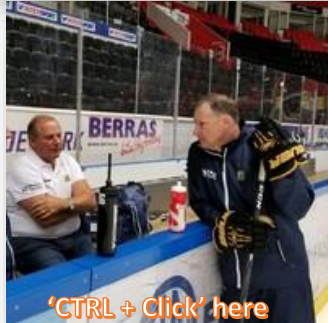


## Jeff Compton Bio:

- Education:
  - MSc Degree - Exercise Physiology – Post Activation Potentiation for Ice Hockey Warm-Up (UVic)
  - BSc - Kinesiology (University of Ottawa)
- Current Coaching:
  - [Victoria Royals \(WHL\), skating video, Heart Rate training video](#)
  - [Shawnigan Lake School Midget Prep \(CSSHL\)](#)
- [Hockey Canada Coaching Course Author and Speaker](#)
- [Shoot-out consultant: Canadian Women's Field Hockey Team](#)
- International skills and performance consulting ([Sweden](#), [Hungary](#))
  - <https://www.sodertaljesk.se/>
  - <https://www.fehervarav19.hu/>
  - <https://svenskahockeyskolan.se/>
- Various consulting work (skills or fitness): Toronto Maple Leafs, Ottawa Senators, New York Rangers, Vancouver Canucks, [Winnipeg Jets](#), Dallas Stars



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