



# **Hockey Canada Sports School**

## **CSSHL Hockey Academy**

### **New for 2016/2017**

**Welcome!**

We would like to start by acknowledging and thanking the Squamish Nation, upon whose traditional territory Hollyburn Country Club and West Vancouver Schools reside.

We would like to express our gratitude as we value the opportunity to learn, live, and share new experiences on this traditional territory.

# Hockey Canada Sports School CSSHL Hockey Academy 2016/2017



**Elite 15**



**Varsity**

# CSSHL

## About the league

### Background

- Founded in 2009
- 13 members as of the 2015/2016 season
- 5 new programs in 2016/2017
- Create a Canada-wide high school hockey league
- Hold an annual high school National Championship

### Notable Alumni

- Matt Dumba – Minnesota Wild (NHL)
- Curtis Lazar – Ottawa Senators (NHL)
- Mitch Moroz – Edmonton Oil Kings (WHL)
- Ryan Barrow – Dartmouth College (NCAA)
- Adam Plant – Univ. of Denver (NCAA)
- Dennis Cholowski – Chilliwack Chiefs (BCHL)
- Over 300 alumni have moved on to Junior A level and beyond

**Skill development, character building, ideal schedule**

# Spartan Sport Group

## The partnership



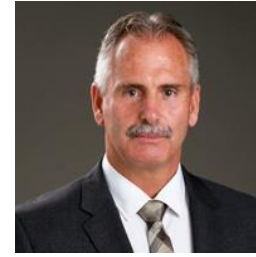
**Yashar  
Farmanara**

- Director of Athletics
- 300+ games in WHL (Seattle, Lethbridge, Medicine Hat)
- 4 years CIS varsity hockey at Western University
- Graduated - Richard Ivey School of Business
- PwC Corporate Finance



**Nathan  
Fischer**

- Director of Personal Development
- 4 years Hollyburn Midget A1 Assistant Coach
- Bachelor of Commerce – University of Alberta; Masters of Business Administration – UBC
- Business consultant; multiple industry experience; lifelong entrepreneur



**Willie  
Desjardins**

- Senior Director of Program Development
- Current head coach of Vancouver Canucks
- 30+ years of elite coaching experience
- Bachelor of Education and Master of Social Work
- Deep knowledge of building youth athletic programs

# **CSSHL Athletic Program Overview**

# Team Overview

## Team Composition

### U18

Elite level

Born in 1999, 2000, 2001

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19 players in total

11 forwards

6 defensemen

2 goaltenders

### U16

Elite level

Born in 2001

*Rare exception for  
players born in 2002*

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19 players in total

11 forwards

6 defensemen

2 goaltenders

# U18 and U16 Team Descriptions

## Evaluating Players

What are we looking for?

- Skill (skating, puck movement, athleticism)
- Competitiveness
- Perseverance
- Positive attitude
- Willingness to learn

## Goals

- 1. Win a championship – what does that mean?**
  - Continuous, every day improvement
  - Enjoy the process
  - Trust in yourself, trust in your teammates
- 2. Be a student of the game**
  - Learn about your habits, and those of others
  - Be able to compete at less than 100%
  - Make your game transferable (“Hockey IQ”)



# U16 Team (Elite 15) Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
6:00 AM						
6:30 AM			6:45am: 1h15m practice (large)		45m morning skate (small)	
7:00 AM	7am: 45m skills (small)					
7:30 AM						
8:00 AM	SCHOOL					
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM					TRAVEL	
1:30 PM	Conditioning workout	Strength workout	Strength workout	Alternative workout		
2:00 PM						
2:30 PM	2:15pm: 1h (large)					
3:00 PM		2:50pm: 1h10m practice	Personal Development	2:50pm: 1h10m practice		
3:30 PM						
4:00 PM						
4:30 PM	Leadership	Video prep / Study Hall		Video prep / Study Hall		
5:00 PM		STUDY/OTHER INTERESTS				
5:30 PM						
6:00 PM						

## On-ice

- 190 hours of on-ice skill development
- 2-3 team practices per week
- 1-2 skills sessions per week
  - Power skating
  - 3 vs. 3
  - Position specific
- Approximately 50 games per year
  - CSSHL games
  - Exhibition games
  - Travel tournaments (NCAA)

