



Dear Members of the Hockey Community,

My name is Mike Fournier, and I am proud to introduce Built Different Hockey Development a performance driven, **defenseman-centric** training program built on one standard: a relentless pursuit of excellence.

BDHD was created with a simple purpose: to elevate the habits, skills, and mindset of today's hockey players through a professional, detailed, and fundamentally sound development model. With a background that includes playing in the Quebec Major Junior Hockey League (QMJHL), United States Hockey League (USHL), East Coast Hockey League (ECHL) and the Southern Professional Hockey League (SPHL) along with being a Certified Personal Trainer and Certified Nutrition Coach, I've spent years studying what separates good players from great ones. The answer is always the same: fundamentals, habits, and purpose driven development.

Every session, every rep, and every detail is rooted in the belief that excellence is not a moment, it's a daily pursuit.

BDHD is not about flash or shortcuts. It is a program built on honesty, effort, and technical precision. Players learn to appreciate the game at a deeper level, understand their responsibilities, and build the foundational skills required to excel at the next level, whether that's youth, high school, junior, NCAA, or pro hockey.

I am excited to contribute to the growth of local players and partner with families, coaches, and organizations who value development done the right way. I believe our hockey community is filled with potential, and my mission is to help athletes unlock it through standards, structure, and a passion for getting better.

Thank you for taking the time to learn about Built Different Hockey Development. I look forward to connecting, collaborating, and helping shape the next generation of committed, intelligent, and hardworking hockey players.

Relentless Pursuit of Excellence,
Mike Fournier
Owner & Head Coach