

Customer Testimonials

1. *"The Optimal Training Academy has really helped me develop. From the on ice sessions to the weight room, every aspect of it has been great. The close relationships you build over the years with the trainers really helps you excel in this program. In my case, the 5 years of working with Terry Hadlow has really benefited me. He pushed me and the program really knows how to focus on every athlete's needs."*

Travis Hamonic - 5 year member, and 2nd round draft pick of the NY Islanders

2. *"My son, Brennan Ostir attended the Optimal Training Academy ("OTA") last year and based on that experience he will register again. I found the twice a week sessions perfect for Brennan as it maintained his development during the summer while still allowing him plenty of time for other recreation. Anthony Knapp has designed a successful program that stresses conditioning and skill development but also manages to keep it fun for the kids."*

Gary Ostir, father of 10A1 hockey player Brennan - OTA supporter

3. *"The OTA program is a collection of fast-paced, intense drills that challenges the athlete and further refines the skills of an advanced hockey player. During the on-ice portion, emphasis is placed on speed and puck control concurrently. There are very few programs that can measure up... expect to see a marked improvement in your child's conditioning and on-ice performance."*

Nan Marques, father of 3 young hockey players and Fort Garry resident

4. *"This is the revolution and evolution of sport training. As an athlete not taking advantage of this program, you're leaving too much to chance. This training is essential to becoming a better athlete and better person."*

Alex Gardiner, CEO, Athletics Canada