

services package.



**up my hockey.**

with jason podollan



# about your coach.

## jason podollan

Ex-NHL pro, Jason Podollan has seen and experienced it all – a junior star, the NHL draft, a World Junior Championship, a Stanley Cup final, training camps, the minors, deadline trades, successes and failures. Podollan is a master communicator, who uses all his experience to provide a road map of what's to come, what to avoid and a game plan to unlock the personal greatness that lies within every player he supports.



“ The determination he showed as a player has now carried over to his coaching style.

**Dave Oliver,  
New York Rangers**



Make no mistake, greatness is a decision – not a destiny.

During my 10-year professional career I learned that it takes much more than talent and hard work to make your dreams come true. For the potential of the athlete to be reached the mindset must exceed the physical skillset.

These days, the hockey landscape is more competitive than ever and everyone is looking for an edge. Mindset coaching, from someone who has been there, is the advantage you are looking for.

My coaching programs develop the 3 essential elements of the athlete – the person, the teammate, and the player.

My clients become adaptable and gritty people – unselfish and supportive teammates – and passionate and competitive players.

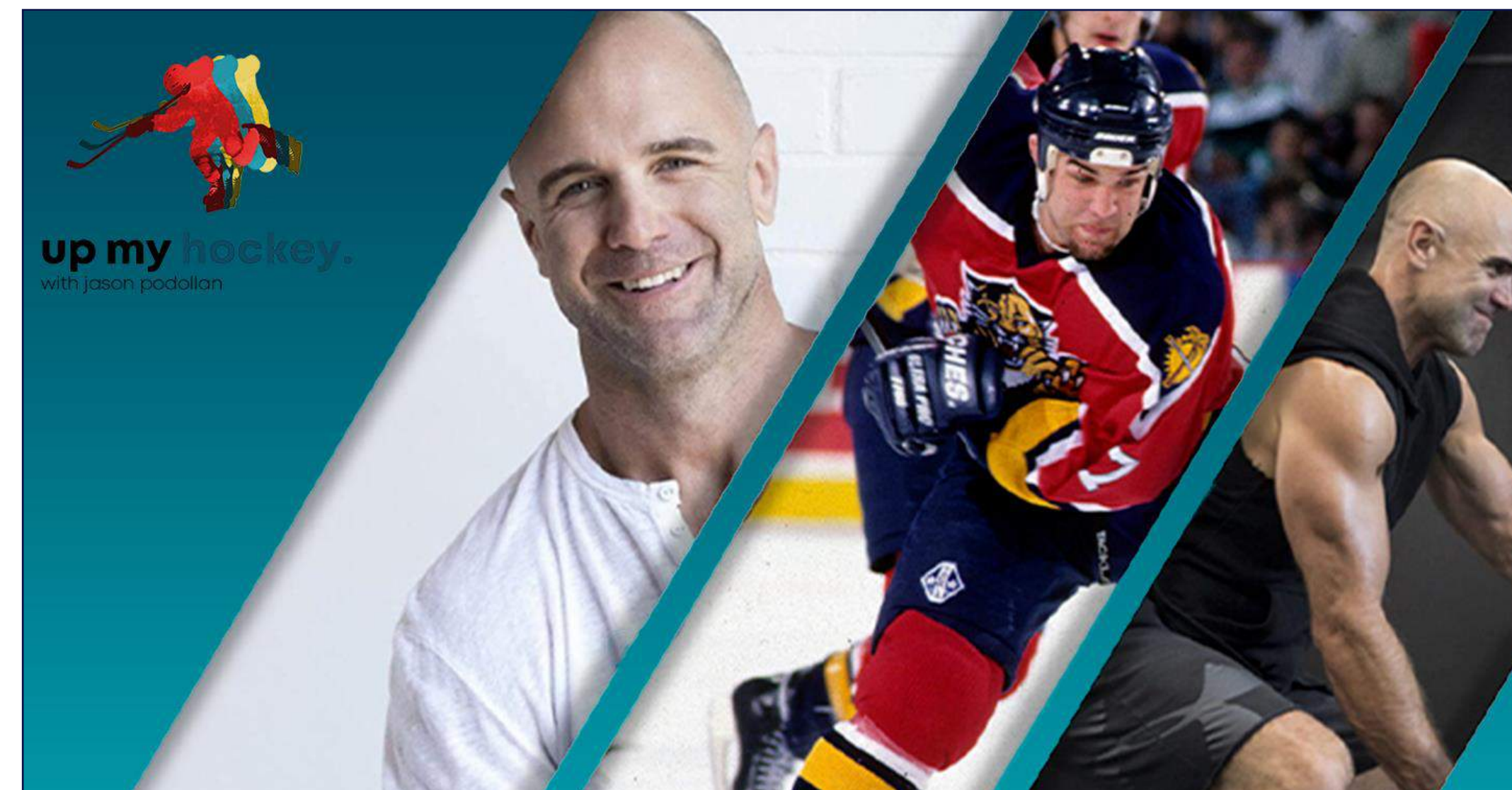
I've always said, coaches and parents have one very important job – to support dreams. I invite you to explore a powerful opportunity to support those dreams!

