

December 21st 2009

To whom it may concern

We are writing this letter of endorsement of Cindy Bower's Skating Program because of the program's high standard of quality and proven results.

Like any hockey parents, we have spent thousands of dollars on our son's instruction including power skating with several different programs, only to be disappointed in the results. We have found that many skating programs use "boiler plate" drills, where in reality the "one size" does not fit all. This is where we have found success and results with Cindy Bower and her methodical, almost scientific, approach to individualizing her teachings.

Each skater has unique challenges in their own mechanics of skating. Cindy analyzes, diagnoses and then applies the necessary therapy (education) to correct any deficiencies, even those entrenched and present since a skater starting skating. Cindy's precision and keen eye, along with personal feedback is what brings about change quickly. Her on ice master classes are not endurance training programs, nor does she focus on completing her drills at high speed, unless required. Cindy would rather repeat a drill, even at a slower pace, to ensure change and understanding, to bring about speed and control, once her techniques are mastered.

We as parents notice the results in many different areas. Our son, who plays defence, now has quick feet, explosive take off, greater control and superior edging and balance. He has played on all the top teams in the GTHL, Toronto Marlboros (Promittere Cup and City Champions), Toronto Red Wings (Promittere Cup) and the Vaughan Kings (Promittere Cup and City Champions). In fact at the time of writing this letter he is only one of three boys in his age group that has won three championships. He has done this with three different teams as well. We lay our son's success in minor league hockey solely at the feet of Cindy Bower and master classes.

Please feel free to contact us, if you have any questions with regards to what we have experienced with Cindy Bower's Skating Master Classes.

Best Regards

Annalisa Pressaco, B.A., LL.B.

Don McKenzie