

Glenrosa Middle School – 2021/2022

High Performance Hockey Academy

The Hockey Academy Program will be open to all students entering into grades 6 through 9 who are interested in training to improve their hockey skills. Whether a student is a house level player interested in developing skills to play at the rep level, or a rep level player with aspirations of playing at a higher level, this program will provide the high level instruction and training necessary to reach these goals.

The Hockey Academy Program will be delivered during a **3-hour block of time that occurs every other day throughout the school year** (in excess of 250 hours of High Performance Hockey Training and Instruction). Specific components include:

- Approximately 75 high quality on-ice instructional sessions (2 on-ice sessions per week)
- Professional power skating and skills instruction
- Sport specific strength, conditioning and cross-fit training sessions from certified trainers
- Off-ice instruction in the areas of hockey systems, sport nutrition, sport psychology and performance, leadership and goal setting, anatomy, and periodization of training to maximize sport performance
- Mentorship – student athletes will receive on and off-ice mentoring from professional educators with Hockey Canada Certification, Junior A and College Hockey experience
- Individualized academic monitoring, support, and mentoring

Applications for the 2021/2022 school year will be available by contacting the school. Entrance to the program for new applicants will be based on the order in which the Hockey Academy applications are received in the school office.

The program cost is \$1600 per student (includes a \$200 Non Refundable Deposit) which covers transportation, instructors and other program expenses. The GMS Hockey Program is a non-profit program. **Both deposit and program payments will be made using School Cash Online.**

If there are any financial concerns, please contact the school Principal to discuss and explore student options to recover the fees.

Sincerely,

Jesse Bruce
Principal