## Off-ice

- 2 strength workouts per week
- 1 condition workout per week
- 1 alternative training per week
- Focus: strength, maintenance, & injury prevention

GAMES

Home Games TBD (2.25hr)

# U18 Team (Varsity) Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
6:00 AM						
6:30 AM						
7:00 AM	7am: 1h (large)			45m skills (small)	45m morning skate (large)	
7:30 AM						
8:00 AM	SCHOOL					
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM					TRAVEL	
1:30 PM	1:20pm: 45m skills (large)	1:20pm: 1h15m practice	1:20pm: 1h15m practice	1:20pm: 1h15m practice		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Conditioning workout	Strength workout	Strength workout	Alternative workout		
4:00 PM						
4:30 PM	Leadership	Video review / Study Hall	Personal Development	Video prep / Study Hall		
5:00 PM						
5:30 PM	STUDY/OTHER INTERESTS					
6:00 PM						

## On-ice

- 190 hours of on-ice skill development
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## Off-ice

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- 1 alternative training per week
- Focus: strength, maintenance, & injury prevention

# Coaching Staff and Staff Coaches

- Each team will have a dedicated Head Coach and Associate Coach.
  - We are currently in the process of interviewing a number of coaching candidates, and are expected to have our coaching staff finalized before the evaluation skate.
  - Coaches are expected to have a level of experience and/or expertise that will allow for the teams to be conducted at a Junior/Collegiate level.
  - Coaches will be involved in all aspects of the students' academy experience, from following their progress academically to both on-ice and off-ice development.
  - Coaches will also be involved in the leadership and personal development curriculum.
- Staff coaches will be supplemented with a number of skills specific coaches – some of which will be outlined in the following pages.
- We are also concurrently conducting interviews for skills and wellness staff, with announcements expected to come shortly.

# Coaching Staff Skills & Specialty



**Jeff  
Battah**

- Head Goaltending Consultant; 14 years experience – 8 years WHL, 6 years BCHL/CIS
- Goaltending coach for Lethbridge Hurricanes and Powell River Kings
- Owner: Pro Goal Development
- Will attend both in-practice and private sessions; detailed video consultation



**Brad Kahn  
MSc., CEP,  
CSCS, TPI-  
CGFI**

- Head Strength & Conditioning Consultant
- Previously part of the integrated practitioner team at Fortius Sport & Health
- Fully rounded skill set, including B.Ed Education, BA Honors in Kinesiology & Health Science, and MSc. in Exercise Physiology
- Broad level elite athlete clients, including NHL, Canadian PGA, firefighter, and more

# Coaching Staff Skills & Specialty



**Jordan  
Leith  
MD**

- Senior Medical Advisor, Orthopedic Surgeon
- Integrated Practitioner Team, Fortius Sport & Health
- Resident, Orthopedics, UBC
- Fellowship, Shoulder & Elbow Surgery, Sports Medicine, UW
- Captain of UBC Football Team, 1987; drafted to Montreal Alouettes



**Scott  
Marchant  
C.A.T. (C)**

- Head Athletic Therapist; certified with Canadian Athletic Therapists Association
- Previously Head Athletic Therapist for Vancouver Giants
- Specializes in assessment and rehabilitation of musculoskeletal injuries
- Currently working with a number of NHL players in strength and rehabilitation therapy

# Travel

## Key Details

- Approximately 10 weekends per year – September through March
  - All out-of-town travel is on the weekends – minimizing disruptions to academic schedule
  - All travel is by chartered bus services
  - Athletes are accommodated in hotels – ***each with their own bed***
  - All team meals are provided on road trips
- Travel includes team-building exercises, university tours, and leadership & development education components
- Travel insurance is included in program

# **Academic Overview**

# Academic Staff

## École Sentinel Secondary School



**Diane  
Nelson**

- Director of Instruction, Innovation and Learning West Vancouver Schools
- Founded & Operated Premier Hockey Academy since 2003 – present
- Responsible for 6 currently operating Academy programs; 4 more being launched for September, 2016-17
- Owner, CEO Vancouver Griffins Hockey Team, member of the National Women's Hockey League (NWHL) 2000 -2003

