the strategy that legendary NBA Coach Phil Jackson used with the Chicago Bulls and the Los Angeles Lakers to help them win multiple NBA championships. Here's a brief explanation how:

Phil Jackson writes extensively in his excellent book 11 Rings: The Soul of Success, how he effectively used mindful meditation while he was coaching the Chicago Bulls, and the Los Angeles Lakers. Mindful Meditation is an easily accessible technique for quieting the restless mind. What Coach Jackson discovered "is that when you immerse yourself fully in the moment, you start developing a much deeper awareness of what's going on, right here, right now... In Chicago we'd used mediation to primarily increase awareness on the court. But with this team (the Lakers) our goal was to bond the players together so that they would experience what we called 'one breath, one mind'."1

This is exactly how the TGI KEY works to help you become a better hockey player or goalie. When you use the TGI KEY, "the music, sound and light technology of the TGI sessions guide you into a new state of focused awareness, every time, and in a relaxed state, your mind is able to imagine an outcome, and you achieve the change you desire."2

During all of my years as a Hockey coach, I have had a lot of players who also played musical instruments as a hobby. Mainly guitar playing guys who used their talent that way. Some guys played piano as well. I believe that by exploring their musical talents, these hobbies help make the kids better hockey players and goalies. They all just seemed to have great concentration and also soft hands. Most importantly though, I always believed that players who did things other than just playing hockey were good on the ice. Their thought process was clear and defined.

This is why I needed to experience this program when I learned about it from Barbara at Standstill Solutions. I knew the value that hockey players benefited from when they played with a clear and defined thought process already, and I wanted to find out if The TGI KEY really could help hockey players and goalies improve their game.

In short, YES! It Can!

It's helped young players, elite minor league players, and it's starting to help players become drafted into the National Hockey League. I will share more about that a little bit later this week. Right now though I want to let you know about the Ultimate Hockey Source Survey that I am excited to launch and where you can get your own TGI KEY device.

The Ultimate Hockey Source Survey is being presented by Ultimate Hockey Source and Standstill Solutions. This is your chance to get the TGI KEY device with the Mental Side of Hockey Program, **plus six bonus academic sessions** so that you too can experience it first hand and at a very special price just for this survey. Then you can submit your feedback to enter your name to win some cool prizes for taking part. There is only 50 devices available at this special price, and the best feedback wins! To learn more about the Ultimate Hockey Source Survey visit **www.standstillsolutions.com/ultimatehockeysourcesurvey**

Be sure to stop back tomorrow when we discuss The Most Important Thing You Need to Know When You're Playing Hockey, and talk about Module 6 Focus; Performing in the Zone.

Until next time.

See you after the game,

Coach Nye

P.S. To learn more about the Mental Side of Hockey Program, and to get your name on the list for one of the specially priced TGI KEY devices that help you increase your hockey skills and win the game inside your head- visit www.standstillsolutions.com/ultimate-hockey-source-survey

Day 1 Sources

1. Phil Jackson and Hugh Delehanty. 11 Rings: The Soul of Success. 2013. The Penguin Press, New York, 100, 211.
2. Newreality.com "Store: Our Devices"

Day 2 Tuesday, November 11, 2014

The Most Important Thing You Need to Know When You're Playing Hockey

Coach Nye here again, talking hockey. This week we're revealing different strategies from Jason Wooley's *The Mental Side of Hockey Program* to help you improve your game this season, and become the best hockey player that you can be.

Yesterday we talked about *How to Create a Winning Mindset - Your Path to Success*. Today, we're going to build on that topic to help you improve your hockey game. Today, I'm going to talk to you about *How to Develop Your Focus and Concentration in the Game*.

