



DANIEL KRAM - RMT

Daniel Kram is a RMT, with education and experience in manual therapies, rehab management, coaching and instructing. Daniel was introduced to Gold In The Net in 2014 when he took his grandson, Seth to a camp in Burnaby, BC. Because of Dan's interest in movement mobility and fitness, he approached Perry about the dryland program they were running at the camp. After a short conversation Perry asked Daniel to help, which he did for that week. Early in 2015 Perry contacted Daniel to help produce a dryland program for Gold In The Net. Frank Slubowski, a NCAA and Pro goalie, said it was the best off ice program he had encountered.

Constantly expanding his craft, Daniel introduced Original Strength Resets to the camps on Vancouver Island in 2018. Through continuing dialogue with Perry, Daniel and his wife Berit became the franchisees for Gold In The Net-Metro Vancouver in October.

Daniel has a passion for hockey and keeping athletes performing at their best. He is very excited to combine the new Senaptec Sensory System and Strobe glasses in conjunction with our dryland training. This will provide our goalies with the ability to perform at their highest level and reduce the chances of injury.

Daniel graduated from the West Coast College of Massage Therapy in August 1995 and established the Edmonds Therapeutic and Sports Massage Clinic in November 1995. From 2005 – 2008 he was a teacher assistant for Manual Skills II and III and Primary Instructor for Neuro Assessment 1 at the West Coast College of Massage Therapy. In 2006 Daniel completed a diploma in Rehabilitation Management from Simon Fraser University.

He participated in Competitive Powerlifting from 1985- 2001. He was a six-time B.C. Champion, 3-time National Bench Press Champion. Silver medalist, National Powerlifting Championships in 1998, 2000, 2001. Tenth place finishes at the 1994 and 1997 IPF World Bench Press Championships. Fifth place and Bronze medalist (Bench Press) at the 1998 World Master's Powerlifting Championships. Tenth place at the 2000 IPF World Masters Powerlifting Championships. Daniel coached the Canadian Men's Powerlifting Team at the IPF World Powerlifting Championships in 1991 and 1992. He has instructed over 500 group Kettlebell classes over the past 4 years.