



Presents THE EDGE

Gaining the Essential Mental Toughness Edge for the 21st Century Athlete

Think Toughness, Poise, Focus & Pressure Performance Can't be Trained? Think Again!

The EDGE Mental Toughness Training Workshop is coming to YOUR area!

Perfect for athletes (high school and college), coaches (of all levels), and teams (all sports)! This dynamic, fun, and informative workshop is presented by internationally renowned mental toughness author, speaker, and trainer Spencer Wood PhD, President, Icebox Athlete.

Recent Workshops include:

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|-------------------------|-------------------------|----------|
| -University of Florida | -Arizona State U | -UNLV |
| -Georgia Tech | -Wake Forest | -Kansas |
| -University of Arkansas | -University of Maryland | -Rutgers |

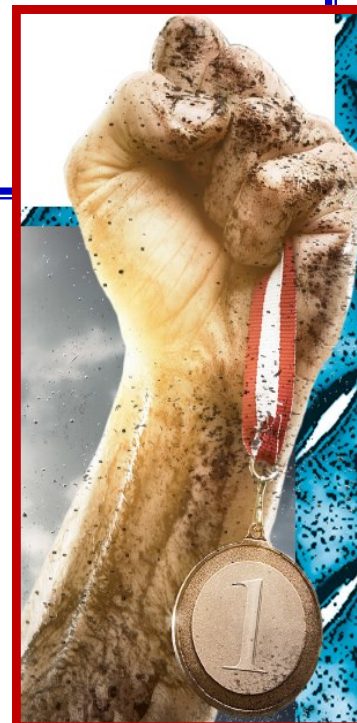
- Developing a Mental Skills & Toughness Training Plan of Action
- The Keys to Big Game Confidence
- Focus, Intensity & Elite Practice Habits
- Adversity: Bouncing Back with Poise & Toughness
- Developing the Keys to Performance Consistency
- Poise Under Pressure

WHEN: 9:00 am to 1:00 PM, Saturday, October 24, 2015

WHERE: Lee University Jones Lecture Hall (School of Religion)

COST: Individuals \$75; Teams \$300 (for team and coach)

Lunch provided.



“Mental toughness, poise and confidence is critical for the success of my team at the University of Florida. Spencer Wood is one of the great trainers of these skills and attributes and someone I use to help create a mental edge for my team. Spencer has worked with my team on multiple occasions, both in the pre-season and to prepare for big games, and he has done an outstanding job. His Icebox mental skills teaching methods have unlocked the secret on how you can effectively be at your best when it counts the most.”

-Billy Donovan

Former Head Men’s Basketball Coach, University of Florida
Current Head Coach, Oklahoma City Thunder

“Spencer Wood’s Icebox presentation has been the best received presentation by both student-athletes and coaches in the four years that I have been involved with the CHAMPS/Life Skills program here at Montana State. Furthermore, as a former collegiate and professional athlete, Spencer’s program would have been something that I know I could have used in my athletic career. However the great thing about Spencer’s presentation is that you can apply it to not only athletics, but your professional career and life in general as well. I look forward to working with him again.”

-John Taylor

Montana State Univ., Former NFL and AFL Defensive End

To register or get more information, contact Lee University Assistant Men’s Basketball Coach Justin Newton

Call (706) 831-4171 or e-mail jnewto03@leeu.edu