



RapidShot / RapidHands

Revolution Ice Centre operates a RapidShot shooting lane on the 2nd level of rink #2.

RapidShot is a patented hockey training system that automatically passes and collects hundreds of pucks an hour. There are 8 pass speeds and intervals for training slap shot, wrist shot, backhand and one-timers. RapidShot is the most advanced computerized shooting system in the world that measures accuracy, shot speed and reaction time. RapidShot measures the players' speed in accepting the pass, their velocity in shooting the puck and their accuracy in hitting targets.

RapidHands

If players want to improve control and hand speed, they can only do so through repetition and feedback. RapidHands is a unique hockey training system that improves vision and stickhandling by providing a fun way to train while encouraging sound fundamentals.

The training system uses sensors embedded in synthetic ice to track the movement of the puck. When the system asks a player to stickhandle over a specific target, the puck activates the sensor, informing the software that the maneuver has been performed. It also allows players to work on their transition from stick handling to passing on both sides of the stick. Scores are recorded, performance is measured and feedback is provided to gauge the player's progress and shows how they rank with respect to their peers.

Unlike other stickhandling devices, RapidHands forces players to keep their head up to watch the screen while they stick handle.

Testimonials

- "RapidShot is the best hockey training tool that I have used in 15+ years. It trains reaction time and shooting accuracy unlike anything else out there." Coach Alex Vasko, Head Coach - 2012 USA Hockey National Championship Team
- During injury recovery, RapidShot was kind of like my oasis, to still be able to shoot and stick handle when I wasn't able to be on the ice. It kept my hands moving, and it was like my mental getaway. I probably shot six thousand pucks in there." Mario Lucia, University of Notre Dame and 2013 IIHF World Champion
- Before a game, if I don't shoot on RapidShot, I don't score on the Ice."
- Recently, I was in the RapidShot lane with a former NHL'er who played professionally for over 18 years. I saw the same excitement in his eyes that I see with a six year old."

Guest Pass \$5 Activation Fee

Price \$1.00 per minute (minimum 10 minutes) - NOTE because you are not a MEMBER, these cards will not be registered with RapidShot online to track your score against the world

Individual Memberships

1 Year Membership ** Best Value **
Unlimited use of RapidShot*
price: \$600
(WBS Knights receive a 20% Discount)

6 Month Membership
Unlimited use of RapidShot
price: \$350
(WBS Knights receive a 20% Discount)

1 Month Membership
\$5 Activation Fee
Unlimited use of RapidShot
price: \$100
(WBS Knights receive a 20% Discount)

Unlimited use of RapidShot and RapidHands*

How RapidShot Helps Hockey Players Develop a Great Shot



Puck Reception

The RapidShot Hockey Training System Provides an unparalleled passing rate. Up to 800 passes per hour allows you to develop the “feel for the puck”. The evaluation of each shot gives you the understanding that you can only perform you best with good puck reception.

Reaction Time

On the ice, in the heat of a game, you must find the spot on the net, randomly lighting up one of four lamps just as you receive the pass. This forces you to have the goal in your field of vision while receiving the pass. The time from receiving the puck until it leaves the blade is measured with high precision.

Puck Speed

All other factors being equal, the faster the puck speed the harder it is to save. The puck speed depends on multiple variables; having the right stick, your physical strength. But the most important is a highly developed and consistent technique.

by having immediate feedback and the maximum rate of repetition within the shortest period of time, the RapidShot Hockey Training System allows you to learn the best technique!

Accuracy

Only RapidShot makes it possible for the player and coach to evaluate accuracy, by observing the shooting statistics recorded in each corner. RapidShot stats can identify strengths and weaknesses, by corner. The user is shown his/her precise level of accuracy immediately and in long - term evaluations right at the lane monitor, and also at the member site on the internet.

How Does It Work

Swipe Member Card

The RapidShot is equipped with a card reader. As soon as a card is swiped through the reader, the RapidShot computer is activated for that user and awaits your commands

Set Players Preferences

The RapidShot Hockey Training System is controlled by command buttons.

players use the command buttons to adjust the 8 passing speeds and 8 intervals between passes.

Select Playing Mode

Players can choose between Competition Mode, Dual Mode, Training Mode or stick Testing Mode.

Shoot

Select start and keep your head up... a series of 16 passes will be fired at the speed and interval selected. An instant before each pass reaches the player's stick, the shooting target will light up. The speed, accuracy, reaction time and an overall point value are instantly calculated after each shot and displayed on the computer monitor.

Get Day Report

After a session of shooting, members can view their Day Report on the internet site, summarizing their performance. Details include speed, reaction time, points, hit rates for each target and World Rankings status.

Check Online Rankings

All rankings recorded during Competition and Duel Mode shooting are uploaded to www.rapidshot.com regularly throughout the day. Players can visit the web site at anytime to monitor their standings and compare with other players in their age group



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