



HSCDSB Hockey Canada Skills Academy

Information for 2018 -2019 School Year

Huron-Superior Catholic District School Board
90 Ontario Avenue, Sault Ste. Marie, Ontario P6B 6G7



The Huron-Superior Catholic District School Board (HSCDSB), in partnership with Hockey Canada and supported by the Ontario Hockey Federation and Sault Major Hockey Association, is excited to once again offer students the Hockey Canada Skills Academy program. HSCDSB's Hockey Canada Skills Academy is designed to challenge and inspire all students who participate in it. It is a complete program that includes education, on-ice skills, off-ice strength and conditioning, mental training, and personal development. On-ice sessions include hockey fundamentals, such as skating, puck handling, checking, and passing. When students are not on ice, they are exposed to sport-specific fitness training, floor ball, stick handling and shooting. Health promotion, with a specific emphasis on sound food and nutrition habits, is also explored.

This is a great program for those students wanting to enhance their current skill set. It also provides an opportunity to introduce the game to students new to hockey who want to play for the first time. **The Academy is open to all students entering Grades 7 and 8 and possibly Grades 5 and 6, pending registration numbers.**

The elementary program that is based out of St. Basil Catholic Elementary School. In secondary, the academy is open to **all students entering Grade 9 and possibly Grade 10 at St. Mary's College.** Enrollment will be based on the number of applicants, while a selection committee will review all applications and determine participants. The program operates during the school day and runs from September to June each year at the elementary level, and for the duration of the first semester at the secondary level.

HSCDSB's Hockey Canada Skills Academy is committed to the development of each player and providing personalized and directed strategies for improvement. The individual needs of each player are identified by analyzing his/her academics, hockey skills, strength and conditioning, and future goals. All program participants must be committed to both on, and off-ice training. The program offers on going skill development the opportunity to build on individual skills, and team development.

HSCDSB's Hockey Canada Skills Academy has been accredited by Hockey Canada. The framework of the program is consistent with the standards for development set by Hockey Canada. As well, it is in full compliance with the Ministry of Education's provincial expectations for health and physical education. Importantly, the goals and values of the program are consistent with the HSCDSB goals and values of inclusion, equity of opportunity, and meeting the needs of the whole child.

We are once again very excited to offer this unique opportunity to our students who love the game of hockey or who have never had the opportunity, because of personal circumstances, to pursue the development of their skills in hockey.

It is important to return the registration form as soon as possible as the program may become full and waiting lists might be needed. This year's program has been and continues to be very successful. Once we have your interest we will have a parent information meeting in early December. Thanks so much for your anticipated support!

If you have any questions or concerns, please contact John Bruno, Superintendent of Education at 705-256-9214.

Who can apply for the program?

Any male or female enrolled in a HSCDSB school entering grades 5 through grade 10 can apply. For those students who do not currently attend any of our schools, parents must complete a school registration form for September 2018 along with the Hockey Academy application form.

Does my child need to have prior experience playing hockey?

No. Any child regardless of their hockey skill level may apply to gain acceptance into the program. The program will be structured to ensure that students who have limited or zero experience, as well as those who are enrolled in minor hockey, have the opportunity to further develop their skill level.

Will my child need to bring equipment?

Yes. We expect that some students will have equipment while others may need assistance. Partnerships with corporate sponsors will exist in order to help support the needs of our students and their families.

Benefits:

- Enhancement of individual technical and tactical development along with fitness and nutrition.
- All training sessions occur during the school day.
- Provides a better balance for the practice to game ratio that currently exists.
- Enhancement of academic achievement through establishing a better balance between athletics and academics within the school system.

On-Ice Hockey Instruction:

- 120-180 minutes per week depending on grade level
- Individual skill development (skating, passing, shooting, checking, goaltender skill development)
- Hockey Canada qualified on-ice staff
- Hockey Canada Skills Academy Curriculum

Off-Ice / Classroom Instruction:

- Qualified teaching staff
- Systems of play, warm-up/cool down, video analysis, strength and resistance training, core training, balance, sound food and nutrition habits.

Mental Training:

- Goal setting
- Positive reinforcement
- Self-discipline
- Self-motivation
- Self-confidence

To indicate your interest in this program, complete the information below and have your child return this form to his/her school by Friday, December 1, 2017.

Hockey Skills Academy Participation Survey

Child's Name: _____ D.O.B.: _____

School Name: _____ Current Grade: _____

Parent(s) / Guardian(s) Name: _____

Parent(s) /Guardian(s) Contacts: Home: _____ Alternate No: _____

Email: _____