

# Townshend Hockey Skating Systems Newsletter

April 2012



## MESSAGE FROM GRAEME...

Prospect or Suspect?

On a recent visit to several Toronto area rinks, I noticed several hockey schools had boasted about some of their students. It seems that everybody in Toronto has coached Steven Stamkos and John Tavares. This may indeed be true but upon further investigation it became obvious to me that both Stamkos and Tavares were child prodigies when it came to hockey and I would suspect that they both would have made the NHL regardless of who they worked with.

You see, during my 10 year career I discovered that there were basically 3 ways to make it to the top in the sport of ice hockey.

1. You can make it if you possess natural God given talent
2. You can make it if you have a relative high up in the organization who is willing to pull strings for you
- 3 You can take advantage of the 20% rule

What is the 20% rule, you ask? Let me explain. Give me any group of hockey players, let's say 100. I can assure you that based on my 25+ years experience that only 20% of those in the group will have great talent, are highly self motivated and coachable. You can easily recognize them as they are the ones with their full attention on the coach, they are the ones who execute every drill to the best of their ability, they are also the ones who frequently ask questions.

If you happen to be in this group, all you have to do is outwork the rest of the group. If you notice someone in the group possessing better skills than you in any particular area, simply find out what that player does to have such superior skills and work twice as hard to develop the same skill level. If the player is a natural or a prodigy and can't explain how they do it, as most of these guys really don't know how they do it, simply analyze them and copy their every move.

I was at practice with the Maple Leafs this year and I would marvel at how great Phil Kessel's shot was. I watched him go in on starting goalie James Reimer and rip 2 shots high glove. I

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## SUPER CAMPS!

All of our camps are "super", but we want to highlight some special features of both our Super Boarding Camp being held at SUNY Morrisville July 8-13 and our Elite Super Boarding Camp being held July 29 - August 3rd.

Super Boarding Camp offers 30 hours of instruction with a ratio of 2:1 player to instructor. Players receive the Townshend Hockey Pro Experience where they are treated like their NHL heroes for a week.

New this summer is our Elite Super Boarding Camp. This is the only program in North America that offers 30 hours of one on one instructor/ student ratios with detailed video analysis of every skill broken down and corrected by an NHL skating and skills coach. Graeme Townshend will also personally give a written evaluation of every player along with their video.

Both of these camps offer free Townshend Hockey apparel, and the Townshend Hockey Pro Hockey Experience. We can only accept limited numbers of students in these camps and many spots are already taken. Sign up now before they are sold out.

[www.TownshendHockey.com](http://www.TownshendHockey.com)



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Are you looking for a motivational speaker for your organization? Contact us at [townshendhockey@yahoo.com](mailto:townshendhockey@yahoo.com) to schedule Graeme.



**“Practice until you get it right, then practice until you can’t get it wrong”**

We are looking for future newsletter content. Please forward your ideas, photos and comments to [Townshendhockey@yahoo.com](mailto:Townshendhockey@yahoo.com)

### Kudos....

Townshend Hockey students Braeden Rigney and Scott Fasano have just completed their Freshman year of NCAA play. Rigney was a first year student/athlete at Div. 1 Canisius University and Fasano was a freshman at the University of St. Thomas in Minnesota. That makes 15 NCAA players (10 Div. 1 scholarships) and 5 OHL draft picks in the past 5 years since our JC Mentorship program started! Great job guys...we're proud of you!! Also, former Townshend Hockey JC, Brian Dumoulin just signed a multi-million dollar contract with the Carolina Hurricanes! Brian was a two-time All-American and two-time National Champion at Boston College.

Jeremiah Addison has come out of nowhere to be drafted 12th overall in last weekend's OHL Priority Draft. The OHL is one of three feeder leagues to the National Hockey League. Over 50% of the NHL comes from one of the 3 Canadian Major Junior Hockey Leagues. Other JC draft picks were Riley Robertson (3rd round) and Brett Stirling (11th round). Other THSS students to get drafted were John Di Lorenzo (3rd round) and Zach Main (9th round)

Jeremiah and 4 others have just recently competed in North America's most prestigious U-16 tournament, the OHL Cup.

Congratulations to Townshend Hockey Students Jeremiah Addison of the Toronto Marlboros, Bret Stirling of the York Simcoe Express, Stanley Brenner of the Detroit Little Caesars, Michael Singh, Alyn Nanji and the rest of the Southern Tier Admirals Hockey Club.

Also congratulations to NCAA Division 1 Scholarship recipients Shane Hearn of the ECAC's West Point Cadets and Caston Sommers of the Holy Cross Crusaders. Both Townshend Hockey students will be attending their respective colleges in the Fall of 2012.

This has been an incredible year for Townshend Hockey as this marks the graduation of our first group of Junior Counselors who have stuck with us over the past 5 years and have "practiced till the got it right" and are still practicing until they can't get it wrong.

All the players just mentioned were never AAA superstars, they were all told they would never make it but managed to BEAT all the "experts" and naysayers. Way-to-go boys! Who will be the next group to "Beat the odds"? Maybe YOU??

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began to laugh and when he asked me why I was laughing, I challenged him and bet him \$10 that he couldn't do it again. He proceeded to walk in and do the same thing 5 times in a row!! I asked him how he does it and he responded "don't you know I can score on these guys any time I want?" I said "how do you shoot the puck like that?", and he simply said "I don't know, I just shoot, I have always been able to do it".

You see Phil is a natural, a prodigy. The NHL is full of these guys. I played with dozens of these types of players. I however was never a prodigy and I had very little natural talent besides size and a great work ethic. When I was in Boston, I played with a Hall of Fame forward and a multiple 50 goal scorer, Cam Neely. Many people in hockey feel that you either have "IT" or you don't. They believe that certain things can't be taught. One skill that many believe can't be taught is goal scoring. Well let me tell you that I saw how an average player turned himself into a Hall of Fame goal scorer. Cam taught me how to pay attention to details. When he explained to me how he scored goals it became apparent that I needed to adopt his philosophy. What he taught me led to an increase in my goal scoring ability where I went from 15 goals to 29 goals in 3 years!

At Townshend Hockey, we specialize in taking the average to below average player and making them above average. We will most likely never turn your child into Phil Kessel but we will train your child to execute what it is that makes him so dominant. The question is, will your child put in the hours and hours it takes to even approach the level of execution of today's great players.

We don't boast about the Stamkos' and Tavares', we boast about the Murray's (who can't skate well enough to be a #2 NHL defenseman but is), the Clowes' (undrafted and wasn't expected to make the NHL but did), the Pavelski's (apparently not a good enough skater to be a #2 center in the NHL but is), the Boyce's (not fast enough to be an NHL 3<sup>rd</sup> liner but is), the Carkner's (can't skate well enough to play in the NHL but is), the Staubitz's (not fast enough and can't skate yet he is in the NHL), the Hearn's (not good enough for a full scholarship to play Div 1 but got one), the Sommer's (not a good enough skater to play Div 1 but got a full ride anyway) and the Addison's (not fast enough to be a 1<sup>st</sup> round pick but went #12 overall in 2012 OHLdraft).

Many of these names you don't recognize, even the NHLer's I mentioned but all were not supposed to be successful and became successful anyway. Why and how? Call me and I'll tell you.