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*FOR IMMEDIATE RELEASE*

## **BROTHERS CHAD AND ETHAN MOREAU LAUNCH PREMIER HOCKEY ONLINE TRAINING WEBSITE, HOCKEYOT.COM**

**Website Offers NHL Caliber Off-Ice Hockey Training for Youth, Junior,  
College, Adult, Professional, and NHL Players**

### **Kickoff Event at Body by Bennett Gym In Edmonton Feb. 26-27**

**LOS ANGELES, CA (February 10, 2010)** – Brothers Dr. Chad Moreau, expert fitness and nutrition consultant, and Edmonton Oilers Team Captain Ethan Moreau announce **www.HockeyOT.com**, an innovative, online training resource for hockey players of all skill levels. The website will officially launch with a public event called **HockeyOT Training Combine** at Edmonton's Body by Bennett Gym Feb. 26-27, 2010.

**Hockey Online Training** (HockeyOT.com) is the premier online training website for hockey players 13 and older. **HockeyOT.com** generates a hockey-training program to an incredibly specific level taking into account an athlete's age, height and weight, position, strengths and weaknesses, play level, personal goals, training experience and more. The site provides affordable, custom-tailored in-season and off-season workouts, keeping in mind an individual's access to specific fitness equipment. Parents and coaches may also use **HockeyOT.com** to help develop young players.

"HockeyOT.com is extremely excited to deliver world-class training in a portable and affordable format for players of all skill levels," says HockeyOT.com Founder Dr. Chad Moreau. "We recognize not every hockey player or coach has access to proven off-ice training methods; and we designed a web-based solution to fill this need."

HockeyOT.com features expert video content with training demonstrations conducted by professional hockey players and routines are generated to optimize the athletic performance of each individual in order to achieve top results without injury. Each exercise is explained using not just video but text and photographs. There are measurement tools that monitor progress and also serve as motivation for advancement to the next tier of fitness conditioning.

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"Whether you train in a gym, your basement or garage, the HockeyOT.com program will generate a routine that remains accessible 24-hours a day from any location in the world with access to the Internet," explains Moreau. "As each athlete progresses in training at his or her own pace, revised routines are created, which makes HockeyOT.com a long-term solution for long-term success."

**Dr. Chad Moreau**, a former fitness and nutrition consultant for the Edmonton Oilers, founded **Hockey Online Training**, which is based in Los Angeles, CA. Active NHL players, including **Jarrett Stoll** of the Los Angeles Kings, **Raffi Torres** of the Columbus Blue Jackets, and **Ethan Moreau** and **Shawn Horcoff** of the Edmonton Oilers are also part owners in the company. For more information, visit [www.HockeyOT.com](http://www.HockeyOT.com).

### **HockeyOT Training Combine – The Kickoff Event Feb. 26-27, 2010**

**Hockey Online Training** will host the **Hockey OT Training Combine** from 3-8 p.m. Friday, Feb. 26 and from 8 a.m.-5 p.m. Saturday, Feb. 27 at the Body by Bennett Gym in West Edmonton located at 17627 111 Ave., NW Edmonton, AB.

**Dr. Chad Moreau**, current Edmonton Oilers Fitness Consultant **Simon Bennett**, and National Hockey League players **Ethan Moreau** and Oilers Centre **Shawn Horcoff**, will provide one-on-one training strength and conditioning consultations at this two-day event.

Coaches, parents, and players (13 and older) must reserve a time slot at [www.hockeyot.com/event-signup/](http://www.hockeyot.com/event-signup/). Space is limited, so register today.

For questions regarding the **Hockey Online Training Combine**, please email [edmontontrainingcombine@hockeyot.com](mailto:edmontontrainingcombine@hockeyot.com), or call 780-229-0724.

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To schedule in-person or phone interviews with Dr. Chad Moreau prior to the event, please call Darrin or Kathleen. Interviews will also be available Feb. 26-27 at Body by Bennett Gym in Edmonton – please call to secure your time. Camera crews and photographers are welcome. Photography is also available upon request.

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