



[Image Source](#)

It's arguably the central idea in sports...

What goes on in the body is a reflection of what's going on in the mind. Every pass, every move on the ice, every drill - shows your daughter's determination, level of practice, her "buy-in"...

Even when they aren't playing, body language on the ice tells a story. When a girl is slamming her stick on the ice, holding her head down after a bad shift, huffing and eye-rolling... I know where she's at mentally, and her body is inevitably going to follow.

How can you physically commit to something when you're mentally checked out? It's impossible.

What's the body language been like with your own daughter?

- When you ask for things, does she throw her head up against the sky like you've blown a call?
- When you ask her how things have been going, does she slouch her shoulders and waddle away from you?
- Is she super interested in her phone, to the point that she's shutting out everything around her most of the day?

Sometimes, your daughter acts like she's at the back of the bench for a losing team, every day. And how do you deal with that?

You definitely can't let your own frustrations show. When your child is acting childish, unfortunately you don't get the luxury of following her example.

When there's something wrong, it's important to call it out in a way that's constructive. Kids can be so perceptive, and part of the reason why they can be frustrated with us because they've heard our voices before, so much that it's in the back of their minds at all times!

The trick as parents is to move that voice that's been speaking to them for years to the *front* of their minds when it's time to make a big decision.

That means creating those opportunities by empowering them and giving them responsibilities. And times when your daughter seems to have "losing body language" are often times when it's more important to trust them, and keep the lines of communication open.

It's also a good idea to bring in "fresh voices" to talk to them. Their friends don't need to be the only source for new ideas during high school. Teenagers are looking for novelty, for fresh and challenging experiences, for the feeling that they're growing up!

I'd love to say that I light people on fire when I talk to girls about college prep - but I think they often plant those seeds themselves. The girls that join WHL Academy are motivated by doing something new, it really thrills them!

LINK

DO you think your daughter might be one of those people? Let's get on a call together. It's very rare that your daughter can meet someone that shares your desire to help them - an atmosphere of love and growth instead of need, deadlines, and demands.

And I've found that you don't know for sure what that kind of environment will do to your daughter until she's inside it.

Why not spend 15 minutes inside that world? I've found that even a small amount of kindness, care and attention can really make people blossom.

And when you're done, look at your daughter's body language. Is it more excited? More prepared? More engaged?

Maybe she's excited to join a winning team.



[Image source](#)

Does it feel like your daughter is always... playing from behind?

Tournament fees. Team fees. Spring hockey. Ice time. Gas money. Hotel stays.

(even the jankiest house leagues leave town twice a season!)

The problem is:

No matter how much you spend, someone else always has more.

That means your daughter always needs more personal training, more time on the ice, more attention from coaches and scouts.

Now, unless you're reading this from the Hamptons...

You might be wondering how to survive this pressure cooker!

[+] How can you get your daughter in front of those coaches?

[+] How can you find scholarship money, so that she's not paying off student loans when she turns 30?

[+] How does she talk to an interested coach during interviews?

[+] How can she beat out girls that are bigger, better known, with better stats?

These are hard questions.

And just to be clear, if your child falls behind in THIS game...

You CAN'T tune out and watch the next one.

You have to watch every agonizing moment.

But don't panic.

Once in a while on the ice, a comeback happens.

One team plays with utter focus and execution, and turns everything around.

I know all about comebacks... and the mindset that makes them possible.

Once I scored a hat trick in one period against Northeastern, long after the fans had given up on the game.

And my friend Brianna Decker - she's an Olympic gold medalist - she helped spur a comeback against the Canadian national team on the highest stage.

(And survived a brutal uncalled penalty that still makes me cringe)

We haven't just seen miracles on the ice - we've seen them from ordinary girls who have built unstoppable determination.

The good news is that getting to that headspace isn't magic.

It takes letting go of all the mistakes that have happened in the past, refusing to give into panic or self-doubt, and trusting the game plan.

