

Townshend Hockey Skating Systems Newsletter

August 2011

THANK YOU!



TownshendConsulting@yahoo.com

As we are wrapping up the final week of our summer camps for 2011, we would like to extend a big thank you to all of the students and families that have made our summer such a huge success. We were fortunate to have had over 200 students from 4 countries join us. We thank you for the notes and emails that you have sent with all of the wonderful feedback and we look forward to working with you again.



The THSS staff in Toronto.



Get Free Video Tips
and Techniques
from Graeme at:

proskatingcoach.com



Mental Training
www.theplayersmind.com



www.AdvanceMyAthlete.com

Continuing Your Townshend Hockey Training All Year.

Most of you are gearing up for the coming season and perhaps are finding some ice time to get you ready. Don't forget to review your notebook from camp with your coaches corner notes. You also have your evaluation forms to help you identify your strengths and weaknesses. Another option is to sign up for my

ProSkatingCoach.com program to continue to be

coached by me throughout the year. Lastly, if you are looking for a more in depth consultation about your hockey goals and how to reach them, please e-mail: TownshendConsulting@yahoo.com

This is a new division of Townshend Hockey Skating Systems, LLC which will allow me to work directly with players and parents to

identify the appropriate training, schools, teams, etc. for a student to best reach their hockey goals. I am excited to take on this role with my students. I am fortunate to meet many hardworking, dedicated hockey students that are looking for direction to get to the next level. This service will allow us to schedule one on one time to help you to get there. E-mail us know for more information.



Where have you and your Townshend Hockey Apparel Been?

This is a picture of goalie, Jake MacLennan in Fraser Island, Australia. Jake was there on a People to People Student Ambassador Program and proudly wore his Townshend Hockey Sweatshirt while visiting the S.S. Maheno, a WWI Shipwreck.

Send us a picture of yourself in your Townshend Hockey clothing for future newsletters—
TownshendHockey@yahoo.com

www.TownshendHockey.com



Become a fan of Townshend Hockey on Facebook



Don't forget we offer gift certificates. They can be used on merchandise or for future camps and clinics. E-mail us at townshendhockey@yahoo.com



"Practice until you get it right, then practice until you can't get it wrong"

We are always looking for future newsletter content. If you have something to share, please email it to us at:

townshendhockey@yahoo.com

Looking to purchase Townshend Hockey merchandise?
 Our website will be updated in early September to allow you to purchase items that you saw at camp this summer. In the meantime, if you are looking for something specific, email us at TownshendHockey@yahoo.com

NEXT TESTING:

Our Junior Counselors, Junior Instructors, Super Boarding Students and Acceleration Campers were all fortunate enough to participate in NEXT Testing this past summer.

What is NEXT Testing?

"It is a scientifically-based, standardized, elite testing service designed to evaluate sports specific skills and athletic traits. Based on the most current science and sports research, we offer the latest equipment and protocols to assess and analyze athletic performance potential."

Our students took part in the Skating Combine testing:

Take your game and dissect it. Lay it out piece by piece and pinpoint your strengths and weaknesses. The Next Skating Combine does just that with 70 individual measurements extracted from 14 on-ice tests that break your game down into its essential components: skating, puck handling, and reaction time.

Each drill is measured by the cold objective eyes of

precise laser gate sensors and an automated timing system. Your data is collected in its purest form so that you, your coach and all those scouts out there can make true objective analysis of the results.

- A word of warning – there's no place to hide with the skating combine*:
 Tested Skill Elements:
- Reaction time
 - Quickness – Forwards and Backwards
 - Speed – Forwards and Backwards
 - Transition Speed – Forwards and Backwards
 - Agility
 - Puck Handling

*Best of all, each test includes a cognitive component to measure the reaction time – when you skate to the line your start cue is randomly generated so it's impossible to anticipate or lead off your start. It's the ultimate test of your raw nerve.

Visit www.NextTesting.com for more information and to view sample results and videos, including testing of the CHL Top Prospects for 2011.

PHOTO GALLERY Summer 2011