The other day, I was reading the classic story *Acres of Diamonds*, written by Russell Conwell. This is one of the most inspirational books of all time. The central idea of the book is that you don't need to look far for opportunity, achievement, or fortune. The resources to accomplish success are all present in your own community.¹

Twenty-five miles south of me in London, Ontario, there lives a man named Jason Burgess. Jason is a luthier (he builds guitars), and, just like most of you reading this, he has been a lifelong hockey fan. One day Jason got the idea that he wanted to build a guitar using only hockey sticks for the body, but this project turned out to be more challenging than Jason anticipated. Most sticks these days are composite and no longer made from just wood. Using his own *Acres of Diamonds*, Jason had to visit many arenas in London to find enough sticks to make the guitar. The project was a success though. In addition to the hockey-stick-only body, the guitar's hockey-oriented features include a control cover made from a Truro Bearcats puck and a Fender-style headstock that Burgess reshaped and taped to resemble a stick blade. "The guitar sounds bright and harmonic," Jason says.²

This story was interesting to me because guitar playing and hockey success have gone hand in hand for a very long time, especially for NHL goalies. Many NHL goalies play in a band, or play guitar. This success is so well known that, in 2003, Dr. Eva Monsma, a sports psychologist at the University of South Carolina, set out to prove this theory. Over the course of several seasons, it was discovered that "when a puck-stopping musician learns, practices and plays a song by ear on a guitar, they are stimulating the same right hemisphere area of the brain that memorizes the skills used in goaltending. By stimulating the right hemisphere they are stimulating the same neural pathways established to make a glove or blocker save, resulting in quicker, more adept glove or blocker responses ... (also) efficiently fretting a guitar's neck and catching a fast-moving puck (with the left hand) stimulate and reinforce related neural patterns in the brain's right hemisphere. Correspondingly, the right hand automatically selects the correct strings to pluck or strum as determined by the song, reinforcing neural patterns associated with the right hand response, usually the blocker."³

Playing guitar can definitely help you improve your save percentage, but even if you're not a goalie, music can still help make you a better hockey player. Now to me, as a coach, this is exciting stuff! Listen to this:

One day, Gary Bartz, a Grammy Award winning jazz saxophonist, showed up to a concert with Miles Davis and they had a big catered meal set out for everyone. Gary says,

“Miles, man, you gotta see all this food they got here.”

And Miles said,

“I didn't come here to eat.”

That story comes from the book Zen Guitar, by Philip Tuo Sudo, a book most easily described as a commonsense approach to guide a musician to becoming the best musician that he or she can be. In the chapter entitled “Loss of Focus,” Mr. Sudo opens the chapter with that story and then later explains that in order to become the best musician that you can be, you need to be sure not to lose focus of the direction where you're heading.

A short while later in the book, Mr. Sudo teaches us that “the best way to make decisions about playing in the moment is to have already made them. That is, do your best thinking ahead of time. Think before the time comes to speak, think before the time comes to play a note. Then when the moment arrives, do not think. Just play.”⁴

In Module 6 of Jason Wooley's The Mental Side of Hockey Program, the topic of Focus; Performing in the Zone is covered. This session is designed to help you further develop and strengthen your mental focus and concentration so that at game time, or at any time, you can access and activate the power of your mind, quickly and easily, by imagining yourself playing hockey at your very best.

As a hockey player, when you listen to The Mental Side of Hockey Program, on your TGI KEY device your mental focus and concentration is strengthened; this helps you become the best hockey player that you can be. This development of your focus and concentration skills improves your game by helping you prepare for various game situations as best as possible. This means that after listening to Module 6 Focus; Performing in the Zone, your performance as a player or as a goalie will improve; you will accomplish exactly what Mr. Sudo teaches in Zen Guitar. This might be the most important thing you need to know when you're playing hockey. The next time that you're out on the ice “when the moment arrives, do not think. Just play.”⁴

Until next time.

