** PITTSBURGH ELITE OFFICIATING CAMPS - OFFICIAL ECHL CORRESPONDENCE** [](http://www.echl.com/index.shtml)  
  
**MENTAL TOUGHNESS**

Strength comes in many forms. To have strength of any kind is to have worked at something in a focused and dedicated manner. Strength is permanence by virtue of the power to resist stress or force. Strength is associated with capability, persuasiveness, intensity, force and durability. As an elite group of officials it is without a doubt that this group exhibits individual and collective strength both mentally and physically. As we near the end of the regular season the sprint to the finish becomes largely about mental toughness.   
  
One of the most important aspects of success for any official is mental toughness, a characteristic we must work to maintain and keep strong. Continue to strive for excellence, to remain objective, and utilize visualization to ensure you are ready for anything and focused from the moment your game preparation begins to the sound of the final buzzer. Teams will fight hard for every point, as such, unique circumstances will arise and require additional preparation so be ready.   
  
Mental toughness is about not letting the negative in, which can have adverse affects on confidence. Embrace and enjoy the challenge and keep a positive state of mind at all times. Being in the present will help to ensure your performance is driven by instinct and skill in the exciting games ahead. Eliminate any trace of self doubt and replace it with a quiet confidence. Trust your instincts, stay focused and do not over think. Giving the game your full attention is demanded of you each and every night but it is an effort that only you control.

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