

Annual Calendar

NEW YORK STATE Capital District Region

Weekly Fundamentals Program

September Thru July
Sunday Thru Friday
All Levels Randall's Rink, Troy

Pre Try-Out Clinic

September
Albany County Hockey Facility

December School Break

December
Albany County Hockey Facility

Winter School Break

February
Albany County Hockey Facility

Spring School Break

April
Albany County Hockey Facility

Advanced Player Spring Invitational

April, May, June
Knickerbacker Arena, North Troy

Summer Hockey Schools

Albany County Hockey Facility

Downstate Region

Fall
Newburgh

Mohawk Valley Region

Spring & Summer Hockey Schools
TBA

VERMONT

Fall/Winter
Manchester - Middlebury

To request registration forms call

5 1 8 - 2 7 2 - 7 7 5 9

www.myhockeyskills.com

North American Hockey Systems, Inc.

Established 1974

A full time hockey school since 1978

Family values based instruction

Instruction with encouragement

Director

David Randall

Coaches

David Randall II

Ryan Secor Paul Dowdell

All other assistants are current or former
students with 5-10+ years experience

Mini-Mite Equipment List

Helmet with face cage

Elbow pads

Hockey gloves

Shin guards

Skates, Bauer "S37", "2s" or "3s"

Skate Shop Services

Skate Sharpening

All types of blades, hockey or figure

Regular and special requests

Custom Blade Alignment

Custom Radius (Profiling)

Figure skate blade mountings

Thanks, to all the great families and
hockey organizations that have
supported and given references to
this hockey program during the past
Forty + years.



2021-2022 REGISTRATION FORM

***INDIVIDUAL SKILLS
DEVELOPMENT***

One & Two Hour Classes

***RANDALL'S RINK
200 Oakwood Avenue Troy NY***

Open Year Round

**Individual Skills
For
Hockey Players**

Saving you the trip to Toronto!!

"AN EXCEPTIONAL HOCKEY EXPERIENCE"

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www.myhockeyskills.com

***NORTH AMERICAN HOCKEY SYSTEMS, INC.
WEEKLY FALL, WINTER, SPRING SKILLS PROGRAM***

Dates: Open Year Round
Fees: Per Five Weeks - Ages 4, 5, & 6 \$ 125 1hr / \$250 2hr
 Per Five Weeks - Ages 7 to 77 \$ 135 1hr / \$270 2hr

Location: *Randall's Rink 200 Oakwood Avenue Troy, New York*

To Register: Fill out the form below and circle the appropriate class & time

Send a copy with payment to:

***N. A. H. S. Inc.
200 Oakwood Ave
Troy, NY 12182***

518 - 281 - 4811

www.myhockeyskills.com

info@myhockeyskills.com

Player's Name: _____ DOB: _____ Age: _____

Email: _____ Address: _____

City: _____ State: _____ Zip: _____

Parent's Names: _____ Cell/Day Phones: _____ Home Phone: _____

Father: _____

Mother: _____

Experience: Current Level: _____ Years Played: _____

One & Two Hour Weekly Classes

| | |
|------------|---|
| Sat | Skate/Stick 12:00-2:00 Skate/Stick 2:00-4:00 2nd yr 4:00-5:00 1st yr 5:00-6:00 Advanced 6:00-7:00 Int Adult 7:15-8:15 Beg Adult 8:15-9:15 |
| Sun | 2nd yr 8:00am 1st/2nd yr 9-10am & 10-11am Skate/Stick 11:00-1:15 1st yr 1:15-2:15 Skate/Stick 2:15-4:15 2nd&3rdyr 4:30-5:30 Advanced 5:30-7:30 Elite 7:45-8:45 |
| Mon | Advanced 4:15-5:15 4th yr 5:30-7:30 Elite 7:30-9:00 Adult 9:15-10:15 |
| Tue | Open 4:00-5:00 1st yr 5:00-6:00 3rd&4thyr 6:00-8:00 Teens 8:15-9:15 |
| Wed | Skate/Stick 4:15-6:15 Advanced 6:30-8:30 Adult 8:45-9:45 |
| Thu | 1styr 5:00-6:00 2ndyr 6:00-7:00 Advanced 7:00-9:00 Adult 9:15-10:15 |

CIRCLE THE PREFERRED DAY OF ATTENDANCE & TIME APPROPRIATE TO SKILL LEVEL

LIABILITY, IMAGING, AND MEDICAL RELEASE

In consideration of your permitting (PLAYER'S NAME) _____ to use DAVID RANDALL's, Training Rink, 200 OAKWOOD AVENUE TROY, NEW YORK, for any purpose whatsoever; I hereby covenant and agree with North American Hockey Systems, Inc., the owners, officers, agents, employees, and all persons engaged as instructors or administrators in any programs in which he/she may be a participant, to indemnify and hold harmless, each and everyone of them from and against all claims, liability, loss cost, damage and expenses which may in any way arise out of, or in connection with, the use by him/her of such facilities, including without limitation all claims he/she might have for personal injury or property damages to him/her or so arising. I understand that all video and photo images taken are the sole property of North American Hockey Systems, Inc., and may be used in promotional and instructional media. I also give consent to administer first aid and emergency transport to nearest medical facility.

