



#3 – 360 Spedding Court
Kelowna, BC V1X 7K9
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www.redlinehph.com

Testimonials



Shea Weber - Nashville Predators

“Aaron trained me to become more explosive and efficient. He improved my acceleration while skating in more direct lines. He has improved my game which has helped me compete in today’s new NHL.”

Shane McColgan - Kelowna Rockets

“The skating system on the treadmill is the same system Aaron taught me on the ice but now he can work with me one on one while skating against the treadmills force while I watch myself on video. Aaron and Redline High Performance Hockey has prepared me to hit the ice in top shape and I don’t have to think about skating better because it has become automatic.”



Travis Zajac - New Jersey Devils

“Aaron has figured out the most effective way to improve my skating. I’ve become a faster and more explosive skater working on Aaron’s techniques.”

Kyle Turris - Phoenix Coyotes

“Aaron pointed out areas in my stride to work on that would make it more powerful. I’m faster and feel stronger on my edges after working with him.”



Blake Comeau - New York Islanders

“I have become a more explosive and efficient skater since training with Aaron. He has helped me immensely which has improved me as a player.”

Troy Bodie - Anaheim Mighty Ducks

“Aaron helped me take my skating to a new level. With the new rules of the game, quickness is crucial. Aaron has definitely helped me adapt.”



Cody Franson - Nashville Predators

“Aaron and Derek at Redline took my skating to a whole new level. Together we designed a program over one weeks time on the ice and treadmill. I was amazed how much we improved the areas in my skating that we all felt I need to develop in order to land a full time spot in the NHL. Thanks and I look forward to the next off season.”