

# Mount Carmel Hockey Academy

Elementary (grades: 3-6) Junior High (grades: 7-9) 2009-2010

**"Where You Start is not as Important as Where you Finish"**

## MTC Hockey Mission and Philosophy

MTC Hockey Academy is a sports school with a focus concept which allows the student athlete access to a complete academic program while providing them with an opportunity to train hockey specific skills during their school day. We believe that this creates a positive climate for both students and staff and accommodates the athletes need for a flexible school programming. MTC Hockey's aim is develop student's academic and kinaesthetic potential through athletics, while developing their individual hockey skills, technique and character. Our program is designed to promote life skills through the medium of sport and facilitate the development of your child's hockey skills on and off the ice.

## Program Focus

- Teaching life skills through the medium of sport
- Providing each student athlete an opportunity to pursue excellence
- Providing each student with access to top quality instruction, equipment and training facilities
- Provide students with positive faith based learning environments that will assist in their development

## Eligibility

- Grades 3-9 (Elementary and Junior High Programs)
- The Academy programs can accommodate males and female Hockey and Ringette players of all skill levels
- We ask that students who are considering the MTC Hockey Academy have a desire to learn and a commitment to better themselves both physically and intellectually
- Is Organized , Dedicated, Works Hard, Achieves Academic Potential

## On-Ice Instruction

- Skill based program, to develop specific fundamentals and tactics, that will challenge student athlete at their own pace
- Will work with athletes team coaches in the development process
- Individual Skills will be monitored and developed
- Specific Skill sets for forwards, defenseman and goaltenders
- Skills such as skating, agility/mobility, checking techniques, stick handling, offensive/ defensive tactics, passing, quick feet, shooting and power skating

## Off-Ice Instruction

- Fitness testing, Flexibility, Plyometrics, Strength Training, Aerobic and Anaerobic Training, Cross Training, Speed and Agility Training
- Sports Nutrition and Health
- Sports Psychology, goal setting and Mental Training

## Additional Features

- Incentive Days – Bowling, Oil Kings Games, Wall Climbing, Waterpark, and many more....
- MTC Classic Game for Social Justice
- Academy Awards
- Guest Speakers
- Gift Packs – (On and Off-Ice Gear)
- Monthly Newsletter and Schedules
- Individual player evaluations and report cards
- Video analysis
- Physical education

## MTC Staff

- Bil La Forge – Program Director / Head Coach
- Matthew Beck – Program Coordinator / Head Coach
- Bram Stephen – Associate Coach
- Dave Rathgen / Jaime McCaig (ATC-Above The Crease) – Goalie Coach
- Tiana Moe (Athletica Sport) – Strength and Conditioning Coach



**mtcsports.com**

## Contact Information:

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# Louis St. Laurent High School Hockey Academy

Louis St. Laurent Barons Hockey Academy is in its 2<sup>nd</sup> year. The Academy has grown from one class of 18 young athletes last year to 2 classes (Senior and Junior) of 36, starting in February 2011. Our goals are to implement a hockey development program for 'U 16' and 'U 17' players that focus on skill techniques, character attributes, discipline, and individual player and team tactics. Incorporated into this program, we will be looking to address any deficiencies not attended to by the 'club teams' that focus heavily on systems and strategies. Also within the on-ice curriculum we will focus on "what coaches are looking for in a player both in character and individual skill sets", to help them get to the next level. To help achieve these goals Louis St. Laurent Barons Hockey Academy has put together a dedicated and qualified coaching staff next to none that include:

Head Coach:	<b>Rick Swan</b>	Strength and
Associate Coach:	<b>Larry Draper</b>	Conditioning Coach:
Goalie Coach:	<b>Jamie McCaig</b>	<b>Barry Butt</b>
Goalie Coach:	<b>Dave Rathjen</b>	Sports Biomechanist:
		<b>Brian Shakel</b>
		Sports Psychologist:
		<b>Nic Allen</b>

Not only do we want to help the athletes become better hockey players but help them realize what it means to be a good person and be successful in life after hockey. Our entire coaching staff helps the athletes get ready to enter society after their hockey and high school time is completed. It is important to us that we make an impact on the lives of these young athletes in big way by 'sticking to the plan' and ensuring that each day represents personal hockey and life growth. It is critical to us that every student 'has to grow' each and every single day.

## LSL Hockey Academy Features:

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| • Outstanding Coaching            | • Training Packs                    |
| • Strength and Conditioning       | • 45 on Ice Hockey Sessions         |
| • Transfer to and from Facilities | • Hockey Gear (On ice/off ice)      |
| • A Strong Academic Program       | • Life Skills/Goal Setting Logbooks |
| • Individual Skill Analysis       | • I.B. World School Diploma Program |

**\*\* Please visit our website: [www.baronshockeyacademy.com](http://www.baronshockeyacademy.com)**

