

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Email address \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_ Sport \_\_\_\_\_

Club \_\_\_\_\_

Athlete - Parent - Coach - Administrator (please circle)

Enclose cheque payable to IIHSI for \$\_\_\_\_\_ and mail to IIHSI, 7152 Maureen Crescent, Burnaby, B.C., V5A 1H4

### Jon Lee Kootnekoff

Former SFU varsity basketball coach and one of Canada's top educational humorists, Jon-Lee has assisted thousands of people in experiencing happier and more productive lives. His seminars present the leading edge in personal and professional development which provides an atmosphere for accelerated learning. Jon-Lee is a committed professional who communicates through wisdom, intuition, compassion and humor assisting people to be the best they can become.



### Enio Sacilotto

An international professional hockey coach (23 years in 5 countries), business owner and motivational speaker, Enio has implemented his "Mental Training Plan" to athletes and business people of all levels. He has assisted teams and individuals to perform well above expectations!



**The Mental Edge**

**Sports Seminar**

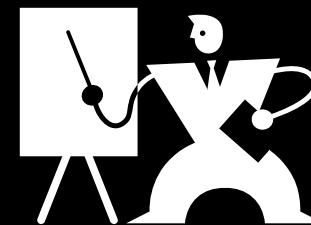
IIHSI and Jon Lee Kootnekoff & Associates

**IIHSI  
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BURNABY, B.C. V5A 1H4**

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Fax: 778-737-1387  
E-mail: [IIHSI@shaw.ca](mailto:IIHSI@shaw.ca) or  
[kootywithlove@yahoo.com](mailto:kootywithlove@yahoo.com)

**THE MENTAL EDGE SPORTS SEMINAR**

IIHSI and Jon Lee  
Kootnekoff & Associates



**Mental Training  
for Peak  
Performance!**

**JUNE 6 AND 7, 2008**

At:  
**BURNABY WINTER CLUB**

# Get the EDGE and reach PEAK PERFORMANCE EVERY TIME!



Most coaches, parents and athletes spend countless hours working on technical skills and physical fitness preparation for their sport and ignore the mental side of sports preparation! It is scientifically proven that athletes that master the mental skills as well outperform the athletes that don't! How many times have you heard the term, "the game is 95% mental"? This is your opportunity to learn the **SKILLS AND TECHNIQUES THAT WILL BRING YOU TO THE TOP AT EVERY COMPETITION!**

## SEMINAR TOPICS

- 1) **HOW THE MIND WORKS** - Right Brain Left Brain thinking. Practical Exercises. Explanation of the Conscious, Subconscious and Super subconscious.
  - 2) **DETERMINING YOUR MISSION STATEMENT AND LIFE VALUES.**
  - 3) **GOALSETTING** - Using the S.M.A.R.T. formula. Practical Exercises.
  - 4) **VISUALIZATION** - You get what you see. Explanation and practical Exercises on how to use imagery and relaxation to get what you want!
  - 5) **USE OF AFFIRMATIONS - SELF TALK.** Explanation of what self talk is and how to use it to your advantage.
  - 6) **SELF CONFIDENCE** - What it is and how to Develop it.
  - 7) **PHYSICAL AND MENTAL ENERGY** - How to control your energy levels.
  - 8) **CONCENTRATION** - How to Focus on the right things.
  - 9) **SELF ESTEEM** - What it is and how to nourish it.
  - 10) **TEAM BUILDING** - Characteristics of a successful team and how to develop one!
- Proven techniques and principles! Simple and practical exercises included.**

The seminar is designed for athletes (13 years and up), coaches, parents and administrators (OF ALL SPORTS & ALL LEVELS) that want to get the mental edge and **improve all areas of their lives!** Practical information is presented in a relaxing, entertaining and humorous setting! Jon-Lee and Enio are experts in their field and have trained thousands. **If you want to be better this is a must weekend!**

## SEMINAR DETAILS

**HELD AT:**  
**BURNABY WINTER CLUB**  
4990 Canada Way, Burnaby, B.C.  
V5G 1M4 Canada, 604-299-7788

**COST:** \$99.00 per person + 7% GST tax  
(inquire about group/team and family rates).

### **SCHEDULE:**

Friday June 6, 2008 - 7:00 p.m. - 10:00 p.m.  
Saturday June 7, 2008 - 10:00 a.m. - 2:00 p.m.

IIHSI and Jon Lee  
Kootnekoff & Associates

**For more information visit our websites at:**  
[www.coachenio.com](http://www.coachenio.com)  
[www.jlkootnekoff.com](http://www.jlkootnekoff.com)

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