

ATHLETIC ACADEMY

HOCKEY



HOCKEY ACADEMY PARENT GUIDEBOOK

Important Details

Monthly Schedules

All monthly schedules are found on our Hockey Academy webpage through [spschools.org>Programs>Athletic Academy>Hockey Academy](https://spschools.org/Programs/AthleticAcademy/HockeyAcademy). It is a google calendar that can be downloaded to your smartphone.

Communication

Every day communication will come in the form of a message on the Remind app that we use. Each family will be responsible to sign up for this app. Instructions on how to sign up will be included in the orientation package.

On big events that involve the entire academy or specific to a group, we will email all the details. This involves a major event or a schedule change over a long period of time. We will also communicate via email or phone call for individual cases of communication dealing with academic issues, behavioural, injury, etc.

Any questions about a day to day operation issue (student sick, pick up time, etc.) will go through your lead teacher. This will be outlined in the orientation package you receive. Any major issue will be handled by the Hockey Academy Coordinator.

Financial Inquiries

This is dealt with by the main office of the school you are attending. If there are any major issues, you can be in contact with the Hockey Academy Coordinator and we can work with the school office administration to sort out the issue. Please note that all minor questions or inquiries must go through the main office of the school first and foremost.

Routines (day to day)

The routine for each school will be very specific to the students at that school. Mr. Fiorillo and/or the lead teachers will lead the students through their daily routine during their orientation day. It takes a couple of weeks for new students to get accustomed to the routine but becomes just a part of their school day in short order.

Webpage

spschools.org/program/athleticacademy/hockey_academy



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PHILOSOPHY

The academy welcomes hockey players of all abilities and offers a dual-track developmental model for both elite and developmental student-athletes. This will be accomplished by: challenging each student, individualising certain lesson plans and providing personal-pace development for each player. Student-athletes will also be exposed to multiple coaches who work on all fundamental skills, be introduced to multiple sports and activities, and learn key life skills.

ON ICE

The focus on the ice is total hockey skill development: skating, shooting, passing, puck handling, offensive and defensive tactics, position specific teaching, goal scoring, and positioning on the ice. This will be taught by running high-level intensity on-ice sessions designed to develop all of the hockey player's fundamental skills. No hockey team systems will be taught. Student-athletes can focus on their individual skill development in order to enhance their growth as hockey players so that they contribute to their club teams and their team's coach. We desire to work with a player's club team and its coach and wish to enhance each player's own personal development and growth as a hockey player.

Our way of teaching: This model is how we teach technique:

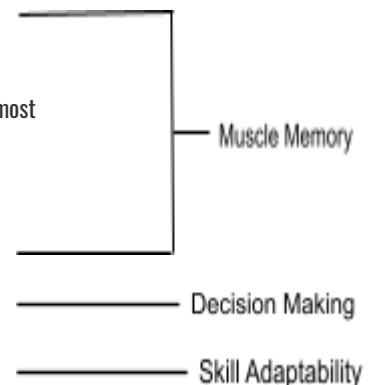
Isolate - Each skill will be broken down into their most basic parts.

Pattern - We will take each part and pattern the movement of the body so the body can work together in its most efficient way.

Sequence - We will stack skills together in order to see how multiple skills will complement each other.

Stress - We will add pressure to the students once they are ready in order to enhance their skill.

Small Area Games/Game like scenarios - We will teach how to use skills in game-like environments.



This is a linear approach to introduce technique. We need to use this model in consultation with small area games that allow the student-athlete to engage in skill adaptability so they are more prepared to play the game.

OFF ICE

To become a successful hockey player and to enhance on-ice skill development, the off-ice training component must be taken seriously. Players must be dedicated to the off-ice sessions in order to grow and develop, and to improve sports performance. There will be one off-ice session per week, which will expose the students to multiple sports in the hopes that students will recognize the benefits of training different aspects of the body and the correlation of skills in different sports to the game of hockey.

The main components of the off-ice sessions are:

- Multi-Sport Exposure/Fitness: testing, flexibility, plyometrics, strength, aerobic and anaerobic conditioning, cross training, and speed and agility; multi-sport exposure (curling, badminton, soccer, football, lacrosse, etc.)
- Mental Training: goal setting, relaxation, visualisation, imagery, focusing, leadership and self-awareness.
- Health/Physical Education: nutrition, team building, guest speakers, fitness/wellness, sports injuries, yoga and other sports.
- Fun: Remember, this is also meant to be a fun experience for students and some activities are booked with that in mind.



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Defining Core Values

Respect

We show respect at all times and in all situations. We are either showing respect or we are not; Very simple.

Accountability

We hold ourselves to a high standard and keep ourselves accountable to “doing the right thing”. This comes from each individual starting with the staff to the student-athletes. Mistakes will happen but we understand the accountability lands on us. -- *“Accountability is strongest when it is self-prescribed.” - Dr. Cassidy Preston (Performance Coach)*

Work Ethic

Two things cannot be coached; work ethic and attitude. Those two traits are expectations and choices made by each individual.

Personal Responsibility

We take ownership of our choices and our path to success. It is not the fault of others, we take responsibility to carve our own path to succeed.

Challenge Comfort Zone

No individual has ever garnered success by doing what we know how to do already. We must step out of what is comfortable to find a new level. Embrace failure and allow it to teach us.

