



To Whom It May Concern:

My relationship with Cindy Bower has spanned almost 25 years. When I was an aspiring young hockey player, there came a time when I needed to work with the best instructors to give my game a boost. After talking to many knowledgeable sources, the name they kept offering was Cindy Bower. I quickly learned why.

I entered her programs and instantly saw improvement in my stride and skating but more importantly, learned and understood the mechanics of skating so that I could focus on these mechanics on my own time, reinforcing the good habits.

Well the proof was in the results. I was a first-round OHL pick in 1988, and then followed that up with a first-round selection by the Chicago Blackhawks in 1989. I couldn't have done it without Cindy's help.

Fast forward to 2009, I'm now the Director of Player Development for the North Halton Twisters Girls Hockey Association, based in Georgetown, and my first task was to institute a development program for all the Rep teams, consisting of top level girls from Novice to Midget. My first call was to Cindy. I have 2 girls in the Twisters program and I wouldn't trust any other power skating instructor to teach them.

As this letter indicates, I am a big fan of Cindy's and highly recommend her program. All I ask is that she be available for our programs next year.

Yours in Hockey,
Adam Bennett – NHL Alumni

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