If you want that for your daughter, I have a program she needs to experience.

It's called Women's Hockey Life Academy, and it's a step-by-step blueprint for playing women's hockey in college... no matter how steep the odds seem.

Nothing I'm sharing is a fluke.

Everyone on my team has played or coached university level women's hockey.

We intimately understand what women's hockey coaches are looking for, what they're going to ask prospects and what they want to hear.

Not from blogging.

From actual experience.

I've gone through development in Canada, and prep school in the USA. I've been a player and a coach at UConn and played professionally too.

There are few people who've lived every corner of the modern women's game like I have.

Whether you're looking for the step by step A-to-Z mechanics of getting into schools...

...or the veteran mindset that puts your daughter head and shoulders above her peers...

I've seen it, lived it, and DONE it, which makes sharing it pretty easy!

So if you want to give your daughter a KILLER advantage in the college recruitment game, let's talk...

Click the link below and schedule a FREE Breakthrough Call today:

LINK

Please bring your daughter to the call.

We'll look at her goals, her dream schools and her game-plan for getting there.

And if it makes sense and we're a good fit, I'll invite her into our program.

Either way, this call will be the BEST 45 minutes you guys will ever spend on the college recruitment process.

Don't let your daughter down.

Click the link below and schedule a FREE Breakthrough Call today:

LINK

## Subject: of two minds



[Image source](#)

My worst nightmare?

Waking up one day to have something... else, controlling me on autopilot.

You know, I have my own dreams and hopes, and this THING just takes me over and controls me like a puppet.

It sounds terrifying... but it DOES happen.

I have to face that threat every single day I get up in the morning.

No, it's not a ghost or some kind of space creature...

It's my own mind.

The "conscious" mind is at the surface of the choices we make from day to day.

There's a deeper brain inside each of us, closer to the brain stem, that only wants to eat, sleep, drink, fight and play around.

If you're not practicing, training and working...

...making excellence part of your routine...

...that lizard brain can control you on autopilot.

And the lizard brain, the "comfort brain", can especially pop up when we're trying to change a habit.

No matter how well trained you are, your mind can become your worst enemy when you need to make an important change.

It can create a dozen different excuses that sound smart in the moment...

All to convince you to start "later" or "when the time is right".

If you have a daughter in high school, and she wants to compete at the D-1 level - the time to start is RIGHT NOW.

Any of the "good reasons" you come up with for delaying...

...are the same bad instincts that tell your daughter to skip school, skip practices or skip homework.

We fight those instincts in others but ignore them in ourselves.

If you're not sure why you HAVEN'T scheduled a Breakthrough Call with me, why not do it right now?

LINK

I'll show you a roadmap that'll take your daughter from Grade 9-12. And I'll show her how to talk to coaches, manage social media and lots more.

It's a free call.

We'll get clear on her college goals and target schools.



We'll also show her how to find the camps and showcases that attract coaches from those colleges.

You'll avoid wasting money on camps that don't help your daughter while maximizing her chances of getting into one of the top colleges on her list.

Sound good?

Remember, the call is 100% free so you have nothing to lose.

Schedule your FREE Breakthrough Call here and let's build your daughter's college recruitment strategy together...

LINK



[Image Source](#)

Ever dealt with a "crazy" hockey parent?

If a parent screams at the coaches and wants to fist-fight the ref...

If they have a brand new Bauer bag and four different sticks for the kid to use during practice...

They've invested a lot financially and emotionally.

You can try to avoid these parents, but you run into them on every level.

Sometimes they even get onto associations and take charge (that's a whole different kettle of fish!).

It's important to remember these parents aren't evil. They're just nervous. And fear drives people to act outside the norm.

Earlier, I talked about some of my "ground rules" for building a culture before each season.

One of my rules is that is that I ask parents to focus on the present.

One of the things that motivate the angry "hockey parents" is anxiety about the future.

Fear and ambition are both terrible for team chemistry.

Obviously, it's good to have goals.

