

Blake Schaefering:



Over 20 years experience working with ice hockey players of all ages and abilities (NHL, ECHL, NCAA, US Women's National Team, GET, Junior & AAA (USA), Akershus Ishockeykrets, etc) both on and off the ice. Currently starting off-season preparations (3rd off-season) with U18 (Norwegian champions) & U20 Manglerud Star teams.

Mentored by renown power skating coach Diana Schaefering, Blake specializes today in linking the off-ice strength and conditioning with the on-ice needs and vice versa. He is based at Magnat Performance Center in Skøyen where he also works with athletes such as Cecilia Brækhus and Emil Meek among others.

