



## Luca Jarvis: A Model of Excellence On and Off the Ice

By Zach Mills, DC | Woodbury Family Chiropractic

There's something powerful about watching young athletes chase greatness—especially when their journey intersects with your own. Luca Jarvis, a sophomore at Stillwater High School, is one of those rare players whose mindset, drive, and preparation elevate him far beyond the average high school athlete. His two goals and two assists in the Minnesota State High School Championship game weren't just stats—they were the product of years of discipline, intention, and a relentless pursuit of excellence.

Before most players even begin to find their rhythm, Luca was already proving he belonged among the best. He competed in the prestigious Minnesota Elite League this past fall—an invite-only league featuring the top high school players in the state. Even more impressive, he laced up for the Youngstown Phantoms of the USHL—widely considered the best junior league in the United States—before his sophomore season of high school hockey even began. Then, less than a week after the Minnesota State Tournament ended, he returned to Youngstown to rejoin the Phantoms as they close out the regular season and gear up for a playoff run. That level of performance, exposure, and poise at such a young age is nothing short of elite.

I've been fortunate to work with Luca at Woodbury Family Chiropractic. As someone who captained Hill-Murray, competed in the State Tournament, and went on to play Division 1 hockey before becoming a Doctor of Chiropractic, I understand firsthand what it takes to play and thrive at the highest levels. Luca checks every box. He doesn't just have the skill—he has the motor, the focus, and the ability to carry himself with maturity and clarity of purpose.

What makes Luca so exceptional is not just what he does in competition, but how intentional he is with his preparation outside the rink. His routine reflects a level of professionalism well beyond his years. He receives regular chiropractic adjustments to keep his body aligned and functioning optimally. He commits to strength training to develop power and durability. He integrates red light therapy, cryotherapy, infrared sauna sessions, and compression therapy to maximize recovery and reduce fatigue. He fuels his body with quality nutrition, hydration, and electrolytes. He prioritizes sleep and mental preparation to stay sharp, wears a Whoop 4.0 fitness tracker to monitor his performance and recovery, and maintains over a 4.0 GPA—because his pursuit of excellence extends beyond the ice and into the classroom.

When asked about what drives him, Luca pointed to a quote from Olympic legend Michael Phelps: "If

you want to be the best, you have to do things that other people aren't willing to do." That mindset is evident in everything he does. He also lives out a favorite quote from Conor McGregor: "You don't rise to the occasion, you fall to the level of your training." That belief—deeply rooted in preparation, consistency, and discipline—is what defines Luca's approach to both hockey and life.

There's no ego with Luca. He carries himself with quiet confidence, sharp focus, and a commitment to doing things the right way. He doesn't seek recognition—he lets his performance speak for itself. On the day of the state championship game, he walked into our office for his scheduled chiropractic adjustment, soft tissue work, electrical stimulation, and traction therapy like it was any other day. That consistency—that grounded, business-like approach—is what sets him apart.

There was a full-circle moment this season that made me pause. In my senior year at Hill-Murray, I scored my 22nd goal in a section final win over Stillwater. This year, Luca scored his 22nd goal in a section final win over Hill-Murray—my alma mater. Different eras. Different players. Same fire.

At Woodbury Family Chiropractic, we're proud to support athletes like Luca—and everyone who walks through our doors. Whether you're a high school hockey player, a weekend warrior, or a grandparent staying active with your grandkids, we believe everyone is an athlete in the game of life. And every body deserves to move well, feel strong, and recover with intention.