*TBD*

- Supervising Teacher
- Liaison with teachers, coaches, and parents related to students' academic progress
- Works with students to ensure on-going success
- Assignment of report card marks for all hockey-related courses
  - Theory & Principles of Hockey 10, 11 & 12
  - Physical Education 10, 11 & 12



**Kathy  
Grant**

- Vice-Principal, Sentinel Secondary
- Advanced Placement Coordinator
- Review of student academic course requirements
- Ensure student timetable completion
- Communicate with parents regarding any student course requirement concerns



# Academic Overview

## École Sentinel Secondary School

### Sentinel Bell Schedule

8:25	<i>Warning - 1<sup>st</sup> Period</i>
<b>8:30 - 9:49</b>	<b>1<sup>st</sup> Period (79 minutes)</b>
9:49 - 9:55	Recess #1
9:55	<i>Warning - 2<sup>nd</sup> Period</i>
<b>10:01 - 11:20</b>	<b>2<sup>nd</sup> Period (79 minutes)</b>
11:20-11:27	Recess #2
11:27	<i>Warning</i>
<b>11:32-12:50</b>	<b>3<sup>rd</sup> Period (79 minutes)</b> <b><i>Includes announcements</i></b>
12:50 - 1:33	Lunch
1:33	<i>Warning - 4<sup>th</sup> Period</i>
<b>1:38-2:57</b>	<b>4<sup>th</sup> Period (79 minutes)</b>

# Timetable Block Rotation

	<b>Monday Day 1</b>	<b>Tuesday Day 2</b>	<b>Wednesday Day 1</b>	<b>Thursday Day 2</b>	<b>Friday Day 1</b>
8:30 – 9:49	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>3</b>
9:49 – 9:55	<b>Recess</b>				
10:01 – 11:20	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>1</b>
11:20 – 11:27	<b>Recess</b>				
11:32 – 12:53	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>2</b>
12:53 – 1:33	<b>Lunch</b>				
1:38 – 2:57	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>

# Timetable Block Rotation

## Sample Grade 10 Timetable

	<b>Monday Day 1</b>	<b>Tuesday Day 2</b>	<b>Wednesday Day 1</b>	<b>Thursday Day 2</b>	<b>Friday Day 1</b>
<b>8:30 – 9:49</b>	<b>1</b> <i>EN 10</i>	<b>1</b> <i>MA 10</i>	<b>2</b> <i>PLAN 10</i>	<b>2</b> <i>SS 10</i>	<b>3</b> <i>FR 10</i>
<b>9:49 – 9:55</b>	<b>Recess</b>				
<b>10:01 – 11:20</b>	<b>2</b> <i>PLAN 10</i>	<b>2</b> <i>SS 10</i>	<b>3</b> <i>FR 10</i>	<b>3</b> <i>SC 10</i>	<b>1</b> <i>EN 10</i>
<b>11:20 – 11:27</b>	<b>Recess</b>				
<b>11:32 – 12:53</b>	<b>3</b> <i>FR 10</i>	<b>3</b> <i>SC 10</i>	<b>1</b> <i>EN 10</i>	<b>1</b> <i>MA 10</i>	<b>2</b> <i>PLAN 10</i>
<b>12:53 – 1:33</b>	<b>Lunch</b>				
<b>1:38 – 2:57</b>	<b>4</b> <i>PE 10</i>	<b>4</b> <i>YLRA 10A BAA Course</i>	<b>4</b> <i>PE 10</i>	<b>4</b> <i>YLRA 10A BAA Course</i>	<b>4</b> <i>PE 10</i>

