



A UNIQUE HOCKEY EXPERIENCE

Sunday, June 26, 2016, 9am-5pm • The Farm, Waltham, Massachusetts

Life coach Jeff Levin has joined forces with head coaches Norm Bazin (UMass Lowell) and Rick Bennett (Union College) and Union College's head strength and conditioning coach Dan Gabelman to create a unique hockey-specific retreat for rising juniors, seniors, and PG's who want to improve their mental and emotional skills in order to take their game and life to the next level.

The day focuses on the mental and conditioning skills necessary to excel at the game of hockey. Players will learn how to improve in areas such as mental steadiness, how to shed failure, strategize, find and maintain drive, and then how to apply these skills on the ice in practice and on game day. Although we will not be working in the rink, players will alternate between the classroom and the gym in order to develop a much greater understanding of who they are mentally and physically as people and as athletes: We help players embrace their individual strengths and challenges so they can maximize their personal potential as athletes and as leaders, with a clear focus on preparation for college level competition and life beyond.

Partial and full teams are welcome.

The curriculum includes:

- **What can I do today to become better?** Hockey-specific athletic performance improvement plan.
- **Leadership training:** How do I become a better, more coachable player and a stronger leader on and off the ice?
- **Confidence training:** How do I push the intentional confidence "button" so I can let go of mistakes?
- **How do I transform stress** into focused, competitive play?
- Boys will leave with a written **Personal Performance Plan** for the mental side.
- Boys will leave with a written **Physical Performance Plan** to become not only a better hockey player, but also a better athlete.

The boys will enjoy five different modules:

1. **Full group:** Learn about others and gain inspiration to get better. How can I change for the better?
2. **Jeff Levin:** What makes me tick as a hockey player? As a leader? What are my dreams on and off the field?
3. **Coaches Bennett and Bazin:** What do I need to work on physically and attitudinally to

play college hockey? What are coaches really looking for in a young man?

4. **Dan Gabelman:** What can I do to maximize my physical training and athleticism?
5. **Individual time** with Jeff Levin: Hone my Personal Performance Plan.

Players will leave inspired with a new working sense of both their mental and physical games, as well as a concrete, powerful and animated sense of themselves as individuals and teammates and a plan to move forward. This will be a life-changing experience full of insight and information and, most of all, fun!

Space is limited, so please register early.



Jeff Levin Born and raised in Newton, Massachusetts, and a graduate of Dartmouth College, Boston College School of Education, and the Smith College School for Social Work, Jeff has devoted his professional life (35 years and counting) to supporting young people. He began his professional career as a middle-school English teacher in Carlisle, Massachusetts, and since then has worked as a psychotherapist and life coach with individuals and groups in a wide variety of settings to help teams, individual athletes, young people, families, and corporations all over the country.

Norm Bazin will begin his sixth season as head coach of the UMass-Lowell River Hawks in 2016. During his tenure, he has led the River Hawks to four consecutive Hockey East Championship Game appearances, two championships, and four NCAA Tournament bids. He is a past recipient of the Spencer Penrose Div. I Coach of the Year, New England Coach of the Year, and is a two-time Hockey East Coach of the Year and NESCAC Coach of the Year.

Bazin played at UMass Lowell from 1990-94 and served as an assistant coach from 1996-2000. His return to the University came after three successful seasons as head coach at Hamilton College and eight years as an assistant coach and recruiting coordinator at Colorado College.

The players Bazin has mentored include 19 WCHA all-stars, 13 All-Americans and two Hobey Baker Memorial Award recipients. Twelve of his players have gone on to play in the NHL.

Bazin achieved his bachelor's degree in criminal justice in just 3 ½ years and earned his master's degree in education administration in 1999. As a student, Bazin received the Most Improved Player, Unsung Hero, and Gus Coutu (Most Spirited) Awards, all awarded by his teammates.

Bazin played professionally for the Birmingham Bulls of the ECHL and the Cincinnati Cyclones of the IHL in 1994-95.

A native of Notre Dame de Lourdes, Manitoba, Ba-

zin and his wife, Michelle, have two sons, Blake (10) and Coleston (7).

Rick Bennett completed his fifth season as Union College's men's hockey coach in 2015-16, having taken the program to new heights. His .634 winning percentage ranks sixth-best among active Division I coaches.