But if you spend so much time thinking about next season or what's going to happen in the summer or who might coach them a year from now...

You lose sight of what you should be learning - handling, positioning on the ice, defense, communication. The fundamentals are so important.

I want my kids to be the best they can be right now.

And most coaches feel the same way.

But that can come with a lot of problems.

If you spend years going through coach after coach who wants you to stay focused on the coming year...

How do you solve long term problems?

It's so frustrating to have so many voices that build up through your child's career...

By the time you're ready to look into scholarships and your daughter's hockey life after school...

You realize that your coaches *can't* completely focus on your child.

They're worried about the rest of the parents, team culture and team unity.

It's so important to have someone that's completely focused on improving this single aspect of your child's future... but most coaches can't play that role.

That's where I come in.

If you want to give your daughter the advantage of FOCUSED attention on getting her a spot on a college team, let's talk.

Click the link below to schedule a FREE Breakthrough Call:

LINK

We'll sit down and figure out what is and isn't working in your college recruitment strategy.

We'll also talk about the gap between "having a plan" and having the ability to execute that plan. Mental gaps and self sabotage can really keep you from receiving scholarship money.

I'll explain how and help you clear those hurdles.

This will be the BEST 45 minutes you've ever spent working on your daughter's college recruitment strategy.

And way more productive than all the articles in Google.

So what are you waiting for?

Click the link below to schedule your FREE Breakthrough Call today...

LINK

**SUBJECT: Doctor Google**

## Checking your symptoms on Google



[Image Source](#)

I'm DEFINITELY not saying I'm better than anyone else here.

I'm getting older now, and when I get a weird cough, or a couple of things on my body start aching at the same time, my first consultation is with the world's most accessible medical advisor...

Doctor Google.

I call up Doctor Google and write in everything weird that's going on with me. And since it's plugged into a database filled with every disease known to man...

I usually find something that matches what I'm feeling. It's almost a kind of triage.

If there's something over the counter that I can use, I go use it.

If there's an idea I can take to a doctor, I go with that!

But how smart is Doctor Google, really?

JAMA Internal Medicine did a report on it...

They put the doctors against a whole bunch of apps - WebMd, iTriage, AskMD and others. The doctors got the right diagnosis based on the patient's symptoms and history 72% of the time. The apps? 34%.

And 84% of the time, the doctors got the right answer in their top 3. Those are numbers Gregory House would be envious of.

Lesson learned - Doctor Google can point you in the right direction sometimes, but it's really no match for a real life expert looking at *your* situation.

How many of you are looking to "Professor Google" for your daughter's college applications?

Scraping through articles, listening to podcasts, maybe taking a few notes, and hoping you can do triage that way and save a few bucks?

Are you sure that's a bright idea? Are you ready to be (at best) half as effective as an expert?

Remember that there's no amount of research that matches up with the ability to connect with women who are proven winners at every level of women's hockey - and who've developed a system for helping get girls into the school of their choice.

That's where WHL Academy comes in.

Look, I know how hard this stuff is.

I work hard on Women's Hockey Life Academy now, but there was no way I could have laid all this tremendous groundwork after I had children.

Raising twins is a LOT of work, and as a mother, I now TOTALLY understand how much havoc it wreaks on your time.

Don't try to go on this journey alone.

With school- and college-aged kids, there just isn't enough time to do it properly.

Instead, come talk to us here at WHL Academy and we'll help your daughter play hockey in the college of her dreams 😊

Why not call me up for a FREE Breakthrough Call and find out how we can help?

I'll set my kids down for a few minutes and work on your schedule.

Bring your daughter to the call too - we'll talk about her background, her goals, her priorities, and together we'll lay out what she needs to get to the school of her choice, based on your timetable.

LINK

When it comes to securing funds for scholarships, there's no one better than me and my team. We've gotten some past students over the \$20,000 mark...

And TRUST me, they were grateful they took that first step and made the call.

Click the link above, and maybe I can see you today!