



The Rush MentalSkills Acquisition Program or M.A.P. is now up and running nationwide! Our Director of Sport Psychology Dr. Lee Hancock is heading up the program aimed at Rush Players, Parents and Coaches nationwide. This months topic is 'Committment to Excellence' and how players can strive for it and parents and coaches can help players achieve it.

For more information on the FREE M.A.P. program, and to view the new content for the month of August [click here](#).