



## MIND THE NET GOALTENDING

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### What are you willing to sacrifice?

From your enrollment in an MTN Goaltending Camp or have purchased this Manual we gather that you are striving towards playing elite hockey. Over the years MTN has seen, coached and played with players who did not understand the commitment required to be a high level hockey player. Unfortunately, those players did not strive to learn more about the game, relied entirely on talent, and were not willing to make the sacrifices necessary to become better players/people. You need to understand that work ethic goes along with sacrifice.

What do you sacrifice to be a successful elite hockey player, you may ask? The first sacrifice is the understanding that your dream to play elite hockey will direct most, if not all, of your decisions. You need to have the passion and commitment for your goals and to work hard to obtain those goals. If you are sitting in a boring biology class and would rather visit with friends than do your work you have to think about the marks required to get a hockey scholarship. Is it worth low marks just because you did not want to sacrifice your time and energy for something that is less than ideal? You may need to make the choice to drink water rather than a giant slurpee on the day of a game. What about the sacrifices you will have to make in your social life?

Elite hockey requires a huge time commitment between practicing every day, road trips on weekends, community appearances, and curfews. Yet, you still have to make time for school and family. As you can tell elite hockey requires that you sacrifice much of your social life away from hockey. On the flipside, you will gain a social life through your hockey experiences. Elite hockey is about time management.

Once you have conquered the social sacrifices it is time to consider the physical sacrifices that must be taken. After you treat your body right it is time to push your body through the physical toll of training year round. Even after a tough practice or game you will be required to continue your physical training off the ice. Your summers should be spent training and preparing for the next season. Can you handle the daily discomforts of bruises, aches and pains? There will be days when your body is not feeling good but you will be expected to play at your best. The physical demands = mental demands.

Despite all of the sacrifices to be an elite hockey player they are well worth investing in. Elite hockey will give you new and exciting life experiences as well as test your mettle on an almost daily basis. As mentioned before, elite hockey is about time management as well as balance. You will need to find a place in your life where you are fulfilled physically, socially and emotionally. If you are truly motivated to be a high performance athlete you will see the necessity for the sacrifices you must make. You will be proud if you keep your nose to the grindstone rather than indulge in things that may hurt the achievement of your goals and dreams.