See you after the game,

Coach Nye

P.S. To learn more about the Mental Side of Hockey Program, and to get your name on the list for one of the specially priced TGI KEY devices that help you increase your hockey skills and

win the game inside your head- visit www.standstillsolutions.com/ultimate-hockey-source-survey

Day 2 Sources: 1. "Russell Conwell" 10 November 2014

http://en.wikipedia.org/wiki/Russell_Conwell

2. Gill, Chris "Power Play: John Burgess' Hockey Stick Guitar"
Guitar World Magazine. 10 November 2014
3. Woodley, Kevin. "Guitars and NHL Goalies have always gone hand in hand"
In Goal Magazine 10 November 2014
4. Tuo Sudo, Philip. Zen Guitar 1997. Fireside by Simon and Schuyster.
New York. 92,110.

Day 3 Wednesday, November 12, 2014

Legendary Coaches Share Their Secrets to Winning

Coach Nye here again, talking hockey. This week we're revealing different strategies from Jason Wooley's The Mental Side of Hockey Program to help you improve your game this season and become the best hockey player that you can be.

Yesterday we were discussing how to develop your focus and concentration in the game, and one of the topics that we discussed was Philip Tuo Sudo's book Zen Guitar. To give you a quick little recap, Zen Guitar teaches musicians how to unlock the song within themselves to help them improve their musician skills, talents, and also capabilities as artists.

Mr. Sudo began playing guitar as a child in Japan, the land of his ancestors, and he continues to playing in the United States, the land of his birth. Over the years he has learned from many teachers, both Japanese and American, and as a result developed his own philosophy of teaching guitar by blending the wisdom he learned studying from teachers and cultures in the East and the West.¹

Legendary basketball Coach Phil Jackson has used a similar technique on his players in the past as well. In the basketball world, Coach Jackson is known as the Zen Master. He earned this nickname when he started utilizing techniques in practice that are often associated with Eastern religions; instilling in championship teams that's he's coached, such as the Chicago Bulls, and the Los Angeles Lakers, the principles of mindfulness, visualization and more.²

About two weeks ago, I was reading on ESPN.com that Phil Jackson has recently started using these successful strategies again with his new team, the New York Knicks. Mr. Jackson recently joined the Knicks in March of this year as their new team president, and he's hoping that this mindfulness training will help the Knicks perform better on the court. "You have to be in the moment. Being in the moment requires a certain sense of presence," Jackson said. "It will help them be focused in their job."²

Knicks veteran forward/center Amar'e Stoudemire thinks that the mindfulness training that Jackson has introduced is going to benefit the team.

"Everyone has thoughts that creep into their mind. But you want to make sure you eliminate those as quickly as you can," Stoudemire said. "It will definitely help for sure. It just keeps you focused on the task at hand, it keeps you in tune. There's so many ups and downs throughout the game of basketball. Having awareness of your mind will definitely help."²

Just like the sport of hockey, basketball has many ups and downs, and as a coach, one of my jobs is to keep the team focused and everyone concentrating on the task at hand: winning the game.

Mike Krzyzewski, the legendary Duke Blue Devils men's basketball coach, is a big believer in the power of words. Before many of his team's practices and games, he writes a single word,

sometimes two, on the white board in Duke's locker room. To Coach K, these single words alone speak more than any lengthy speech. Coach K's objective here is he wants each player picturing himself doing these words: having *passion*, striving for *excellence*, remembering the *fundamentals*.

When Coach K's players take the court, and if they have to lose sight of the team's goal for the game, having this one word in the back of their mind helps them regain their focus. They can look at their teammates and know that the word resonates with them as well. The team might even repeat it in a huddle, or sometimes Coach K will say it during time outs. In short, the main objective of the word is to keep the team together, committed to a common goal, even during the heat of the game.³

Mindfulness is a form of meditation that stresses the importance of staying in the moment. According to New York Knicks head coach, Derek Fisher, mindfulness "falls into the category of mental performance. We've seen that evolve in professional sports in recent years where instead of always focusing on improving your performance in just the muscles and the bodies and the shooting, there is a very big muscle up here that also needs training sometimes," said Fisher. "And so mindful training, mental performance, we take it seriously."²

In Module 7 of Jason Wooley's The Mental Side of Hockey Program, this module covers the importance of Pressure; Turning Pressure Into Power. This session is designed to help you understand that pressure is always going to be part of the game of hockey, and regardless of where the pressure comes from, a successful player must learn to push through it, using it to be more committed, focused, and mentally tough.

