

BRAIN ENDURANCE TRAINING (BET)

for elite hockey players across North America

At the higher levels in hockey, what separates a good player from elite players isn't size or skill but rather it is the cognitive advantages (thinking skills) that one athlete has over another.

With this BET training, you will increase your hockey performance in speed, strength, decision-making, hockey-specific skills, agility, vision, and the fluidity of movement.

Peak performance is achieved when the messages from the brain are clear, accurate and fast.

THIS IS CUTTING EDGE TRAINING and you are about to find out what it takes to take your game to the next level ... are you ready??

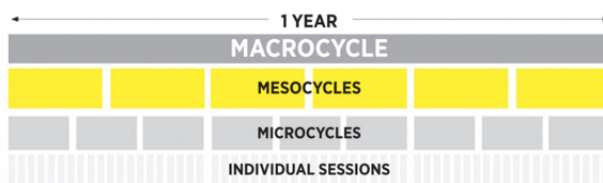
Getting Started ...

To kick off your BET Training, please complete the following;

- STEP 1** - Walk you through the SOMA App so you know where everything is and how it works.
- STEP 2**- Show you how to load the drills you will be using during this first Mesocycle** (month).
- STEP 3** - Show you how each drill works.
- STEP 4** - Review your weekly plans
- STEP 5** - Establish PRE-BASELINE
- STEP 6** - Learn how to establish your POST-BASELINE
- STEP 7** - BEGIN YOUR TRAINING

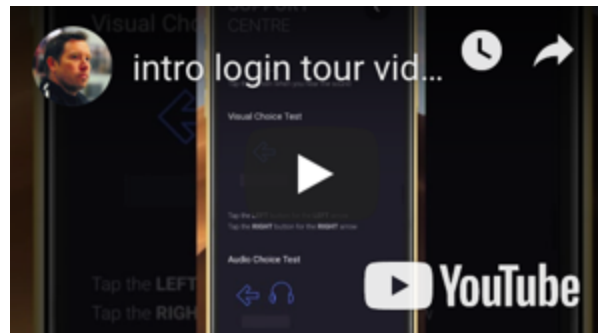
**** WHAT IS A MESOCYCLE??** - It's time for your first lesson in TRAINING PERIODIZATION

- Mesocycle represents a a period of time that metrics will be tracked and analyzed. If you've ever heard of "Periodization" in training, a mesocycle typically means a month.
- Microcycles represent a week.
- Sessions represent a day.
- All of these roll up to the complete period of training called a Macrocycle which could be 3-months, 6-months, or 12-months.

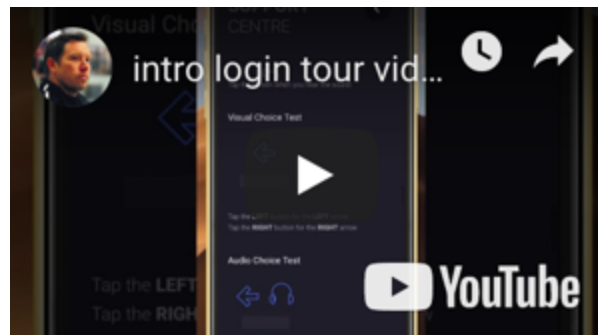


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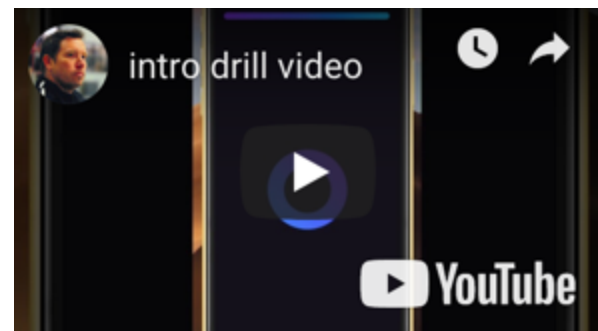
STEP 1 - SOMA Walk-Thru



STEP 2 - How To Load The Drills You Will Need



STEP 3 - How Each Drill Works



Scroll down to see animations of each

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STEP 4 - Review Your Weekly Plan

You can pick the day and time to do each session. It is recommended to do the drills every other day if you can, however, it is not required. The MOST IMPORTANT point I want to make is that for this training to work, YOU HAVE TO DO THE SESSIONS and each drill for the full duration.

