



SKILLS ACADEMY NEWSLETTER

Vol. 4 Issue 1 October, 2010



MASTERY CREATES ATHLETICISM AT PARKLAND HOCKEY ACADEMY



September has been a very busy month for the Hockey Academy.

We, as instructors, have seen our student athletes show excitement and cooperation to start our 10th year. Most students are now playing on their club team, so the stress of tryouts and where each one will ultimately be playing, has diminished. We are in a structured routine; the students have

become accustomed to the schedule, transportation, on and off ice instruction and expectations. The students have just about completed both the on and off ice testing this month and are now gearing their focus towards the on and off ice skills portion of the program. The purpose of our "Best of the Best" skills scores assists the students to set personal short and long term goals. The students have all been remarkable and have done an outstanding job during their

testing portion thus far! Although in athletics and with specific sport, we feel a sense of understanding and competence, only a chosen few are lend to the path of "Mastery". Life is full of lessons and it is those who take the time to evaluate, reflect and revisit skills taught truly understand that "Mastery Creates Athleticism". For instance, when you decide to learn a new skill like how to shoot off your outside **More on page 3...**

GRADE 9 CARLTON HOCKEY CLASS

By: Tanner Harriman, student at Carlton Composite High School



So far, the Carlton hockey program has been everything I thought it would be. One of the things I enjoy in it, is that it's a good mixture of fun and work. We are usually doing games or other activities that work us, but also awake for most of the morning. If the class was later, I would be tired and never focusing on my work. This hockey class is also helping me get better at the fundamentals of hockey. Stick handling, shooting and skating, we have practiced most of the skills involved in the game. I now feel that I am a better hockey player. One of the most important things it does, is it actually gives me a reason to be excited for school. I love that we get to play hockey every morning for half a school year. That is why the Carlton hockey class has been a success for me.

FIRST YEAR IN THE PROGRAM

By: Hunter Komishke and Logan Bezuko, students at Starcatholic School Board



I enjoy playing hockey so Athletic Excellence is a good program for me and all hockey kids. This program really helps you improve in hockey and it is a good workout. It makes you fit and healthy. There are a lot of fun activities in the Athletic Excellence program. - Hunter

I'm looking forward to being a better hockey player. I know I will have fun at rock climbing, canoeing, bowling, curling, and ball hockey is the way to practice my hardest and make AA hockey next year. - Logan

TABLE OF CONTENTS

- Parkland Hockey Academy 1
- Grade 9 Carlton Hockey Class. . 1
- First Year in the Program 1
- Quebec Schools in the Academy 2
- Skills Academy Seminar 2
- YouTube. 3



SIX SCHOOLS FROM QUÉBEC JOIN THE HOCKEY CANADA SKILLS ACADEMY PROGRAM



Hockey Québec, in partnership with Hockey Canada, officially presented the six (6) new schools in

Quebec who are joining the 125 across the country that are currently offering the Hockey Canada Skills Academy (HCSA) program during a Press Conference held at the Bell Centre in Montreal on October 14th.

"The HCSA Model is a complementary program of the player development system in Minor Hockey Clubs across Canada. Through the implementation of this new program, it is important to remember that HCSA's are supplementary to the club system and are not intended to replace the clubs" said Paul Carson, Vice-President of Hockey Development at Hockey Canada. "With the addition of the 6 Quebec/ based schools, there are now HCSA programs in all 13 branches in Hockey Canada". Thus, six schools in the Province of Quebec have met the required criteria to receive their valid license to join the Hockey Canada Skills Academy.



In this photo: The six new Hockey Canada Skills Academy representatives from each school as Mr. Sylvain B. Lalonde, General Manager for Hockey Quebec and Mr. Paul Carson, Vice-President of Hockey Development for Hockey Canada.

HOCKEY CANADA'S SKILLS ACADEMY SEMINAR WAS ANOTHER SUCCESSFUL WEEK IN CALGARY

By: Kevin Bathurst, Manager of Hockey Canada's Regional Centre - West



The 7th annual Hockey Canada Skills Academy seminar was once again hosted in Calgary, Alberta, June 30-July 2, 2010.