As a hockey player, when you listen to Module 7 Pressure; Turning Pressure Into Power, you'll find yourself eventually understanding the goals of the lessons: to visualize yourself fully prepared and committed to your game. You're committed and focused in your game in spite of all of the outside pressure. You're simply playing the best hockey that you can, and being the best hockey player or goalie that you can be.

Until next time.

See you after the game,

Coach Nye

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- Sources:
1. Tuo Sudo, Philip. Zen Guitar 1997. Fireside by Simon and Schuyster. New York. 92,110.
 2. Begley, Ian. "[Knicks take mindfulness training](#)". Espn.com 10 November 2014.

3. Krzyzewski, Mike and Spatola, Jamie. Beyond Basketball” Coach K’s Keywords for Success. 2006. Hachette Business Books. xi,xii.

Day 4 Thursday, November 13, 2014

Three Lessons to Remember This Hockey Season

Coach Nye here again, talking hockey. This week we're revealing different strategies from Jason Wooley's The Mental Side of Hockey Program to help you improve your game this season and become the best hockey player that you can be.

Yesterday we talked about strategies that you can use to help you become a successful hockey player or goalie by turning pressure into power so that, regardless of all of the outside pressure, you're able to visualize yourself fully prepared and committed to your game. In short, you're mentally tough. You're simply able to play the best hockey that you can, and you're being the best hockey player or goalie that you can be at all times.

Today is an exciting post for me because I get to talk to you about two different modules from The Mental Side of Hockey Program. Today we are going to discuss Module 8 and also Module 10. In just a moment, I'll let you know more about them - but first I have to tell you a quick story.

About a month ago I was reading a great article on ESPN.com by Katie Strange titled "In-season success starts in offseason: Offseason training for NHL players is big business, and business is booming."

For the NHL Players and goalies today, most of their time in the offseason is devoted to improving their skills, going to the gym for strength and conditioning training, concentrating on special skills training, or maintaining the strict, healthy nutrition demands of the elite athlete. According to Strange, "the NHL athlete has evolved, and so has the training regimen required to remain at peak physical condition when the next season begins."¹

In 1981, when NHL legend Paul Coffey played in the Canada Cup for the first time, he was fortunate that there were some older guys there. At the time, Paul was 19; Larry Robinson, who was also at the Canada Cup in 1981, was then 30 years old. Paul remembers saying to Larry at the time, "What's your key to still being able to play at this level?" What Larry replied really stuck in Paul's mind. Larry said, "If you take care of your body, your body will take care of you."²

Coffey echoes the statements by Katie Strange above. In Peter Twist's classic book, Complete Conditioning for Ice Hockey, Coffey says, "The demands on the athlete in today's game are incredibly high ... It's important to keep trying to consistently improve." Coffey says, "Athletes should always be in the stage of improvement, and be willingly trying to get better."²

Yesterday when we were talking about Phil Jackson's success in building championship basketball teams using mindfulness, and visualization techniques, as well as Coach K's technique of using single words to inspire his players, both of these stories are prime examples of athletes being in the stage of improvement, and willingly trying to get better.