Jason Podollan



core services.

# athletes, teams, academies, and parents



# 1

## signature courses. pg 5

Building Championship Character & the Mindset Master Series were developed to provide players the ultimate edge to reach their potential and make their dreams come true. Develop the person behind the player.

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# 2

## 1 on 1 private coaching. pg 6

Every athlete has their own recipe for greatness. Jason empowers his private clients to become "consciously competent" and align their thoughts, words and actions with their goals and dreams.

# 3

## parent & player membership. pg 8

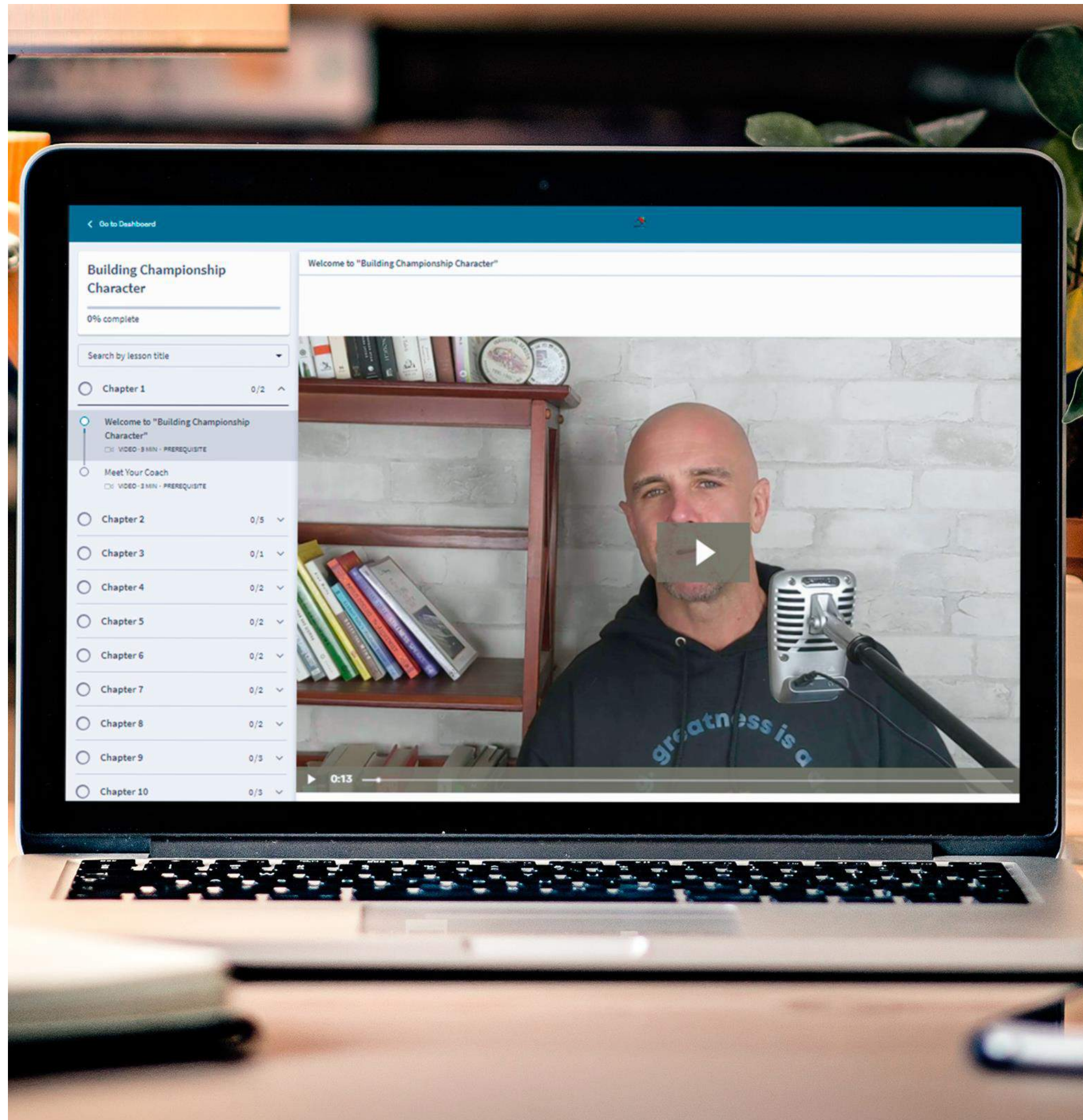
The greatest resource available to parents of dedicated youth athletes. Support for players and parents who are on the hockey journey.