Hockey Canada hosted 88 skills academy operators, instructors, and administrators over the three day event.

The seminar was kicked off by Key Note Speaker, Dr. Steve Norris. Dr Norris, an industry leader in **Long Term Athlete Development (LTAD)**, touched on the key concepts of LTAD and its importance in the growth and development of young hockey players.

The first full day of the seminar, July 1, was a day full of classroom sessions focusing on off-ice and on-ice program development. Corey McNabb, Hockey Canada's Senior Manager, Player Development provided delegates with great information on teaching creativity, and method for on ice skill testing.

Bob Caldwell, Hockey Manitoba's Coach

Mentor, complimented McNabb's presentation, speaking on the topic of **Developing Skilled Defensemen**. Caldwell worked with the delegates on identifying skills specific to defensemen and how coaches can implement these skills into practice drills.

Presentations related to on-ice skill development were complimented by strength and conditioning presentations by Adrian Wellman and Steve Lidstone. Wellman and Lidstone, who are both strength and conditioning coaches with the Canadian Women's National Team Program, spoke to the importance of strength and conditioning programs and provided examples for inclusion into an Academy setting.

The first day was highlighted by two presentation featuring former Vancouver Canuck Assistant Coach Ryan Walter, and Portland Winterhawks GM and Head Coach, Mike Johnston. Walter spoke on the differences in player traits in today's game, while Johnston spoke on the topic of Passing and

Receiving. To wrap up the day, Walter and Johnston opened the floor for a quick "hot stove" session allowing delegates to ask a wide range of questions.

Day two saw all delegates hit the ice and the field for a day of practical training. Delegates were put through on ice sessions by Bob Caldwell and Corey McNabb focusing on Developing Defencemen, Teaching Creativity, and Skills Testing. Off-ice, Steve Lidstone and Adrian Wellman put the delegates through a series of strength and conditioning activities that left everyone "gasping for air".

Hockey Canada would like to thank all those who were in attendance for the 2010 Summer Seminar. We at Hockey Canada thank you for taking the time out of your busy summer to spend 3 days with us in Calgary helping take our Academy Program to the next level. Hockey Canada is looking forward to seeing every one again at the 2011 Summer Seminar.



MASTERY CREATES ATHLETICISM AT PARKLAND HOCKEY ACADEMY

“Ah, Mastery... what a profoundly satisfying feeling when one finally gets on top of a new set of skills... and then sees the light under the new door those skills can open, even as another door is closing.” -Gail Sheehy

Continued from page 1...

foot on how to make that new and exciting move. and on how to become a great student or teammate. Decision making of deliberate practice, in the field of sports, allows athletes to accomplish characteristics where muscles, mind and spirit come together with artistic and calculated movements through time and space. Our Hockey Academies provide avenues for this exploration in that results of training in the mental and physical dimensions are visible over time. As our letterhead suggests, this year's goal is to work on the concept “Mastery Creates Athleticism” and use this as a springboard to celebrate the success in each student's athleticism.



You Tube

Broadcast Yourself™

Check out these cool videos on Puck Control:

Toronto Maple Leafs 2009 Skills Competition: Puck Control
<http://www.youtube.com/watch?v=aeNWV-Opch0>

iTrain Hockey Puck Control
<http://www.youtube.com/watch?v=ZbA3ECrbgC4>

HH Tip #12 - Puck Control Drills
<http://www.youtube.com/watch?v=QA4yyO30G34>



DON'T FORGET!!!

When submitting articles, don't forget to nominate a special student who has either excelled, improved or dedicated themselves to the Hockey Canada Skills Academy Program.

One chosen student will be sent a Hockey Canada Skills Academy gift pack which includes:

A Skills Academy Backpack

A Skills Academy Key Chain

A Skills Academy T-Shirt