"We've seen that evolve in professional sports in recent years where instead of always focusing on improving your performance in just the muscles and the bodies and the shooting, there is a very big muscle up here that also needs training sometimes," New York Knicks head coach Derek Fisher said.³

This is exactly how Phil Jackson was able to win 11 NBA Championships, the most in NBA history, as head coach of the Chicago Bulls and also the Los Angeles Lakers.⁴ Coach Jackson had his players visualize themselves becoming better players first, believing in the lessons behind the words, then Coach Jackson turned his players into a championship team. The strategy is similar to the one that Coach K uses with his word of the game. To Coach K, these single words alone speak more than any lengthy speech. Coach K's objective here is he wants each player picturing himself doing these words: having *passion*, striving for *excellence*, remembering the *fundamentals*. As he describes in his book, Beyond Basketball: Keywords for Success, it is not "merely about using or borrowing words; it is about owning them."⁵

These are important lessons for you as an athlete, hockey player, as a student of the game, and life in general. The advice, practice, and theory above works successfully with athletes. Maxwell Maltz said in his classic book Psycho Cybernetics, "You act, and feel, not according to what things are really like, but according to the image your mind holds of what they are like. You have certain mental images of yourself, your world, and the people around you, and you behave as though these images were the truth, the reality, rather than the things they represent."⁶

Now there are three important lessons I want you to remember from the stories above:

1. Remember Katie Strange's quote: "the NHL athlete has evolved, and so has the training regimen required to remain at peak physical condition when the next season begins."¹
2. Remember the advice from Paul Coffey: "The demands on the athlete in today's game are incredibly high ... It's important to keep trying to consistently improve," Coffey says. "Athletes should always be in the stage of improvement, and be willingly trying to get better."²
3. Remember the advice from Maxwell Maltz: "You act, and feel, not according to what things are really like, but according to the image your mind holds of what they are like. You have certain mental images of yourself, your world, and the people around you, and you behave as though these images were the truth, the reality, rather than the things they represent."⁶

When you to listen to The Mental Side of Hockey Program, these topics are covered through the Transformational Guided Imagery (TGI) visualization experiences created for you to use on your TGI KEY.

In Module 8: Mental Toughness; The Making of a Champion, you are taught strategies and skills to increase your mental toughness so that you're able to help yourself develop and strengthen your state of mind. Specifically, this module addresses and helps you turn negative experiences into positive ones, motivates you to succeed, allowing you to feel resilient, and it also helps you control your emotions so you can seize the moment and execute the game plan.

Later in Module 10 - Offseason; How to Pace and When to Peak, this Transformational Guided Imagery (TGI) visualization experience helps you discover what parts of your game need improvement, allowing you to spend the time in reflection so that you can clearly identify your hockey goals. Afterwards, the experience helps you visualize your performance and your hard work in the offseason paying off so that it helps you become focused, prepared and ready for the next season.

This Transformational Guided Imagery (TGI) visualization experience is very powerful and can be beneficial to you as a hockey player or goalie when you listen to it on your TGI KEY. How so exactly?

Remember the advice above from lesson three when Maxwell Maltz teaches us, "You act, and feel, not according to what things are really like, but according to the image your mind holds of what they are like."⁶

Until next time.

See you after the game,

Coach Nye

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- Day 4 Sources:
1. Strange, Katie. [“In-season success starts in offseason: Offseason training for NHL players is big business, and business is booming”](#). Espn.com. 10 November 2014.
 2. Twist, Peter. [Complete Conditioning for Ice Hockey](#). 1997. Human Kinetics. Champaign, IL. 40-41.
 3. Begley, Ian. [“Knicks take mindfulness training”](#). Espn.com 10 November 2014.
 4. “Phil Jackson” http://en.wikipedia.org/wiki/Phil_Jackson 10 November 2014
 5. Krzyzewski, Mike and Spatola, Jamie. [Beyond Basketball” Coach K’s Keywords for Success](#). 2006. Hachette Business Books. xi,xii.
 6. Maltz, Maxwell. [Psycho Cybernetics](#). 1960. Pocket Books, New York. 34.

Day 5 Friday, November 14, 2014

The Ultimate Hockey Source Solution to Playing Your Best

Coach Nye here again, talking hockey. This week we're revealing different strategies from Jason Wooley's The Mental Side of Hockey Program to help you improve your game this season, and become the best hockey player that you can be.

