



Agenda

- Who we are
- Find Your “Why”
- 1% Better Everyday
- Being a good teammate
- Q&A time



Emily Brown

Hometown: Blaine, MN

Highschool: Blaine Bengals

Age: Senior

Position: Defense

Major: Mechanical Engineering

Favorite hockey memory: State tournament my senior year

Fun fact: I have two dogs and a cat



Taylor Wente

Hometown: Maple Grove, MN

High School: Maple Grove Crimson

Age: Senior

Position: Forward

Major: Sales

Favorite hockey memory: Playing in National Championship game

Fun Fact: I wear my socks inside out



Find Your “Why”

Examples:

- To impact the program and leave a legacy
- Inspire the next generation of female hockey players
- Love of the game
- Family
- Teammates



Make it visible

Question for the group: Type in the chat of what is your why?

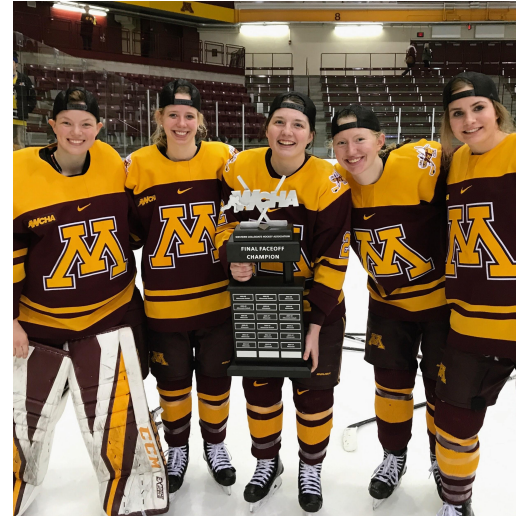
1% Better Everyday

What are you going to do to separate yourself from others

Train like your second, play like you're in first...

Holistic not just hockey:

Eat right, sleep right, be active, get your homework done, be a good friend/daughter etc.



Being a good teammate

- Everyday you make an impact whether it is good or bad...
- White line (Escape)
- Don't worry about things that won't matter 5 years from now...
- Connection with teammates is critical
- Choose to be uncommon



Questions:

Ask us anything either unmute yourself or type it in the chat!!

