



Kathy McIlwain kathymclwain@outlook.com

[LinkedIn](#)

kathymclwain.wordpress.com

519.670-2500



*designed to develop fundamental skating skills to achieve optimum performance *

- NCCP Certified Level 3 Skate Canada
- NCCP Certified Level 1 Hockey Canada
- Skate Canada and CanPower Certified
- 24 years coaching
- Private and Group powerskating sessions
- Team development – House League to NHL
- Instructor of Minor Hockey schools and camps





Kathy McLlwain
kathymcllwain@outlook.com



519.670.2500

POWERSKATING PROGRAM

A good powerskating program incorporates skating skills to apply to a game situation. Designed to develop basic fundamentals, so that the player will achieve optimum performance. Puck control can be incorporated along with building confidence through personal achievement.

The ability to skate well is the foundation that all hockey players need if they want to succeed at any level of their game.

Get the edge on the other team by POWERSKATING!

Edges- Edge Control	Stops and Starts
Body Position / Strength The Peak Power PUSH	Speed Agility
Balance and Power	Stride Development
Quick Starts- Fast Forward / Explosive	Forward Cross-over
Take Off	Backward Cross-Over
Tight Turns	Excelleration Speed
Forward / Backward Skating	Edge Control
Forward / Backward Stops	Transitional Moves
Lateral Movement	Acceleration
Pivots/Reverse/In Motion	Generating Speed/Flow Efficient Skating

Powerskating is not just for training camp. It should be used throughout the year. Each player can work to change his technique and performance.

To have speed in the game, you need skill development. By improving your team's ability to skate, not only will you **WIN** more games, it is an essential element that makes a great player.

POWER, SPEED, ACCELERATIONS = GOALS



KATHY McLLWAIN

Back Story:

I competed and trained through the Skate Canada Program as an amateur figure skater before I turned professional and joined the Ice Capades. I toured the world with a variety of Ice Show Productions for 5 years.

I am in my 23rd season of providing high performance and technical instruction, consultation and coaching to both hockey and figure skaters.

I have obtained NCCP Level 3 Certified Skate Canada and Hockey Canada Level 2 Cert. and have coached figure skaters and teams to Provincial and National levels in Canada and Finland.

I also provide power skating instruction to all levels of Minor Hockey, AAA, OHL and NHL players and teams.

My Objective:

My goal is to provide each player/team at every level, the best possible instruction by assessing and improving each individual's natural skating ability, teaching proper technique and skill development on the following:

Stride efficiency and recovery
Balance/Power/Speed
Endurance
Crossovers and Tight Turns
Lateral Mobility
Acceleration

Quick Feet Reflex
Posture
Increase length of stride
Explosive Starts F/B
Edge Work

My Viewpoint:

"My focus is on developing proper skating techniques. Looking to add power, strength, endurance and speed to each player or team. Coaching is my passion and I will make a difference. I am committed to helping these players reach their full potential"

"There are no short cuts. It takes many hours of instruction and repetition to develop all of the essential skating skills needed to be an elite player"

"Skating technique is KEY to achieving optimal speed"

"Each player is different. I break down the science of skating and work on the finer details to make them stronger, quicker and more agile"

"Sport can teach us many enduring life-enhancing qualities. We can learn self motivation and mental toughness all while building confidence through a sport that we love."

"Never underestimate DETERMINATION, DRIVE and DESIRE. These three qualities combined with work ethic, skill level and motivation make a successful player"

"I give 100% as a coach but I also demand 100% from my players. The athletes in my program receive intense disciplined sessions in a positive environment."

"THE POWER OF ATTITUDE IS UNSTOPPABLE"



Kathy McLlwain
kathymcllwain@outlook.com

519.670.2500



TESTIMONIALS

Jerry Wright – Head Coach Waterloo Wolves AAA Minor Bantam

"Kathy is the consummate professional. She began working with our team three years ago. It became clear right away that Kathy was extremely skilled and accomplished at teaching the art of skating as it relates to hockey. As a staff, we quickly decided that she would be integral to our team's improvement. The results for our team have been outstanding. Kathy has proven to not only be a master at her craft but she also has a wonderful ability in helping kids develop self - confidence---a vital component to individual and team success.

