



Hitmen High School Development Program

Professional Mental Performance Coaching

We are beyond thrilled to bring our very own Mental Performance Coach to our high school athletes!

Physical training builds strength and skill, but mental performance training helps athletes develop the mindset needed to perform at their best. High school athletes face increasing pressure from competition, academics, social expectations, and college recruiting. Having the right mental tools can make all the difference.

Mental performance coaching helps athletes:

- Build confidence that lasts beyond wins and losses
- Stay focused and composed under pressure
- Develop resilience after setbacks and mistakes
- Manage stress and performance anxiety
- Strengthen leadership and communication skills
- Create healthy routines that support long-term success

Our goal is to help athletes not only become stronger competitors, but also more confident, resilient, and prepared young adults. We can't wait to see the positive impact this will have on our athletes both on and off the ice!