



Instinct. Attitude. Inspiration.

Improved Blades to Change the Game of Hockey

EDMONTON, AB - When Canadian skate blade maker Therma Blade Inc. needed an expert to design the first improved blade design in 30 years, they went straight to the source - Steffany Hanlen, a personal and performance coach with 16 years of coaching experience in the NHL.

"It's really exciting to be a part of this," says Hanlen, who was responsible for ensuring the new heated blades, endorsed by the hockey legend Wayne Gretzky, were safe, effective and beneficial to physiological performance. "These blades are revolutionary in hockey skate technology. They will change the way the game is played."

In charge of testing protocols for the new blades, Hanlen conducted performance testing on the blades using various drills as well as testing conducted under both controlled and game conditions.

The studies proved the heated blades, which use electronics and a microprocessor to reduce the skate's friction and chatter, reduced heart rates and lower lactic acid among players using the heated skate blades, plus increased oxygen uptake. Overall benefits translated into a physiological advantage equivalent to about 10% over conventional skate blades as a result of increased stamina and reduced fatigue.

"These blades not only work, they have been proven to work in every way," says Hanlen.

Steffany Hanlen is an inspirational keynote speaker and a personal and performance coach who works with athletes and performers of all disciplines. She was the first female skating coach ever authorized in the NHL dressing rooms and since has worked with players on every team in the NHL. Steffany is the first ever Performance Coach accredited by the COC and is one of four coaches taking part in the Edmontonians Transformers series.

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