

Partnering with David Lige & Maplewood Sports Performance Coaching: Building Mindset, Fueling Excellence

At the **Ridge Meadows Flames**, we are committed to developing more than just elite hockey players — we're shaping resilient, self-aware, and mentally tough young men who can thrive in competition, in the locker room, and in life.

A critical part of that journey is our partnership with **David Lige and Maplewood Sports Performance Coaching**.

With **two decades of experience** in counselling therapy, mental performance training, group facilitation, leadership development, and athletic coaching, **David Lige brings a unique, holistic approach** to performance development. His work with the Flames focuses on what truly drives long-term success: **awareness, mindset, and emotional intelligence**.



Why Mindset Matters in Junior A Hockey

Athletes face constant pressure — from performance expectations to personal development. David's coaching helps our players navigate that environment with confidence by:

- Building **awareness of how thoughts, beliefs, and emotions influence performance**
- Encouraging **self-reflection** and open dialogue around mental well-being
- Teaching athletes to **focus on controllables** — effort, attitude, and preparation
- Developing a **growth mindset** rooted in resilience, adaptability, and accountability

David normalizes this process for athletes, helping them realize that mental performance training is as crucial as on-ice drills or off-ice conditioning.



Empowered Athletes = Better Performance

Through team sessions, one-on-one sessions, and team development programs, David's influence is felt throughout our organization. His approach empowers our players to stay engaged, bounce back from setbacks, and push themselves further — not just because they have to, but because they **understand the “why” behind their drive**.

In partnership with Maplewood, the Flames are proud to offer a program that balances **high-level athletic development with the tools to succeed as a whole person**. We don't just coach hockey — we coach leadership, character, and resilience.

The Ridge Meadows Flames: Fueled by Fire, Grounded in Purpose, Powered by Mindset.