

Carrie's Words of Wisdom



Remember to keep your **FOCUS** on those things you can **CONTROL**:

Be **FEISTY** early • keep your **FEET MOVING** • make **GOOD PASSES** • keep **SHIFTS SHORT** • put **SHOTS** on net •
COMMUNICATE on the ice • stay **POSITIVE** • be
SUPPORTIVE on the bench • **ENJOY** the moment

BLOCK OUT:

What the other players do • calls the refs miss • bad game
times • getting a goal **RIGHT NOW** • the final outcome
of the game

Go Growlers!