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# 4

## team services. pg 9

Success on the ice requires developing people off the ice. Jason's services are the ideal complement to any high-performance program - team, academy, or association.



# signature courses.

## mindset master series.

Jason passionately teaches the mindset skills and techniques that got him to the NHL, and the concepts and skills he wishes he utilized while playing.

For the first time ever, an NHL player is pulling back the curtain and sharing with you, the mindset skills of becoming the best hockey player you can be.

## championship hockey character.

Character is a skill! Just like your skating, or your shot, character is a hockey skill you can develop. Character training is your secret weapon!

By the end of this program, each player will understand why elite hockey character is essential to reaching your dreams.

They will know their strengths and weaknesses. AND they will have a plan for how to improve and grow.



# private 1 on 1 coaching.



## 4 services in 1



### teacher.



Jason will introduce his clients to new concepts, themes, and skills specific to the needs of the individual.

### coach.



Athletes must implement the new concepts Jason teaches. Without follow-through information is useless. Jason works directly with his clients to solve challenges, celebrate successes and ensure progress towards player desired outcomes.

### mentor.



There is immense value to be gained from those who came before us. Jason has been there. He understands the pressures, the pitfalls and the expectations of playing at the highest level and he shares everything he knows with his clients. Jason is relatable and it helps him connect with his clients.

### consultant.



Players have questions. So do parents. We all need someone we can trust and collaborate with. Jason is unbiased and objective and a calming voice. Jason uses his experience and his extensive network to get his athletes and their parents the answers they need.



1 on 1 private clients

# what are parents saying?



Jason is a coach like no other. He quickly builds rapport and can gently but effectively arrive at the heart of the issues.

**Rae-Leigh Ferris**



We are excited to have Carsyn working with Jason to help build his confidence. His mental side is growing each month and leadership skills are developing!

**Scott & Kristy Good**



Our son has enjoyed each session and the advancements that he has made have been immense both on and off the ice.

**Dr. Jarrod Daniel**

# membership program.

## parents.

Membership is the perfect choice for hockey families with players ages 9-16. Ask questions, get support and learn the best strategies to help your kids succeed.