Thank you Kathy!"

Cal O'Reilly – AHL – Buffalo Sabres

"Kathy has helped me improve my skating stride technique and explosives."

Brian O'Reilly – Human Potential Plus

"Kathy is a wonderful addition to Human Potential Plus Boot Camp. Over the past two seasons she has successfully empowered NHL, Junior and AAA level players to new levels of excellence in skating. She is a kind, considerate coach with an impressive technical ability to effectively persuade athletes to self evaluate and become better players. Her strong confident demeanour empowers people to become better".

Liam Maaskant – Kitchener Rangers OHL

"I have been skating with Kathy for over 6 years. The sessions take hard work however they have helped my stride and agility immeasurably. The most important factor that Kathy pinpoints is through escaping the standard "comfort zone" to develop a much stronger and more efficient skater".

Phil Westman - Stratford Cullitons OHA Junior B Hockey Club

"Kathy has brought great enthusiasm, spirit and a very high level of skating instruction and development to the Stratford Cullitons Junior B Hockey Club. A true pleasure and asset to all hockey levels and ages".

TESTIMONIALS

Ryan O'Reilly – Colorado Avalanche/Buffalo Sabres

"Kathy is a great skating instructor who has helped me become a much more efficient and powerful skater. I believe she has made me a better well rounded player. Working with her she helped push me to find my weakest areas and grow them stronger. Not only has she done that through our sessions she also has showed me how to improve my skating while I'm alone on the ice or with my team. In every level of hockey the speed of the game improves and Kathy makes that transition much easier. I will continue to work with her and improve my skating".

Nickolas Latta – Sarnia Sting/Cologne Sharks

"The Sarnia Sting hired Kathy McLlwain to improve and continue development of our skating and she helped me lengthen my stride and generate more power using my edges. She definitely made me quicker"

Trevor Letowski – Head Coach Sarnia Sting OHL, Former NHL player, Assistant Coach Team Canada U18 team 2014 IIHF World Championships

"Kathy is one of the premiere skating instructors that I have had the chance to work with. Her work with our players has paid dividends on the ice for our hockey club."

Kevin Parker – Shanghai Thunderbirds

"As president of Shanghai Thunderbirds Hockey I would like to thank Kathy for her willingness to think outside the box and become part of our Thunderbird family. Kathy conducted a skate camp for our association in May 2015. The 50+ participants were continuously challenged and demonstrated tremendous improvement over the weekend Camp. Participants included players from all over the world living with their families here in Shanghai. Overcoming language and cultural differences, quickly adapting to our unique challenges involving ice time, Kathy never skipped a beat in delivering her exceptional program. I highly recommend Kathy, she is one of a kind!"

Pete DeBoer - Head Coach San Jose Sharks

"I have watched Kathy work with high level players every summer for the past 6 years. She commands respect on the ice with her presence and concentrates on the foundation of speed which is stride, edge work and generating more power. Whether it is an NHL player or a minor hockey player her energy is contagious and the improvement in each individual daily is credit to her teaching skills."

REFERENCES

- O'Reilly Boot Camp – Human Potential Plus – NHL/OHL/AAA Elite Player Camp
- Sarnia Sting OHL 2013/2014
- Huron Perth Lakers AAA Minor Atom/Minor Midget
- Elgin Chiefs AAA
- Waterloo Wolves AAA
- Stratford Cullitons Jr B
- Wilfred Laurier – Men's University Team
- Listowel Cyclones Jr B
- Waterloo Siskins Jr B
- Dan Wildfong – Shoot to Score Camp – Skating Instructor
- Hockey Training Above – TimTaylor/John Hotson – Skating Instructor
- Vision – Aaron Brand – Skating Instructor
- Chatham Cyclones AAA
- Minor Hockey Assoc. – Lucan, Ilderton, BCH, South Huron. Woodstock, Mt. Brydges, Sarnia, Goderich, Stratford, Seaforth, Tavistock, St. Marys
- Bo Horvat – Vancouver Canucks
- Ryan O'Reilly – Colorado Avalanche/Buffalo Sabres
- Cal O'Reilly - Buffalo Sabres
- Shanghai Thunderbirds/China
- Seth Griffith - Boston Bruins
- Kitchener Rangers Ladies