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For Immediate Release  
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***Former Sabre Great Don Luce joins with Corrin Rutkowski and Greg Reeds; mental performance experts, to launch the “next” step in mental training for athletes***

Buffalo, NY (June 11, 2019)--[Extraordinary Change Sports Consultants](http://ecsportsconsulting.com) (ECSC) is now offering the “next step” in mental training and sport performance enhancement. After a stellar playing career in the NHL with 894 games played and a Masterton Trophy awarded for perseverance, sportsmanship and dedication, Don Luce is working on a different game –*the mind game*. Now, this new program aims to take athletes to the next level providing a creative path to mastering the mental edge. After serving for many years as a Director of Player Development in the NHL, Luce worked diligently to find creative ways to teach the tactical aspects of the game. He helped his players learn the secrets associated with the technical aspects of extraordinary athletic performance.

Luce is teaming up with noted mental skills coach Corrin Rutkowski (CHt, CAHA) and Dr. Greg Reeds, Associate Professor of Sport Psychology at Canisius College. Corrin runs her own successful business, offering over 18 years of experience in the field of personal development and performance enhancement. Her practice is grounded in the behavioral sciences which can create rapid change. Corrin has worked with athletes and teams on every level of performance. Her clients span across the United States and internationally including the United Kingdom, Canada, Egypt, Brazil, Spain, Poland, Uzbekistan, Turkey, and Yemen. Corrin has consistently received 5-star reviews regarding her ability to bring out an athlete’s best performance immediately.

Dr. Reeds has taught courses in Sport Psychology, Motor Behavior, Coaching Theory and Leadership for over 30 years. He has served as a Head Soccer Coach in Canada (CIAU) where his teams ranked in the nation’s top 10 and has served as an NCAA Division I and Olympic Development Soccer Coach. He has served as performance enhancement consultant for Canada’s Olympic and national baseball team along with teams in the NHL and AHL.

Traditional mental training programs can be slow to produce change and results are seldom quantifiable. Programs promising significant improvement in performance need to be accountable and the effects must be sustainable over time. “If you don’t significantly minimize or eradicate the mental blocks which can trigger apprehension, tension and uncertainty, no actual long term change in performance can be seen” says Luce..

The program offered by ECSC is coined “quantum mind development” (QMD) for the mind’s ability to expand and incorporate new ideas. A trained mind is like an atom, it is capable of releasing considerable energy. The training takes place over two or three sessions. It combines guided relaxation, biofeedback, neurolinguistics and deep mind suggestion. The mind opens up to receive the power of positive thoughts and powerful suggestions.

The programs offered by ECSC utilize a unique blend of modalities including concentration, focused attention, and relaxation to help athletes address the mental changes that must take place in the brain to produce quick and sustainable change. Luce has also recruited several of his associates from the NHL into the ECSC fold to provide an array of services including: substance abuse, sports specific nutritional plans and concussion recovery protocols. Rutkowski has an extensive background working with student-athletes providing techniques to improve academic performance along with life skills essential to athletic success. Luce, Rutkowski and Reeds have a lot of experience working with a broad spectrum of athletes over the years delivering excellent results.