Date: _____

Signature: _____

Parent or Guardian

Floor Exercises

All new players need to do these everyday for one month for proper skating development

Good skating skills are NECESSARY for all hockey players. Certain neuromuscular connections are NECESSARY for proper skating development. The ability to turn your toes in and out is a CORE NECESSITY for true skating development. This information must be well imbedded in the sub-conscious memory much like the alphabet song, mathematics tables, walking, etc. This list of exercises will help young players set a NECESSARY range of motion, and develop NECESSARY connections.

All exercises are done without skates walking approximately 20 feet each time. **Five minutes EVERY DAY for FOUR WEEKS, is necessary for permanent results . Make a one-month calendar, place it on your fridge. Complete exercises daily, and have your son or daughter check off each day. Do in the morning before breakfast or another specific time each day.** Give calendar to Coach Randall when completed. Extend time frames a few weeks on those exercises that require more effort.

1. Turn toes IN equally, knees straight, walk BACKWARD across the room 2 times.
2. Turn toes IN equally, knees straight, walk FORWARD across the room 2 times.
3. Turn toes OUT equally, knees straight, walk BACKWARD across the room 2 times.
4. Turn toes OUT equally, knees straight, walk FORWARD across the room 2 times.
5. Repeat all four drills with knees well bent.
6. Turn toes OUT; bend knees, walk sideways, first go left, and then go right.
7. Turn toes OUT; bend knees, and walk sideways in a 7-8 foot circle. Do 3 circles each way.
8. Hold arms straight out in front, lift knees and touch arms alternating left then right 20 times. Add 10 more each week if age 7 or above.
9. Questions? Contact Coach Randall at 518-281-4811 or info@myhockeyskills.com

Please Note the following based on 46+years of research and 32,100+ students in our schools.

Stick Height

Fact: the best of players usually have shorter sticks, please visit www.cuthockeysticks.com

For learning: while standing on skates, cut stick ¼" above the players collar bone or shoulder

Blade: start with mild curve, little or no twist

Shaft: Young players, 20 – 50 flex, 40 – 50 % of body weight. Older players, same as results indicate

Once a player has found the stick that works, **replace it with the SAME design for entire career**

Once a player has achieved a **high level of puck control**, stick height & shape is the player's choice

Actual player performance results are the ONLY information supporting our recommendations

Current Skate Recommendations:

Bauer Youth & Jr. Models:

Best this year is model is "2s", "3s" or "s37"

Vapor for very high instep only

Bauer SR Model:

Best this year is model is "3s" or "3spro"

Vapor for very high instep only

Bauer Model: Vapor much improved

BUT! STILL NOT RECOMMENDED as there are still balance problems for most players

In past years, 9 out of 10 players did poorly in vapor skates

Vapor models are the worst choice for players with low instep, flat foot, or knock knees

Player should have a very high instep, bowed legs, and be an aggressive player

CCM: Much improved on the mid to high end price range. Blades give slightly lower response vibrations to sense of feel

Most other skates do not balance well, flex properly, or provide proper fit for **fluid like skating**

WHEN the next major break through in skates happens, we will let you know. Don't be fooled!!

ACTUAL player performance RESULTS are the ONLY information supporting our recommendations

Additional Skate Info:

Sharpening: Request 3/8" hollow for all players in training, this forces/causes proper balance & placement of foot and body-blade alignment, players can FEEL THE ICE!

Request 1/2" hollow for recreational players and beginner adults

Radius/Profile blades to 9' @ (Coach Randall's Spec's)

Compound profiles for very advanced players only!!!

Check all blades to see that they are mounted centerline & are not bent or twisted

Replace worn out, or over sharpened blades

Used skates ok if blade & boot not to worn out

Blade Ratings, based on player balance and performance:

1. TUUK (radius to 9' - used by 80% of NHL)

2. CCM (radius to 9')

Although some can skate on anything, that is not the case for most players

To: All hockey families, Coaches, & players

An Important Note from Coach David Randall

Regarding: **Balance Compromised** on most skates 5-1/2 or smaller purchased with in the last 7-8 years.

