

Sports Academy Staff, Brian Shackel

Video Instructor



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- Brian Shackel - Biomechanics Analyst
- Owner of Making Stridz Athlete Development- Biomechanics Consulting company which specializes in the use of technology to aid skill development with specific focus on skating technique
- [Visit http://www.makingstridz.com](http://www.makingstridz.com)
- MSc Biomechanics and BSc Kinesiology from the University of Manitoba
- On Ice Instructor for Making Stridz Athlete Development, Wainright Hockey Academy and Premier Strength
- Off Ice Strength and Conditioning experience with Premier Strength
- Experience in injury prevention, rehabilitation and performance enhancement