WEEK 1 • Session 1 ○ Psychomotor Vigilance Test - 5 min ○ Visual Choice - 5 min ○ Visual Go No Go - 5 min ○ Switched Attention - 5 min ○ Psychomotor Vigilance Test - 5 min • Session 2 (wired headphones required)** ○ Psychomotor Vigilance Test - 5 min ○ Audio Choice - 5 min ○ Audio Go No Go - 5 min ○ Stroop - 5 min ○ Psychomotor Vigilance Test - 5 min • Session 3 ○ Psychomotor Vigilance Test - 5 min ○ Visual Choice - 5 min ○ Visual Go No Go - 5 min ○ Switched Stop Visual - 5 min ○ Psychomotor Vigilance Test - 5 min	WEEK 2 • Session 1 ○ Psychomotor Vigilance Test - 5 min ○ Visual Choice - 10 min ○ Visual Go No Go - 10 min ○ Switched Attention - 10 min ○ Psychomotor Vigilance Test - 5 min • Session 2 (wired headphones required)** ○ Psychomotor Vigilance Test - 5 min ○ Audio Choice - 10 min ○ Audio Go No Go - 10 min ○ Stroop - 5 min ○ Psychomotor Vigilance Test - 5 min • Session 3 ○ Psychomotor Vigilance Test - 5 min ○ Visual Choice - 10 min ○ Visual Go No Go - 10 min ○ Switched Stop Visual - 5 min ○ Psychomotor Vigilance Test - 5 min
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****WIRED HEADPHONES REQUIRED** - Many of the exercises have an audio component so it will be important to get a set of wired headphones - Bluetooth headphones are NOT recommended because of the delay in transmission between device and headphones. A microsecond doesn't sound like much but it can negatively affect your results.

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STEP 5 - Complete your PRE-BASELINE

This PRE-BASELINE will be used to compare your progress over the next 4-weeks. Complete the following pre-baseline drills on the first day of your training and then email me of the date of completion so I can load it and we can use it to compare against the POST baseline.

This must be completed on the FIRST DAY of training

STEP 1: Open App and select the first drill

STEP 2: Complete Drill 1: Psychomotor Vigilance Test - 5 min

STEP 3: Complete Drill 2: Switched Attention - 10 min

STEP 4: Email or Text me when completed: *e.g. PRE-baseline completed July 8th - your name*

THIS IS IMPORTANT - DO IT NOW SO YOU DON'T FORGET

STEP 6 - Complete your POST-BASELINE

The POST-BASELINE will be used to compare your progress from the start of training until the end. Complete the following POST-baseline drills on the last day of training and then email me of the date of completion so I can load it to compare against the PRE baseline.

This must be completed on the LAST DAY of training

STEP 1: Open App and select the first drill

STEP 2: Complete Drill 1: Psychomotor Vigilance Test - 5 min

STEP 3: Complete Drill 2: Switched Attention - 10 min

STEP 4: Email or Text me when completed: *e.g. PRE-baseline completed August 6th - your name*

THIS IS IMPORTANT - SET A REMINDER SO YOU DON'T FORGET

Step 7 - Begin Your Training

If you've completed steps 1 thru 6 then you are ready to begin your training! - **KEEP THESE TIPS IN MIND**

PICK THE DAYS AND TIMES TO DO THIS TRAINING: If you want to get off to a good start, think about what day and time you want to complete each session.

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MAKE THIS TRAINING A HABIT: The hardest thing about adding a training element to your routine is to remember to do it. Link this training to something else you already do each day to make it easy to remember.

GET IN ALL THE REPS: When you work out in the gym, if you skip reps or shorten your workout, you minimize the benefits you get from the training - I know these drills are monotonous but stick with them and do each drill to their completion.

ALTERNATE TRAINING DAYS (if you can): Try to spread the training out during the week. Alternate days if you can.

BRAIN TRAINING MAKES YOU TIRED: As you begin BET training, while it will make you stronger in the long term, it may make you feel tired and reduce your training capacity in the short term. **THAT'S WHAT IT IS SUPPOSED TO DO!** - If you understand this you can use it to your advantage. Be smart about when you do your training. Avoid training before important events or situations where you need to be 100% on. It is best to train when you know you will have time for recovery afterward. Doing your BET training **AFTER** other activities when you have time to rest and recover is recommended. (NOTE: if you want to push yourself one day, pick one practice during the week and train **BEFORE** to increase loading capacity. In the beginning, I wouldn't do more than one day this way.)

