

Sport Performance

Springbank Hockey Canada Skills Academy

Instructor/Facilitator:	Ioan Matthews	Teacher/Instructor
Guest Instructors:	Aivars Ziedin	Mount Royal Cougars Goaltending Coach
	Mike Evans	Core Power Training
	DJ Alook	Alook Training

Course Equipment: Hockey Equipment, Appropriate Phys. Ed attire for weight room and other off ice activities, class materials

Course Fee: \$500 This fee will cover the cost of ice time, guest instructors, instructor materials and equipment needed for on ice and off ice sessions.

Course Evaluation (5 Credits): Credits are based on the following CTS Modules

HSS1010: Health Services Foundations (1Credit)

HSS1020: Nutrition and Wellness (1 Credit)

REC1040: Foundations for Training (1 Credit)

REC1910: Rec Project A (1 Credit)

REC1050: Sport Psychology 1 (1 Credit)

Course Objective: This course was designed by Hockey Canada to help student athletes develop skills, attitudes and a work ethic that will help them develop as hockey players and will serve them throughout their lives. At Springbank Community High School the course will foster the development of a school-community relationship that will ensure the success of this program.

The program will run over the course of one semester and is essentially broken down into three parts. There is an on-ice component and an off-ice component. The on-ice sessions will focus on individual skill development such as skating, puck handling, passing, shooting, checking and goaltending as well as the execution of skills such as defensive/offensive zone regroupings and entries. The off-ice sessions will include strength training, off-ice skill development, sport psychology and nutrition. Finally, there will be classroom sessions where CTS Modules can be addressed.

It is important that students commit to all three aspects of the program. In order to be successful students must bring the following elements to the program: a positive attitude, regular attendance and punctuality, positive behaviour, appropriate language, respect for self and others, initiative, a consistently strong effort and possess the ability to follow instructions.

Students will access assignments through the moodle course designed for Sport Performance. Any questions can be directed to Mr. Matthews either in person or email at imatthews@rockyview.ab.ca.

HOCKEY CANADA SKILLS ACADEMY- THE 3 R'S OF THE HOCKEY PROGRAM

RESPECT YOURSELF AND OTHERS

- give your full attention and effort during your regular classes and the hockey program
- use positive and acceptable language
- take responsibility for your actions
- no smoking, drinking, or drugs
- respect your regular teacher, ice program teachers and team-mates

RESPECT LEARNING

- arrive to class on time and be prepared to learn
- ask questions and participate in discussions at appropriate times
- do all your work on time and to very best of your ability
- always have your parents phone the school if you are going to be absent

RESPECT THE ENVIRONMENT

- treat your personal property and that of your team-mates with respect
- the arena area and dressing rooms must be kept clean

Being accepted into the Hockey Canada Skills Academy is a privilege and along with that privilege is the responsibility to act in a proper fashion. Your behavior and performance must be acceptable to all of your classroom teachers. This program is intended to improve motivation and focus in all school subjects. We expect your best efforts in all aspects of the Hockey Program, the class work, the off-ice at fitness centre and on-ice at the arena. Violation of any of the three R's may result in your removal from the program.

If you agree to all of the above, and agree to conduct yourself in a manner that is consistent with the 3 R's at Springbank Community High School, please sign below.

Student signature: _____

Date: _____

Parent signature: _____

Date: _____