Several years ago, we noticed it was taking longer for many players to develop their balance when doing our *balance* and *glide efficiency* development drills.

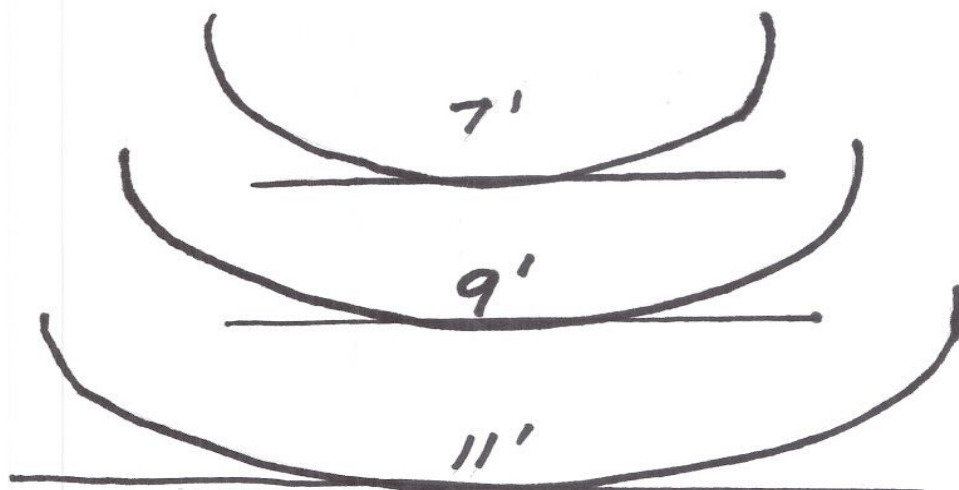
At that time, our research helped us to learn that some manufacturers had changed the heel to toe radius on junior blades to 7 feet & youth blades to 11 feet from a long-time industry standard of 9 feet (see chart below).

Many players attending our school and in youth hockey programs are wearing a size 5-1/2 skate or smaller.

After correcting thousands of players' blades from the 7 & 11 foot radius to the recommended 9-foot radius over the past several years, the balance and glide development we should see is occurring.

Please review the following information and contact us to schedule the correction or with any questions.

Hockey skate blade side view radius example, not to exact scale



7 Foot Radius rocks to much, not enough blade contacting ice. The rate of curve is to quick, somewhat unstable, maneuvers easy but skates less than maximum speed.

9 Foot Radius rocks just right, has just the right amount of blade contacting ice, and also curves at the proper rate. It is the best in matching all players' balancing mechanisms, especially during the skill developing years. The players' brain can read the rate of rock, curve, fall, and lean with remarkable accuracy. Maneuvers are still easy and they can be done with plenty of speed.

11 Foot Radius rocks to little, to much blade contacting ice. Very stable, but the rate of curve is to slow in the developing years. Players make curves too large and are unable to develop advanced balance habits quickly. Skates feel like they slide or stick to the ice during quick maneuvers. Flatter radius is great for the long strides of speed skating but not for hockey maneuvering.

Put simple, 9-foot radius works best for the human balance system, **ESPECIALLY IN THE DEVELOPING YEARS**. I have witnessed this in players of all ages and sizes for over 46 years with few exceptions.

There are more complex radius/profiles and specialized sharpenings available for players at the higher levels of hockey. It is our position that for the youth hockey player, these are NOT NECESSARY OR DESIRABLE! It is highly likely that compound profiling and flatter or rounder than 9 foot radius will inhibit proper skating development, especially those with inward knee lines, natural toe out stance, foot pronation, or flat foot.

Player performance is the only guide for our recommendations.

SOLUTION: We have the tooling/radius machine necessary for correcting any players' skates that wish to do so. The fee is \$25/youth, \$30/Junior, \$35/adult. The fee includes re-sharpening also. It is best to plan on leaving skates overnight for scheduling/planning purposes. Daytime appointments are possible.

All skates will be checked with a gauge first, and then the appropriate service will be done. If the radius is correct, you just get a sharpening for \$7.

Have your skates been sharpened 25+ times? Consider having blades checked for inconsistencies and corrected if necessary.

For groups/teams of 20 or more pairs of skates, pick up and delivery at your practice may be possible, call to discuss scheduling. Two day turn around.

Please forward to anyone that might benefit from this information.

If you have any questions, call or email.

Coach David Randall

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200 Oakwood Ave
Troy, NY 12182

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Cell 518-281-4811

info@myhockeyskills.com