I was reading an article the other day on how to be successful in your life and one of the statements made was that all successful people who have reached their goals and dreams in their life's have several things in common. It wasn't a tremendous earth shattering finding; rather, it was something very simple really. What it was is that they all read books that helped them develop and implement positive habits, which they created and practiced daily.

On Monday, I mentioned that "I always believed that players who did things other than just playing hockey were good on the ice. Their thought process was clear and defined."

Now this strategy doesn't mean just playing musical instruments like I described on Monday. It can apply to athletes who read, write, play other sports - just basically other hobbies in addition to playing hockey. The clear and defined thought that they develop as a result helps them become better hockey players and goalies.

As a hockey coach, I try to take a similar approach. As you can see from all of the articles that have been on the blog this week, there are a number of books sourced; some have to do with coaching, some not. Regardless of the subject, though, they have all helped me develop myself to be a better coach. I believe my reading hobby helps contribute towards allowing my thought process to be clear and defined while I'm coaching hockey.

When Jason Wooley was playing in the NHL, he knew that mental preparation and visualization were important in the development of a young hockey player.

Today, Jason is a certified NHL Player's Agent, and he continues his passion for mentoring players, and sharing his knowledge and secrets for mental preparation and visualization to help hockey players and goalies improve their game.

This experience is what helps make his program on the TGI KEY so beneficial to younger hockey players. According to Jason, "To have a visualization device and digital mentor like the TGI KEY is something I would have better benefited from drastically especially earlier on as a youth. Training your mind I feel is very important and just knowing that I could listen to and escape to a former NHL narrator would've been a very motivational for me as well. In the game of hockey and life in general there is not enough positive reinforcements this is a tool that oozes positivity. The TGI KEY is an escape for players. It enables them to go to a place in their minds "positive and confident". That is the edge!"

Brendan Perlini was recently drafted by the Arizona Coyotes in the 2014 NHL Draft. In 2011, while Brendan was in Bantam, he was introduced to the TGI KEY by his agent, Jason Wooley. Today, Brendan credits a lot of his success to using the TGI KEY.

“I have read many books on the subconscious mind, and there are very much some similarities, but the thing I like about the key is you do not have to read a 300 page book for a couple months to learn how to relax and prepare using your mental mindset. It does everything for you. You sit back, relax, and listen. Also maybe one of the best parts is its portable and very easy ... The Key has been a huge part of how I have gotten here to this point today. It has made me mentally stronger, it has taught me methods on how to relax in certain situations, and shown me that by accessing your mental ability there is no limit on what you can achieve, not only in hockey but in life.”

In Module 4 - Game Day - Pulling It All Together, from The Mental Side of Hockey Program, the module basically sums up and builds on teaching what Jason and Brendan are talking about above. Through this Transformational Guided Imagery (TGI) visualization experience, you will visualize yourself having a successful game. First beginning in your mind, then through your thoughts you activate that inner knowing deep inside; the knowing that you have trained well for this, and that you are ready to bring all of your skills to the game. You are visualizing yourself fully prepared, fully energized, and confident. You are pulling it all together.

In conclusion, the TGI KEY and Jason Wooley’s The Mental Side of Hockey Program can help make you a better hockey player or goalie, and it can help improve your skills for years. It is truly a great investment for your hockey career and I hope you decide to participate in this year’s Ultimate Hockey Source Survey. I’d love to hear how The TGI KEY helped improve your hockey game and performance this season, and I really believe that this is the ultimate hockey solution to playing your best.

Lastly, one final way I can describe how the Transformational Guided Imagery (TGI) visualization experiences benefit you as a hockey player or goalie is once again quoting Maxwell Maltz from his book Psycho Cybernetics.

Remember this advice next time you listen to The Mental Side of Hockey Program for Youth:

“If we picture ourselves performing in a certain manner, it is nearly the same as the actual performance. Mental practice helps to make perfect.”

Until next time.

See you after the game,

Coach Nye

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Day 5 Sources: Maltz, Maxwell. Psycho Cybernetics. 1960. Pocket Books,
New York. 34