



- Team Development
- Private Sessions
- Affiliation Program
- Online Hockey Development Course
- Camps & Clinics
- Video Analysis
- Game Evaluations



### Hockey Shooting Clinic

**Saturday October 21**  
**Slap Shot Technique Clinic**

4:00 – 5:00 pm PowerAde Centre,  
Brampton  
Ages 10 – 14 yrs Rep Level  
Max. 20 Players Cost \$55 +HST

This Clinic will focus on:

- Stationary Body positioning
- Stationary Puck positioning
- Stride Leg Push for Extra Power

**REGISTER NOW!**

**Friday November 17**  
**VIDEO ANALYSIS Clinic & Radar!**

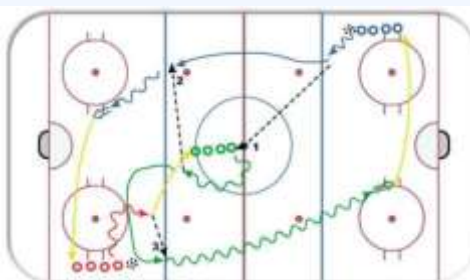
7:45 – 8:45 pm PowerAde Centre,  
Brampton  
Ages 10 – 14 yrs Rep Level  
Max. 20 Players Cost \$75 +HST

This Clinic will focus on:

- Personalized Video Analysis of Quick Release
- Wrist Shot, Snap Shot, Wrist-Snap Combo
- Radar Results

**REGISTER NOW!**

### Drill of the Month "2 Shot Drill with Timing & Positioning"



Click on drill to view full description

### Should Parents offer Advice to Coaches & Players?

#### Advice to players....Is it actually needed?

Well, not always. After the game has ended, instead of making statements like "you were wrong to have played that way" or "you could have played better on the power play", try to see that the player has done his/her best on the ice. Offer support, encouragement and motivation. As a parent, that's your role at the rink!

### The Importance of Sleep for Hockey Players

You know you should probably get more sleep.

Mom probably told you to go to bed earlier. Coach probably threw a 9:30 curfew on the squad on the road. Someone, at some point, has preached about the importance of a that supposedly magical 8-hours.

If you're serious about performance – they're not wrong.

Getting into that late night Instagram lurk or Netflix binge could actually be holding you back from peak performance. This articles is really to share the current Sleep/Sport Science research with my own athletes when I tell them that my favorite performance enhancement supplement is a good night sleep. Let's dive in.

.....[READ MORE](#)



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Unfortunately, some parents also have a tendency to draw comparisons between their child and someone else's. Comparing your child to another player can be detrimental to their self-worth and often the worst thing parents can do post-game. Some parents are often heard...

[....READ FULL ARTICLE](#)

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## Hockey Skills Training

Meet the Coaches!



[TIM TURK - Shooting Coach](#)

[LUCAS LAWSON - Skating Coach](#)

[MATT KORTHUIS - Stick Handling Coach](#)

[ZACH SIKICH - Goalie Coach](#)



**\$20 off Any Hockey Skills  
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**Coupon Code: Turk20**

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