## athletes.

Membership includes:

- Access to both of Jason's Signature Courses - Building Championship Character and the Mindset Master Series.
- Live trainings and workshops with Jason
- Access to courses and trainings from industry experts
- And much more



“

As a parent I have new goals for myself moving forward, and I know William will be working more on positive thinking and incorporating that into his training.

**Susan Heighway**  
upmyhockey group member





# team services.

Hockey specific mindset training is an essential element of high-performance.  
Skillset training without Mindset development is only half of the equation.



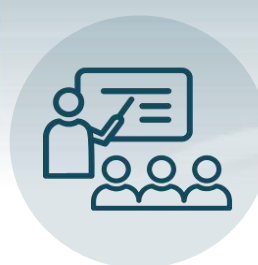
In today's hockey environment, every program is seeking a developmental competitive advantage. Programs should look no further than Up My Hockey.

**Elton Davidge**  
*President Sherwood Park Minor Hockey*



**Garth Gartner**  
*Head Coach North Zone Bantams*

Since working with Jason, the attitude and work ethic on the ice has increased 10-fold. The sessions have been more beneficial than a practice.



## workshops.

Bring Jason into your locker room virtually or in person and receive private training for your team. These engaging workshops are interactive team building experiences, leaving your athletes motivated and empowered to step into their greatness.



## signature course packages.

Utilize Jason's powerful Signature Courses to support the mindset development of your players and coaches. Choose from Building Championship Hockey Character, the Mindset Masters Series or both! Teams and organizations receive group discounts.



## season plan.

Jason will design a customized season plan to suit the needs of your team. Jason will become your dedicated mindset coach and support your players to be their best.



# workshop topics.

Each workshop includes 2 sessions - a 60-minute teaching session and a 60-minute coaching session. The teaching session will introduce the theme and include a challenge item the players will focus on afterwards. In the coaching session Jason will keep the players accountable to their challenges, celebrate successes and work through challenges.



## hockey's biggest secret – character.

For players, understanding how to fulfill their potential is often a secret, but the roots of greatness are grown from character. Athletes are shown that character just like skating or shooting, character is a skill and a secret weapon.



## mindset 101 – power of focus.

The mental game starts with the ability to focus – in the present and over the long haul. Athletes learn to guide their attention in the moment and stay true to their goals.



## mindset 102 – power of possibility.

Athletes who believe there is more to accomplish, more skills to improve, and higher standards to embrace, take more powerful actions than those who don't.



## mindset 103 – power of accountability.

Accountability is a decision to take full responsibility for your dreams - an immaculate culmination of our thoughts, words and actions.



## what you can control – preparation.

High-performing athletes KNOW how to be their best. They know how to prepare their body and mind to compete at the highest level. Become “Consciously Competent”!



Getting a teenager to be open, honest, vulnerable and willing to learn; change is no easy task and Jason's workshops really opened the door for that to be possible. We saw a big change in him, both on and off the ice, and would work with Jason again in a heartbeat.

**Robin Nanji**

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## do it yourself.

The ideal mindset supplement for any high-performance program. The courses are designed for coaches to step in with confidence and lead their teams through the material. Interactive exercises, engaging Q&A topics and challenges are included.



## group coaching sessions.

Information is great, but APPLICATION is better. Jason will join you at key points during the Signature Course to celebrate successes, work through challenges and make the players accountable to the material. These sessions are amazing tools for team building and engagement.



## group & private coaching sessions.

The ideal option for teams who want to maximize player support and development. Some athletes thrive in a more private setting and Jason will work with them directly to explore the personal recipe required to maximize their potential.

team services – group coaching

# what are athletes saying?



Jason had a great way of explaining how to change yourself for the better. He didn't tell us to do unreasonable things and made changing character a step by step task you can manage.

**Lukas H age 14**



Jason has helped me develop the tools to grow confidence in my ability to make plays and not fear making mistakes. I have become a more dominant player.

**Nathan Mackie age 16**



Jason has helped me become a better player and person by teaching me the importance of discipline, hard work and dedication. He has shown me what is required to achieve your goals and improve as a player.

**Kyly age 15**