Gratitude

We are very lucky and privileged to play this game and have the opportunities we do. Being grateful allows us to block out the entitlement and recognize the great opportunity to become better.

The Harvard Medical School definition of gratefulness is “With gratitude, people acknowledge the goodness in their lives... As a result, gratitude also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power.”



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Student Expectations

On-Ice Sessions

- Students must have their academy jersey and socks for on-ice sessions, and a water bottle..
 - We can give a warning for the first offence but we must hold students accountable if they do not have them. (sit out of game for a time period determined by yourself or the lead teacher)
 - Attitude and Effort are expectations, not something we will constantly ask for.
 - Issues with these areas should be addressed immediately or discussed with me to follow up at a higher level.
 - Respect is also an expectation. Any disrespectful behaviour toward staff or other students will be addressed immediately.

Off-Ice Sessions

- Students must be prepared with academy apparel and running shoes and a water bottle.
 - Similar to on-ice – must hold students accountable if they do not have items.
 - Hockey Academy Hat can be worn during activity but no other hats or touques.
 - Sit out of activity for a time period determined by yourself or the lead teacher.
- Students are expected to act with professionalism and respect while visiting other facilities.
 - Anything contrary to this will not be tolerated. (Damage, mess left behind, disrespectful behaviour towards staff or students, etc. will not be acceptable)

MODEL THE CORE VALUES OF THE ACADEMY AT ALL TIMES



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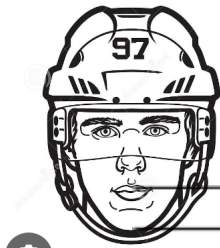
Equipment

Typically this is the area that hinders players a lot in their development. Many times it is an honest mistake by not being sized properly or planning for growth instead of what the player needs at the moment.

Hockey Stick

This is by the one that most players and goalies get wrong in terms of length. While this is a personal preference, there are a few things to avoid. Many issues can arise from a poorly sized hockey stick and will affect the ability to handle and shoot the puck.

Length: The general rule would be to have the stick between the chin and the bottom lip while your skates are on. Sticks that are taller than this cause players to stand too upright, not creating any power in their stride or limiting their range of motion.



Between this range

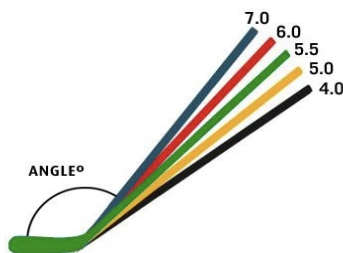
We understand that sticks are expensive and many families want sticks that the player can grow into but having a stick that is too tall severely limits their fundamental skills that can affect them long term. Many items such as stick extensions can be bought to lengthen a stick.

Flex: This is another aspect that most people unintentionally get wrong. Many often say that the flex does not matter because most young players can't flex their stick anyways. This is wrong because technology has allowed

for sticks to be produced at a wide range of flexes. The general rule would be that the flex should be about 40-45 percent of their body weight. (Ex: Player weighs 100 lbs, the stick flex should be 40-45)

Note: For each inch that you cut off of a stick, 3-5 flex points are added to make it stiffer. (Ex: Player cuts off one inch of a 60 flex stick, it is now a 65 flex)

Lie: This is something that a lot of people do not consider when purchasing a stick. The easiest explanation is that the lie accounts for the angle of the blade when holding the stick in a natural position.



The reason this is important is due to many players losing control of the puck because not enough blade is on the ice. We want to maximise the surface area of our blade on the ice to increase our control of the puck.



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Hockey Skates

Please get your hockey skates fitted properly by a trained professional. There should be no more than an index finger worth of space in your skate when your toes are touching the front cap.



Hockey Laces: Laces should be long enough to tie skates correctly but not too long where the option to wrap laces around your ankle is available. Wrapping laces around your ankle hinders ankle flexion which takes away from the player's ability to skate efficiently.

Equipment Checklist

Item	Check
Helmet	
Gloves	
Neck Guard	
Shoulder Pads	
Elbow Pads	
Hockey Pants	
Shin Pads	
Jock/Jill	
Skates	
Undergear	
Jersey/Socks	
Water Bottle	



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Fees

Grades 4-9 (RH/LEH/WDC)

Hillgrove (contacted directly)

The fees are posted on our webpage for the schools who do run the full academy program. Hillgrove families will be contacted directly by the Hockey Academy Coordinator about fees.

The fees are a program fee that are broken into monthly payments. Each month has a different cost due to days in a month, etc. Fees go towards staffing (non-certified), transportation, and all operational costs associated with the academy.

Outstanding Fees

Fees are constantly monitored by the admin assistants at each school. Any family that is behind by two months in outstanding fees will be contacted and your child may be removed from the academy if the situation cannot be rectified. This is dealt with on a case by case basis.

Financial Inquiries

All financial questions or concerns should be dealt with by the main office of the school you are attending. Mr. Fiorillo or the lead teachers do not deal with finances. Please direct those questions to the office.

High School

Bellerose and Paul Kane

The fees are posted on the webpage on a per month example. The fees are a program fee that are broken into monthly payments. Each month has a different cost due to days in a month, etc. Fees go towards staffing (non-certified), transportation, and all operational costs associated with the academy.

Outstanding Fees

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St. Albert
PUBLIC SCHOOLS

