



2020-2021  
Team Power Skating

Todd Landon, ChPC  
Owner + Head Coach  
Landonedge Skating + Consulting

# Overview

When racing down the ice on a fore check or back check do your players know how to adjust their body position and stride direction to continue to build and maintain speed efficiently?

Through Landonedge Skating programs your players will discover how body positioning, blade edges, and stride direction contribute to fast and efficient skating. With additional speed your players can win more races in the game. With improved efficiency your players' stamina will endure late into a shift and through the game.

Landonedge Skating is based on Todd Landon's 20+ years experience, as a certified and chartered high performance speed skating coach, developing skaters' knowledge and technique to be as fast and as efficient as possible.

Team Power Skating is an ongoing collaboration between Landonedge and team coaches to provide customized skating programs integrated into a team's existing training time.

Let Landonedge Skating be your team's skating expert to develop and refine players' skating knowledge and technique improving their overall speed, efficiency and confidence to perform.

# Specifics

## Program Format

- Customized team programs:
  - To address a team's specific skating needs and practice schedule.
    - For all stages and ages of player.
- No extra ice time required:
  - During a team's already scheduled practice.
- Sessions offered:
  - 50 minutes of on-ice instruction.
  - 60 minutes of off-ice instruction.
  - Team, small groups, or individuals.
  - Skating observation and feedback during team drills.
- Additional services offered:
  - Video analysis of skating performance.
  - Coach mentorship and professional development.

## Program Content

- Training progression:
  - Development – movement patterning:
    - Starting – body position, pressure on the blade, and stride direction to accelerate.
    - Forward – body position, blade pressure, and stride direction to build and maintain straight away speed.
    - Turns – body position, blade pressure, and stride direction to effectively push off the inside and outside skate through cross-overs.
    - Backward – body position, blade pressure, and stride direction to build and maintain backward speed.
  - Consolidation – correct execution:
    - Variability – decision making under competitive demands.
    - Conditioning – efficiency through sustained efforts.
  - Refinement – minor improvements:
    - Feedback and adjustments in competition.

# Session Fees

- Single Session = \$75.00\*
  - 50 minute on-ice session, or
  - 60 minute off-ice session.
  
- 4 Sessions = \$275.00\*
  - 50 minutes per on-ice session, or
  - 60 minutes per off-ice session.
  
- 8 Sessions = \$500.00\*
  - 50 minutes per on-ice session, or
  - 60 minutes per off-ice session.

\*Fees do not include ice rental.



# Working with Landonedge

## Mission

- Increase the confidence of skating athletes, coaches, and volunteers of sport organizations towards performing their ultimate goals.

## Values

- **Confidence** - The feeling that you can believe in, rely on, and trust Landonedge Skating + Consulting. The feeling of self-assurance to meet your goals that arise from new abilities and qualities.
- **Smart** - A fresh and intelligent company for athletes, coaches, and volunteers.
- **Professional** - The skill, good judgment, and polite behaviour that is expected from a role model and coach who is trained to do their job well.
- **Experienced** - knowledgeable and certified as a Chartered Professional Coach with over twenty years of experience.
- **Fun** - A friendly and engaging company that you want to spend time with to develop your skills.

Mission  
+  
Values



# Meet Todd Landon, ChPC

My sport career began playing competitive Hockey, transitioned to high performance Speed Skating, and then evolved into coaching and sport administration. I remain a high performance Speed Skating coach and sport administrator, and continue to play Hockey and co-ed Ringette recreationally.

With many years as a volunteer and professional with provincial and national sport organizations I am an experienced and skilled coach, event manager, volunteer manager, team builder, and public speaker.

- Chartered Professional Coach (ChPC)
- Certified Competition Development Coach
- Advanced Coaching Diploma
- Certified Coach Developer

My motivation for coaching and mentoring is to achieve that gratifying moment when the efforts of planning and hard work are realized.

I look forward to working with you to enhance your organization's confidence to perform.



We appreciated the expertise and work put into each session. We felt confident knowing that our daughter would be learning and practicing the essential skills needed to become a better and more efficient skater. We would definitely choose Landonedge Power Skating again.

*Sara Dexter  
July 31, 2019*

We have 3 minor hockey players in our family, and they all enrolled in the 10 week power skating summer program offered by Landonedge. The improvements in acceleration and top end speed by the end of the summer were obvious. All three made the team they were aiming for this fall, and their new skating skills were key to this success during tryouts.

*Byron Blackmore  
October 3, 2018*

## People Have Said...

Each skater I practiced with had their own strengths and weaknesses but Todd would make sure that each person knew what they should strive for. He would always find very specific things for me to focus on which enabled me to become aware of the intricacies of skating and how important each tiny movement is.

*Meredith Tulloch  
2015 Canada Games Speed Skater  
2019 Canada Games Ringette*

Todd was highly respected in the coaching profession in Manitoba when he was employed with the Manitoba Speed Skating Association and still is. His knowledge is not limited to just speed skating as he has a great understanding of long term athlete development.

*Nicolle Moskven  
Executive Director  
Manitoba Speed Skating Association*



Landonedge  
CONFIDENCE TO PERFORM

Todd Landon, ChPC  
Owner + Head Coach  
Dartmouth + Nova Scotia  
902-210-1600  
[todd@landonedgeskating.ca](mailto:todd@landonedgeskating.ca)  
[www.landonedgeskating.ca](http://www.landonedgeskating.ca)

Let me be your team's skating expert.  
Let's develop a plan for your players.