



OUR LADY OF MOUNT CARMEL HOCKEY ACADEMY

MTC Hockey Academy

WWW.MTCSports.COM

Twitter@MTC Hockey

Welcome to the Mount Carmel Hockey academy for the 2011-2012 school year. On behalf of the Hockey Academy, School and staff we welcome you all. We are excited for the new school year!

HOURS OF OPERATION 2010 - 2011

Grades 1-9:

- ✓ "First Bell" at 8:40 am
- ✓ Classes from 8:40 – 3:05 pm (Elementary)
- ✓ Classes from 8:45 – 3:05 pm (Junior High)
- ✓ Thursday dismissal time is: 12:17 pm

Lunch and Recess

- ✓ 10:18 am - 10:32 am (elementary morning recess)
- ✓ 12:17 pm – 12:55 pm (lunch break)
- ✓ 2:05 pm - 2:10 pm (elementary afternoon break)

September:

September 6, 7, 9: Junior High and Elementary Hockey Academy members will be participating in off-ice fitness testing. Students will be tested in a number of areas. This will be their first round of fitness testing for the 2011-2012 school year.

September 12, 13, 14, and 16: Junior High and Elementary Academy members will be split into 2 groups and will begin their on-ice evaluations. At the end of the week new groups will be formed for the start of the school year. At that time new groups and calendars will be sent home and an email will be sent. It will also be posted on our website for you to view.

Student Injuries/Illness:

Students who are injured or ill will need to bring a note from home or the doctor that explains how long they will be unable to participate in academy. When the academies are on the ice the injured/sick students will be required to stay at school and work on their classroom assignments. The students will stay either in their homeroom or the library depending on classroom availability and supervision.

Calendars:

Monthly calendars will be sent home with the students and will be emailed as well. They will also be available on our website at www.mtcsports.com. September calendars will be sent home September 16th. If you would like to be added to the MTC Hockey Academy group and receive emails with

updates, announcements and scheduling, please email Mr. Beck
Matthew.Beck@ecsd.net

Incentive Days:

Throughout the school year both the Elementary and Junior High academy students will participate in incentive days. These days will be field trips to different events and venues. Permission forms will be sent home with the students and can be returned to Mr. Beck. Watch for upcoming incentive days!

Advertising/Recruitment:

I would like to thank the parents who have requested brochures or posters to pass on to other interested parties. Please let me know if you are in need of some information to pass on to any hockey families that may be interested in our program at MTC.

Web Site:

The site is located @ www.mtcsports.com. The site is currently being re-built and the new site should be up and running in early September. Please check the site out and provide comments to Mr. Beck.

Twitter:

MTC Hockey Academy is also found on Twitter. We will be posting updates, announcements. Please follow us @ MTCHockey.

Staff:

We are proud to Have the following staff with us for the 2009-2010 school year:

- Mr. Bil Laforge – Academy Director /Head Instructor
- Mr. Matt Beck – Academy Program Coordinator /Instructor
- Bram Stephen – Instructor
- Mykenzie Mykityshyn - instructor
- Tiana Moe – Personal Trainer
- Dave Rathjen, Jamie McCaig and Stu Carruthers - ATC Goaltending

Equipment Storage:

The Hockey Equipment storage area is located on the gym stage for the boys. We are happy to have this area and ask that all parents and students help to keep it clean and orderly. We ask that student do not eat food on the stage and only enter when picking up or dropping off their bag. We will have stalls and name tags placed on the walls for your son/daughter to store their equipment. For access to the stage, see Mr. La Forge, Mr. Beck.

Female academy members will be keeping their equipment in the girls change room storage area. This space has been made available for privacy issues. This room will be secure and for access please see Mr. Beck, Mr. La Forge.

United Cycle:

We are pleased that Mount Carmel Hockey Academy has paired with United Cycle for their apparel this again school year. We are happy with the quality we will be giving to the students. If there are any sizing's problems please contact Mr. Beck at the school.

Students will also receive a United Cycle gift card that will entitle them to a discount. They will also receive a skate sharpening card with 2 free skate sharpening. As an Academy we are very limited in terms of what deals we receive at United Cycle, and we are only able to use discount cards on hockey equipment. Any special requests will be dealt with on an individual basis.

Required Materials:

It is important that the students come to school prepared to participate in academy on the days that they are required. I have decided to put together a list of what is required for both on and off ice days to make it easier to organize for the students,

On Ice: Equipment, Academy Jerseys, Academy Socks and a water bottle **(Do Not Bring Valuables to Rink – If you do it is at your own risk!)**

Off Ice: One binder (with blank paper), pens and pencils, Hockey Academy fitness clothes, running shoes and a water bottle. Academy log books have been handed out and will be kept by Mr. Beck at the school.

Hockey Academy New Additions:

We are proud to announce that we have purchased a skating treadmill and synthetic ice for the new school year. The new hockey room located next to the fitness center downstairs will have the skating treadmill for off-ice training. We will also be using the synthetic ice and shooting tarp in the hockey room to improve stick handling, passing, shot speed and accuracy.

Hockey Tournaments:

Please advise Mr. Beck or Mr. La Forge if your son or daughter will be missing any school due to tournaments or games. It is also important to remind core teachers so that assignments can be done in advance or while on trip.

School Teams:

I am strongly recommending that members of our Jr. High academy take the opportunity to participate in school sports. Starting soon will be the soccer and volleyball teams and we would like to see as much representation by the academy students as possible.

Finally, I would like to encourage parents to respond to this letter by way of email as it is a valuable method of communication between home and school. I would also like to have as many comments as possible from parents with what they would like to see their son or daughter work on during on or off ice sessions.

Yours in Hockey,

Matt Beck

Matthew.Beck@ecsd.net

Bil La Forge

William.Laforge@ecsd.net



September 2011

7508 Gateway Blvd.
Edmonton, AB T6E 6E8
p. 780.641.0888
f. 780.641.0111

Hockey Performance

To be a successful hockey player, or to grow & develop better sports performance as an athlete, training must be taken seriously to provide appropriate progression for each player.

Mount Carmel Hockey Academy with Athletica Sport & Fitness is offering players the type of training that will support their efforts in sport performance.

Our Objectives

1. Maximize their Skating abilities of explosiveness & power
2. 'First step' focus in reaction to play of the game
3. Improved stamina to better their practices
4. Core strength & balance to outwork within all playing zones

The success of this program is dependent upon the player's dedication to the process & of Athletica's program into the type of season encountered.

Schedule

We will establish & follow a biweekly schedule that encompasses:

- > Goal-setting
- > Prioritizing

> Review & reflection

Throughout these phases, the player(s) will

Maintain awareness of their goals & pro-actively work towards 'strengthening the weak & stretching the tight' in Athletica's supportive environment.

This program is intended to address the specific goals outlined above. Consistent & timely interaction is a foundational requirement for a successful training relationship & a key part of the program. A monthly review is available to reflect upon the success & appropriateness of the programs.

Tiana Moe, Owner/Trainer