



# École Glenrosa Middle School 2022/2023

## GMS High Performance Hockey Academy

Registration is now open for the GMS High Performance Hockey Academy. Students are divided into two instructional groups. The cost for both groups is the same:

Group 1	Grade 6/7
Group 2	Grade 8/9

Total Program Cost	\$1600.00
<b>\$200 non-refundable deposit due April 29, 2022</b>	

### Who can participate?

The GMS Hockey Academy is a skills-based program. Players from all levels, house to rep, and rep level players with aspirations of playing at a higher level, benefit from high-level professional coaching in a fun, school-based setting. Players receive small group coaching and off-ice training tailored to their personal goals. Participants should be able to skate and have some hockey experience, even just 'shinny,' to feel safe and comfortable participating. Participants are responsible for their equipment.

### What can students expect?

- Approximately 75 on-ice instructional sessions (two on-ice sessions each week for the year)
- Professional power skating and skills instruction
- Sport specific strength, conditioning and CrossFit training sessions from certified trainers
- Off-ice instruction in the areas of hockey systems, sport nutrition, sport psychology
- Personalized goal setting, anatomy, training periodization to support sport performance
- Individualized academic monitoring, support, and mentoring
- On and off-ice mentoring from professional educators with **Hockey Canada Certification, Junior A and College Hockey experience**

### What do program fees pay for?

- \*Transportation to and from the arena
- \*Professional Coaches (in addition to school staff)
- \*Training equipment and facilities (at school)
- \*Dry Land Training equipment (located at the school)
- \*Field Trips (eg. WK Warriors game)

### How do we register?

If you have questions prior to registering, please contact Coach Ryan directly:

Email [kailee.ryan@sd23.bc.ca](mailto:kailee.ryan@sd23.bc.ca)  
Phone 250-870-5176

To register, please express interest in writing by sending an email to the GMS Office. You will be contacted regarding school registration and academy deposit prior to spring break.

Email [gms@sd23.bc.ca](mailto:gms@sd23.bc.ca)