

Building Athletes Ready for the Next Level

In Sport and in Life | Grades 6-8 | All Sports

E**ESTABLISH**

Your Identity

D**DEVELOP**

Daily Habits

G**GUARD**

Your Well-Being

E**EARN TRUST**

Through Accountability

WHAT THE WORKSHOP ADDRESSES

Talent opens doors. Coaches also notice effort, consistency, coachability, body language, and character. E.D.G.E. helps athletes develop the habits and identity that earn lasting trust.

**THE E.D.G.E. SYSTEM****Four pillars for growth****E | Establish Your Identity**

Know who you are beyond your position or stats.

**D | Develop Daily Habits**

Practice consistency between games and practices.

**G | Guard Your Well-Being**

Handle pressure while protecting your growth.

**E | Earn Trust**

Show accountability, character, and leadership.

**THE LIVE WORKSHOP****Athletes and parents together**

A 90-minute experience for grades 6-8, hosted by schools, teams, gyms, churches, and recreation programs. Athletes explore what coaches evaluate beyond talent. Parents receive practical ways to support growth without over-coaching.

BRING E.D.G.E. TO YOUR COMMUNITY

Workshop and group inquiries: hhad@eddiejhamilton.com

HAMILTON'S HOLISTIC ATHLETE DEVELOPMENT

Next Level Athletes - In Sport & Life

Developing the People Who Develop People.

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