



SKATING IS THE KEY TO HOCKEY PERFORMANCE

The type of training you do **MAKES A HUGE DIFFERENCE!**



HOCKEY PERFORMANCE CENTRE

We are specialists in teaching our students **HOW TO IMPROVE THEIR SKATING**

Quality Training not Quantity of Hockey Games is important to make long lasting change



Video Analysis & Training System

ABBOTSFORD TRAINING RINK

604.852.3080 | 1-888-SK8MILL | 14-34100 S. FRASER WAY
www.hockeyperformance.ca | debbie@hockeyperformance.ca

LOCATED ACROSS FROM THE KEG, RIGHT OFF SUMAS EXIT!

