



# Hockey Academy 8-10

# Valleyview Hockey Skills Academy



- Staff
- Expectations
- The Course
- Fees
- Communication



Questions?



Please type any questions into the chat

# Kyle Allan



- Teaching in SD73 for 12 years
- Player
  - KMHA
  - Nelson Leafs (KIJHL)
  - TRU Wolfpack (BCIHL)
- Coaching
  - KMHA/BC Hockey programs for 15 years
  - High Performance 1 Certification
- BC Hockey NCCP Course Conductor & Practice Evaluator
- BC POE U16 Male/U18 Female



# Who Is Academy For?



- Grades 8-10
- Full Set of Hockey Gear
- Beginners to Elite Players
- Positive Attitude
- Desire to Improve & Learn



# Expectations



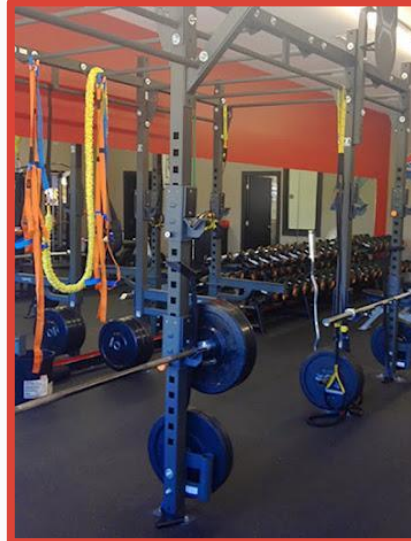
- Respect
  - Yourself, Others, Environment (rink/gym)
- Punctual
  - Other classes...
- Prepared
  - Schedule, Equipment, Transportation
- Attitude
  - Come ready to do your best



# Hockey Academy



- Grades 8-10
- Hockey Academy has three components
  - On-ice
  - Off-Ice/Dryland
  - Classroom



# Course



- Content
  - On-Ice Skill Development
    - Skating, Puck Control, Passing/Receiving, Shooting, Checking
    - Individual/Team Tactics
  - Off-Ice & Dry Land
    - Nutrition, Training/Conditioning, Growth & Development, Mental Health, Sport Psychology, Skill Analysis, Injury Prevention/Awareness, Leadership, Multi-Sport Activities



# On-Ice Schedule



- Period 1 - 8:15-9:15
- Period 2 - Not on Ice
- Period 3 - 11:45-12:45
- Period 4 - 1:30-2:30

*\*Dressed and on-ice for these times*

*\*Students will be provided with a monthly schedule*

# Typical Weekly Schedule



Monday: Classroom

Tuesday: On-Ice 1:30 - 2:30

Wednesday: On-Ice 11:45 - 12:45

Thursday: Dry Land 10:00 - 11:00

Friday: 8:15 - 9:15 / Classroom

# Equipment Storage



- Available at VV Arena
  - Key Code
  - Stalls/Storage
- Equipment can be dropped off prior to ice times and picked up afterwards

# Transportation



- Students are required to get to and from the rink on their own
- Bus is provided to and from Acceleration Strength & Conditioning

# Guest Instructors



## ON-ICE STAFF

- Don Hay (Associate Coach, Kamloops Blazers)
- Michelle Pepin (Power Skating Instructor)
- Michael Hails (Goaltending Coach, One Stop Goaltending)
- Aaron Keller (Assistant Coach, Kamloops Blazers; KMHA)
- Tanner Cochrane (Former Coach, Salmon Arm Silverbacks & Thompson Blazers U18AAA)
- Ty Kolle (Skill Development Coach, Kamloops Storm; Synergy Hockey)
- Scott Fergusson (Former Coach, Kamloops Blazers & KMHA; Retired NHL Defenseman)
- Jason Fowles (Former Instructor, Valleyveiw Hockey Academy)
- Tyler Love (Goaltending Coach, World Pro Goaltending)

## OFF-ICE STAFF

- Greg Kozoris (Owner/Strength Coach, Acceleration Strength & Conditioning)
- Jason Fowles (Strength Coach, Acceleration Strength & Conditioning)
- Drew DeFrias (Strength Coach, Acceleration Strength & Conditioning)



# Combine Testing



- WHL Combines/OHS Group
- On-Ice Testing: Speed & Agility
- Skaters & Goalies
- Twice per year



# Apparel



Hockey Academy Kit:

- T-Shirt/Shorts
- Jersey/Socks

*\*Kit is to be worn for on-ice and off-ice training*

Optional apparel will be available for purchase

# Cost



- Semester fee of \$900
  - Guest Instructors \$495
  - Apparel \$150
  - Dry Land \$100
  - Transportation \$80
  - Combine Testing \$50
  - Consumable Supplies \$25

There will be three \$300 payment dates:

1. Deposit
2. 1st Semester Fee
3. 2nd Semester Fee



# Cell Phones/Earbuds



- In-Class: Kept in bag
- Rink: Coaches room
- Dry Land: Kept in bag
- Earbuds are to be taken out in class unless working independently



# Evaluation



Daily Mark 70%

Assignments 20%

Self-Evaluation 10%

*\*We will work together to create a daily mark rubric*

- Daily mark will be taken for all on-ice and dry land sessions
- Assignments will be done during classroom sessions

# Absences



- Please notify the office if students are absent from school
- If students are injured, they are expected to be present for all classes
- If there are planned absences, please let me know ahead of time

# Effort Marks



- Based on:
  - Following classroom expectations
  - Work habits in class, on ice, and at dryland
  - Completing assignments on time
  - Working to best of your ability
  - Being prepared for all classes (kit)

# Communication



- Make sure to communicate any questions or concerns
- Website  
<https://sites.google.com/gedu.sd73.bc.ca/valleyview-hockey-academy/home>
- Email - [kallan@sd73.bc.ca](mailto:kallan@sd73.bc.ca)

SCAN ME