DO NOT TRAIN ON GAME DAY! You wouldn't hit the gym for a big workout out on game day so don't do your BET training either. If you've done your training during the week you should feel the benefits on game day

That's all you need to do for this first mesocycle!

Will it be easy? - yes and no

Yes - because the drills are pretty easy to do

No - because the duration of the drill will fatigue your brain

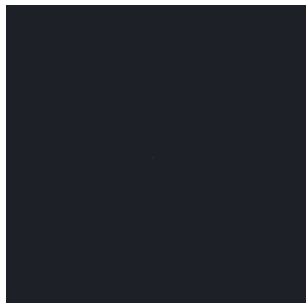
THAT'S WHAT WE WANT!! - The whole point of this training is to build up your brain muscle like you build up your body muscle and to do that we need to work it out!

Throughout this training, I will reach out to you with questions and feedback - please try to get back to me as quickly as you can. I will also send you a report at the end of the training and we might even jump on a call to better explain what the reports mean and to get your impressions on what you liked and didn't like about the training.

Thank you for helping me put the final touches on this program before I roll it out to the masses. I can't thank you enough for your participation!

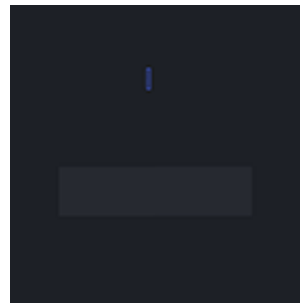
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PSYCHOMOTOR VIGILANCE TEST



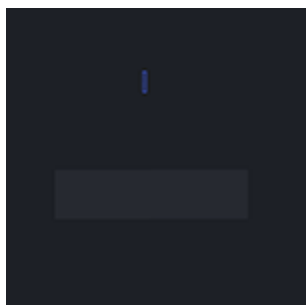
Tap the screen when the circle appears.

SWITCHED ATTENTION



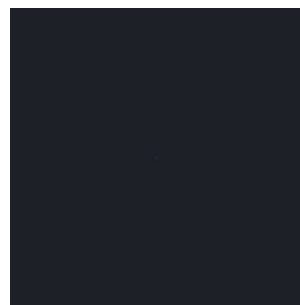
Tap the **LEFT** button for the **LEFT** facing arrow
Tap the **RIGHT** button for the **RIGHT** facing arrow

VISUAL CHOICE



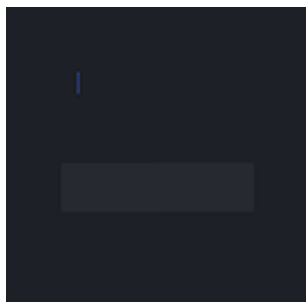
Tap the **LEFT** button for the **LEFT** arrow
Tap the **RIGHT** button for the **RIGHT** arrow

VISUAL GO NO GO



Tap the screen when the circle appears
DO NOT tap the screen when the **SQUARE** appears

AUDIO CHOICE



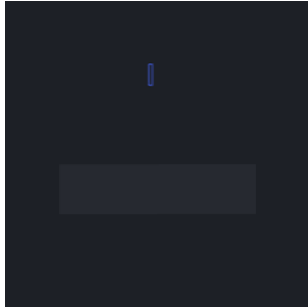
Tap the **LEFT** button for audio in the **LEFT** ear
Tap the **RIGHT** button for audio in the **RIGHT** ear

AUDIO GO NO GO



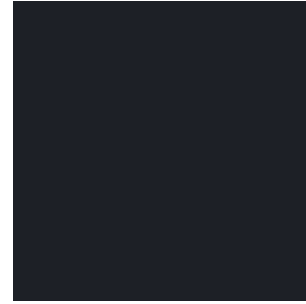
Tap the screen when you hear the **HIGH PITCH**
DO NOT tap the screen when you hear the low pitch sound

SWITCHED STOP VISUAL



Tap the left button for the left-facing arrow. Tap the right button for the right-facing arrow
DO NOT tap the screen if the arrow turns **RED**

STROOP



Tap the **COLOR** of the word NOT the color described. (e.g. if the word GREY is the color BLUE, tap the **BLUE** color)

[CLICK HERE](#) to access animations for **ALL** the drills