



## 2014 Coaches Symposiums Skating

### Overview

Saturday, May 24, 2014  
Mohawk 4 Ice Centre  
710 Mountain Brow Blvd, Hamilton, ON  
\$75.00 – includes Lunch  
CEP Credit - 20 credit points

**Additional Information:** Ian Taylor | [ian.taylor@omha.net](mailto:ian.taylor@omha.net)

### Agenda

Time:	Module
9:00	Registration & Introduction
10:00	Hockey Canada Specialty Clinic – Skating (classroom)
11:30	Break and prepare for ice session
12:00	Hockey Canada Specialty Clinic – Skating (on-ice)
1:00	Lunch
1:30	Off-Ice Training and Activity to Improve Skating - What / When / How Tiana Moe
2:30	Break
2:45	Science, Mechanics and Technology of Skating Dr. Kelly Lockwood
4:15	Wrap up, Q&A
5:00	Finish

[More information on the OMHA Continuing Education Program \(CEP\)](#)

## Guest Presenters Profile



### Dr. Kelly L. Lockwood

Dr. Kelly Lockwood is an Associate Professor in the Department of Physical Education & Kinesiology at Brock University as well as President and Lead Scientist of The Skating Lab Inc. Dr. Lockwood has been working with athletes for over 25 years. Her extensive experience in Sport Biomechanics, Exercise Physiology and High Performance Athletic Development has been blended into the proprietary training programs offered by The Skating Lab. This experience and expertise provides each Skating Lab participant with optimal assessment utilities and training methodologies for any on-ice sport. "Through the disciplines of Biomechanics and Sport Physiology, my research concentrates on the development of on-ice sports including figure skating, ice hockey, and speed skating.

### Tiana Moe

As an athlete Tiana competed nationally and internationally in Gymnastics, Track & Field, Volleyball, Handball and Bobsled. In hometown Edmonton, Tiana held the position of Head Trainer for Norm Lacombe's Hockey Impact Training Centre for Excellence. Her reputation for speed and power training drew in NHL Athletes such as Jay Bouwmeester (St. Louis Blues), Kyle Chipchura (Phoenix Coyotes), Tyler Ennis (Buffalo Sabres), Andrew Ference (Edmonton Oilers), Joffrey Lupul (Toronto Maple Leafs), Dion Phaneuf (Toronto Maple Leafs), Jared Spurgeon (Minnesota Wild), and Cam Ward (Carolina Hurricanes). Also, Olympic athletes such as Meghan Mikkelson (Women's Hockey), Shannon Szabados (Women's Hockey), Kevin Martin's Team (Men's Curling), and Stephanie Labbe (Women's Soccer) have worked with Tiana.

## Additional Curriculum Information

### Hockey Canada Specialty Clinic | Skating

"The ability to skate efficiently and effectively is the foundation for all other hockey skills". To put it another way, skating is to hockey what running is to soccer. A player's skating ability is directly related to their performance in puck control, shooting and checking. Because of this fundamental connection, any time spent on improving a player's skating abilities is an investment that will improve all aspects of their game.

### Topics covered in this module include:

Balance and Agility, Edge Control, Starting / Stopping, Forward Skating, Backward Skating and Turning & Crossovers