

Adam Schizkoske

Hockey Bio



In 1994, a spirited 18-year-old named Adam Schizkoske embarked on a coaching journey that would go on to shape the very core of his life. Guided by a seasoned mentor, he absorbed not only the tactical intricacies of hockey but also imbibed the essence of creating an atmosphere steeped in enjoyment, fairness, and discipline.

With the passage of years, Adam's coaching trajectory gathered momentum, propelling him to the upper echelons of Canada's hockey hierarchy. A defining moment arrived in 2003, as his strategic prowess guided his team to a resounding victory in the provincial finals, toppling a perennial champion. This triumph solidified his standing as a leader capable of delivering results when it mattered most.

Under Adam's steady guidance, tournaments transformed into showcases of finely tuned tactics. His adept use of positive reinforcement and his knack for unearthing hidden potential echoed across the rink, sculpting players into formidable contenders. A significant number of these athletes ascended to higher tiers of the sport, a testament to his coaching dexterity.

Adam's practice sessions were an amalgamation of sweat, precision, and strategic finesse, forged through years of molding elite teams. Leveraging insights accrued from elite-level experiences, he designed training regimens that sharpened individual skills while fostering a seamless unity within the team. The outcome was a string of victories that thrilled both players and spectators alike.

However, Adam's influence didn't confine itself to the realm of hockey alone. His certification as an energy life coach in 2017 expanded his repertoire, allowing him to steer not only game strategies but also the players' energy dynamics both on and off the ice.

Beyond the world of sports, Adam's stint in the retail sector enriched him with insights transcending industries. These invaluable lessons translated into a coaching philosophy that underscored holistic player development – a philosophy that extended beyond the rink.

Venturing into this new chapter, Adam Schizkoske radiates an unshakable confidence – a blend of passion, strategic acumen, and a wealth of experience. Rooted in principles of team cohesion and tactical prowess, his approach promises victories intertwined

with the growth of character. Through his coaching, players evolve into assets both in the heat of the game and in the wider spectrum of life. In Adam's realm, triumph harmonizes seamlessly with camaraderie, and the journey of personal evolution takes center stage.

Outside the world of coaching, Adam's passion remains undiminished. He continues to revel in sports, with favorites ranging from hockey, baseball, golf, and football to biking (both street and mountain), long-distance running, hiking, tennis, and swimming. His zest for life extends to travel, where he relishes the chance to meet new people and partake in enriching experiences.

In addition to his coaching prowess, Adam has also penned a captivating children's book titled "The Great Canadian Hockey Player," adding yet another facet to his diverse accomplishments.