

Skate With Power Individual Development Program

Academy Athlete Add-On

Every athlete develops differently.

Some need help with posture. Others need better edge control, stronger starts, or more efficient skating mechanics. While our academy sessions provide high-level instruction for every player, there is only so much individual attention that can be provided within a team environment.

The SWP Individual Development Program was created for families looking for a more personalized coaching experience.

Think of it as having a Skate With Power coach in your corner throughout the season.

Through individualized video analysis, monthly feedback, direct communication, and personalized development plans, athletes receive ongoing coaching that complements everything we teach during academy sessions.

What You'll Receive

Personal Introduction Meeting

We begin with a Zoom call involving the athlete, parents, and a Skate With Power coach. During this meeting we will:

- Learn about the athlete and their goals
- Discuss strengths and areas for improvement
- Introduce our skating philosophy and foundational concepts
- Explain how the program works throughout the season
- Build a strong coach-athlete relationship from day one

Professional Skating Assessment

During our first academy visit, we'll film each athlete performing our foundational skating concepts:

- Forward Starts
- Forward Stride
- Tight Turns
- Linear + Curvilinear Crossovers
- Backwards Starts + Stride

These skating patterns become the foundation of the athlete's individual development plan and provide an objective baseline to measure progress throughout the season.

Personalized Video Breakdown

Following the initial assessment, we'll complete a detailed voice-over analysis through ONFORM.

Each review includes:

- Technical evaluation of skating mechanics
- Current strengths
- Priority areas for improvement
- Slow-motion review and coaching instruction
- Individual teaching points using the Skate With Power methodology

Individual Development Plan

Using the assessment and video review, we'll build a customized development plan focused on the areas that will have the greatest impact.

Your plan includes:

- Individual technical priorities
- Personalized skating drills
- Practice recommendations
- Monthly development goals

Rather than overwhelming athletes with dozens of drills, we focus on a few key improvements that create lasting results.

Ongoing Coaching Throughout the Season

Development doesn't happen from a single video review.

Each month we'll focus on one foundational skating concept.

Athletes simply:

1. Practice the monthly concept.
2. Film themselves performing the assigned skating pattern.
3. Upload the video through ONFORM.

We'll then provide another personalized voice-over analysis, comparing it to previous submissions, highlighting progress, and identifying the next area of focus.

This creates an ongoing cycle of feedback rather than a one-time assessment.

Bringing It Back to the Ice

One of the biggest advantages of this program is that we already work directly with athletes during academy sessions.

That means the coaching doesn't stop after the video review.

Throughout the season we continue reinforcing each athlete's individual coaching points while teaching the academy curriculum.

Athletes receive:

- Individual coaching cues during academy sessions
- Opportunities to ask questions specific to their development
- Consistent reinforcement of technical concepts
- A direct connection between video feedback and on-ice execution

Direct Access to Your Coaches

Athletes and parents are both added to the athlete's ONFORM profile.

Families can:

- Review coaching videos anytime
- Track progress throughout the season
- Ask questions directly to SWP coaches
- Receive support between academy visits

Development doesn't stop when practice ends.

Why We Built This Program

Our mission has always been to provide athletes with the same level of coaching we would give a professional player.

The Individual Development Program allows us to do exactly that.

Instead of simply attending academy sessions, athletes receive a personalized plan, continuous feedback, measurable progress, and a coach who understands exactly where they are today and where they need to go next.

Academy Athlete Investment

Special Hockey Academy Price per Athlete: \$600

Regular Program Value: \$750

Exclusive pricing available only to Skate With Power Academy athletes.

