

# Townshend Hockey Skating Systems Newsletter

November 2010

## 'Tis The Season To Be Thankful!



Get Free Video Tips  
and Techniques  
from Graeme at:  
[proskatingcoach.com](http://proskatingcoach.com)



**Mental Training**  
[www.theplayersmind.com](http://www.theplayersmind.com)



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

For many of you hockey families, this is the start of your busiest time of year...holidays, hockey games and tournaments, school and work commitments. The list probably goes on and on. Here at Townshend Hockey, it is our planning and scheduling time for next summer. Graeme is busy with his work with The Toronto Maple Leafs, lessons, clinics, motivational speaking engagements and coaching

clinics. Seth and Matt are both busy with private lessons and clinics, but in comparison to our summer schedule, the pace seems a bit slower. It is a great time for us to reflect on all that we have accomplished over the past year. We were fortunate to work with students from 6 different countries, to connect with old friends and to make many new ones this past summer. Our year round staff has increased and we sold out

80% of our camps. We are thankful to all of you who have supported us with enrollment in our programs. In this highly competitive arena, it means a great deal when you refer us to your friends, family and teammates as well as when you come back season after season. Happy Thanksgiving!

~ The Townshend Hockey  
Family

## HOW DO YOU CHOOSE A HOCKEY CAMP?

Hockey schools are far more than a game. Hockey schools are a business with a product to sell you. Our consumers are your sons and daughters. There are unfortunately no organizations or administrative bodies that monitor this business activity. With no rules or guidelines, no real start-up fee, no experience requirements and so many anxious parents and players, the hockey community is a prime target for entrepreneurs with little or no hockey background.

Therefore it is *imperative* you do your homework and increase your knowledge of what is being offered to your children. Parents must understand it takes an experienced, knowledgeable and dedicated professional hockey staff to teach the skating, technical and tactical skills required

to become an outstanding Hockey player. Ever ask yourself why athletes from sports such as tennis, golf and gymnastics seek their training from professionals who have been where they want to go, yet aspiring

hockey players choose schools operated by individuals with virtually no practical playing experience? Just as important is a mature and caring staff, who know how to en-



## Need A Holiday Gift Idea for Your Hockey Player?

How about a Townshend Hockey Skating Systems, LLC Gift Card? Sold in \$100 increments, they are the perfect way for grandparents and other family members to help make additional camps and clinics a possibility. Our summer camps traditionally sell out, so be sure to register early to ensure you get the camp you want.

Happy Holidays!

Email us or call 207-284-6556 for  
Details!

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



Become a fan of Townshend Hockey on Facebook

We are looking for "dorm parents" for our boarding camp at Governor's Academy this summer. Please email us at [TownshendHockey@yahoo.com](mailto:TownshendHockey@yahoo.com) for more information.



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

Tell us what your skater has been doing since camp last summer. We are looking for some former students to feature in future newsletters. Send us a note at:

[Townshendhockey@yahoo.com](mailto:Townshendhockey@yahoo.com)

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courage a student's self-esteem and discipline. As a parent and consumer it is important to understand and ask what it is that the instructor emphasizes.

For instance, is there a structured and illustrated practice and instruction plan for staff to follow, or do the instructors make it up as they go along? Who is actually on the ice with your player? What qualifications does that instructor have? Does the school cram the ice with 50-60 students, go through the motions and leave little or no room for feedback and personal attention? Other schools simply place a series of cones or apparatus on the ice and have their students perform skills at a high rate of speed. The end result? Your child leaves the ice drenched and you are happy, but on further examination, you discover that with all that hustle and lack of correctional feedback, your child continues to perform skills and techniques incorrectly. Look at the bright side, at least he/she learned to perform those skills (ineffectively) at a high rate of speed....

To be your best, technique is the key. Speed and power will follow. The combination of technique and speed develops a complete player. Each drill must first be introduced, repeated until comfortable and once mastered, per-

formed at a high speed outside of the comfort zone.

The influx of numerous hockey schools has made the selection process very difficult. Here are 10 guidelines to consider:

1. Years of operation
2. Experience and maturity of staff
3. Student/Teacher ratio
4. Number of hours on ice (studies show that 3-5 hours/day is ideal, more can be counter-productive)
5. Variety of programs, ages and levels
6. Technical skill, teaching and skating ability of staff
7. What is management's staff selection and training policy? (if any)
8. Progressive and challenging drills
9. Authoritative on ice style
10. Concise and accurate student evaluations

Townshend Hockey Skating Systems summer schedule currently consists of 6 boarding camp options and 13 day or half day programs, designed to offer options at 3 teaching levels; primary, intermediate and advanced. (visit [www.TownshendHockey.com](http://www.TownshendHockey.com) for more information) We believe that this is a business where children and their

dreams come first. As former hockey parents ourselves, we expected our child to be given every opportunity to fulfill his expectations by choosing a school that understood the privilege of working with young athletes.

At THSS, LLC we take great pride in offering a unique product with visible results. Here's what some of our students and parents have to say about our camps and clinics:

**"Philip's speed skating improved dramatically, just by a few simple techniques in the way he positioned his feet in skating and the position of his stick."** —DOROTHY

**"Just want to Thank You for offering your camp in Buffalo. Yesterday at practice I noticed a longer more powerful stride from Tibor."** —TIM

**"At the other camps I've been to, they didn't take the time to stop and correct what I was doing wrong. It seemed like only the kids who were already good hockey players got better. At Townshend, everyone improved because of the individual attention and the extra help where needed. I never moved on to the next step without being able to do the previous drill"** —JAKE



## Christmas Break Clinic Toronto- Canlan Ice Sports York

**Program: Hockey Skating and Checking**

**Date: December 20-22**

**Time: 9am-noon (9 hours on ice)**

**Price: \$399 (includes HST)**

visit [www.TownshendHockey.com](http://www.TownshendHockey.com) to register