Bennett's accomplishments include a national championship, two Frozen Fours, three NCAA Tournament berths, three Whitelaw Cups, and two Cleary Cups. In 2014, Bennett led Union to its first-ever NCAA Division I Championship. For his efforts, Bennett completed the hat trick of major awards by winning the Spencer Penrose Award as National Coach of the Year by the American Hockey Coaches Association (AHCA), as well as from both College Hockey News and U.S. College Hockey Online (US-CHO). Bennett has also coached four All-Americans.

Before arriving in Schenectady, Bennett served five seasons as an assistant coach at his alma mater, Providence.

A native of Springfield, Mass., Bennett was a four-year letterwinner and co-captain at Providence, where he was recognized as a Hobey Baker finalist (1990) and two-time winner of the Lou Lamoriello Trophy as team MVP. He was named an All-American and earned All-Hockey East Second Team honors. He graduated with a B.A. in general studies and was inducted into the Providence College Athletic Hall of Fame in 2012.

Bennett was a third-round draft pick (54th overall) of the Minnesota North Stars and appeared with the New York Rangers over three seasons. Bennett's

professional career also included stints with the AHL's Binghamton Rangers, Springfield Indians, Hershey Bears, Springfield Falcons, and Albany River Rats, the Cincinnati Cyclones (IHL), and the ECHL's Jacksonville Lizard Kings and Pee Dee Pride. Bennett served as an assistant coach for the Lizard Kings and Pride.

Rick is married to Karyn, and has five children: Dan Mooney (25), Hayley (21), Brooke (19), Race (17) and Lakyn (12). The Bennetts reside in Clifton Park, N.Y.

Dan Gabelman, a 2007 graduate of Boston University, is Head Strength and Conditioning Coach at Union College. Gabelman began his career at Mike Boyle Strength and Conditioning (MBSC), where his responsibilities included program design, strength training, mobility and activation, Olympic lifting, system development and drill development and scheduling. He also educated athletes on nutrition, goals, recovery and success in life. He has also served as a private trainer at The Sports Club/LA in Boston, working with clients on nutrition and lifestyle choices.

Gabelman is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. In addition, he is also a Performance Enhancement Specialist through NASM, as well as a Level One Club Coach through USA-Weightlifting.

Gabelman, a native of Centerville, MA, was a goaltender on the B.U. hockey team in the 2002-03 season. He later volunteered as an assistant Strength and Conditioning Coach, and served in that capacity when the Terriers won the NCAA Championship in the 2008-09 season.

We welcome calls and emails about our program: Contact Jeff Levin at
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www.jefflevincoaching.com

Registration Form

Please email registration form and waiver to jeff@jefflevincoaching.com or mail along with check for \$95 payable to: Jeff Levin, PO Box 281, Henniker, NH 03242.

You can also pay with your credit card at www.paypal.com: "Send money" to jeff@jefflevincoaching.com.

Pre-registration is required; registration must be received no later than Thursday, June 23.

Name: _____

Address: _____

Home phone: _____ Cell phone: _____

Email: _____

Date of birth: ____/____/____

High School: _____ Graduation date: _____

High school coach: _____

Primary position: _____

Three goals for hockey/life:

1. _____

2. _____

3. _____

Parents' names, contact numbers, and email addresses:

Names _____

Phones _____

Email _____

Workshop Waiver

Coverage for accidental injury is required by all participants. In most instances, family health insurance will suffice.

Insurance policy: _____

Policy #: _____

I/We, being the legal guardian(s) of the applicant, _____

_____, authorize Jeff Levin, Rick Bennett, Norm Bazin, Dan Gabelman, and their agents permission to request medical treatment as necessary to insure the well-being of my dependent.

Guardian(s) Signature: _____

_____ Date: _____

I/We the undersigned, for ourselves, our heirs, executors, and the administrators, waive and release and forever discharge Jeff Levin, Rick Bennett, Norm Bazin, Dan Gabelman, staff, officers, agents, representatives, employees, successors, and assigns of and from any and all rights and claims for damages to person or property which may be sustained or occur during participation in the camp.

I/We understand that the applicant is in good physical and emotional condition, allowing him to participate in this Levin Student-Athlete Workshop.

Guardian(s) Signature: _____

_____ Date: _____