# CSSHL at École Sentinel Secondary School

## Course Selection 2016 / 2017

Grade 10	Grade 11	Grade 12
1. English 10 or Pre-AP English 10	1. English 11 or AP English 11 or AP English 11 + AP Capstone Seminar 11	1. English 12 or AP English Language 12 or AP English Language 12 + AP Capstone Research 12
2. Foundations of Mathematics & Pre-Calculus 10 or AP Foundations of Mathematics & Pre-Calculus 10	2. Foundations of Mathematics 11 or Pre-Calculus 11 or AP Pre-Calculus 11	2. (AP English Literature 12) or Academic 12 Elective
3. Social Studies 10 or Sciences humaines 10	3. Social Studies 11 or Sciences humaines 11	3. Academic 12 Elective
4. Science 10 or Sciences 10 or or Pre-AP Science(s) 10	4. _____	4. Academic 12 Elective
5. _____ or Français langue 10	5. _____ or Français langue 11	5. _____ or Français langue 12
6. Elective: _____ or Planning 10	6. _____	6. _____
7. Physical Education 10 (Hockey School)	7. Physical Education 11 (Hockey School)	7. Physical Education 12 (Hockey School)
8. BA Theory & Principles of Hockey 10	8. BA Theory & Principles of Hockey 11	8. BA Theory & Principles of Hockey 12
		9. Graduation Transitions

# École Sentinel Secondary School

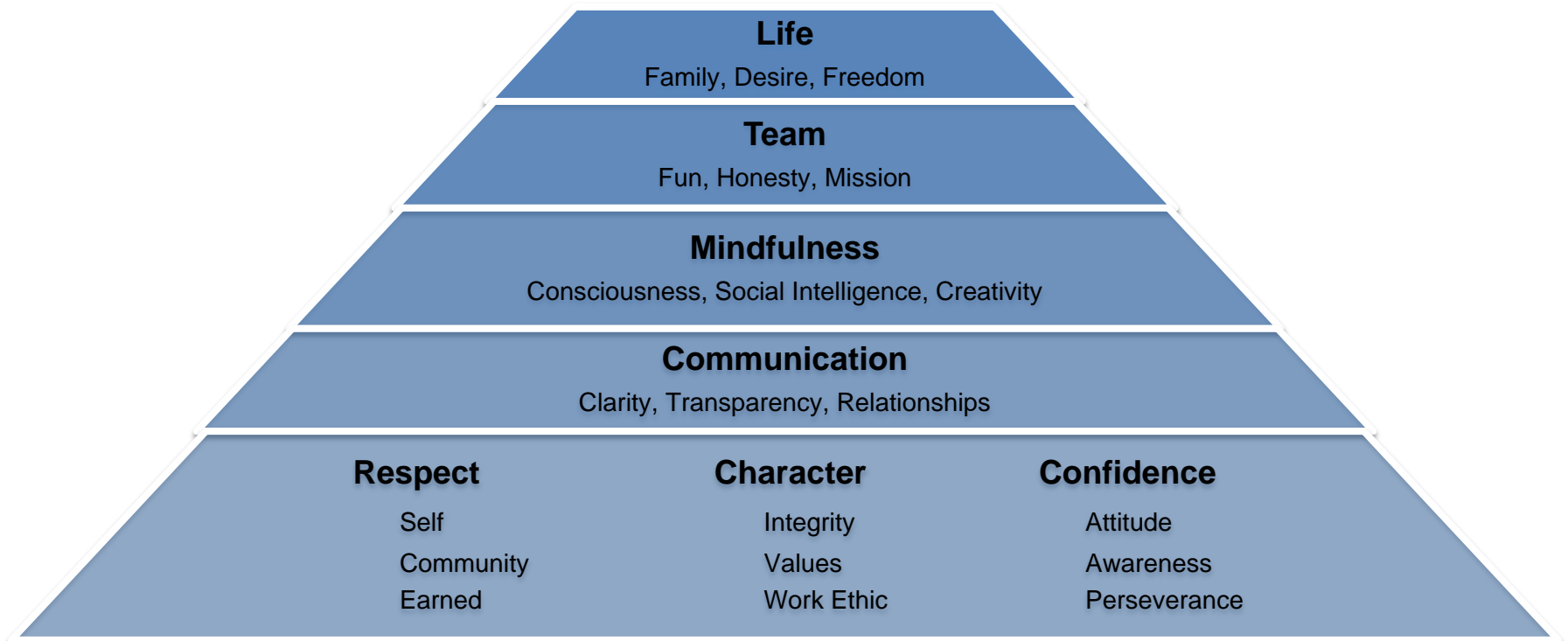
## Average Examination Scores 2015

	École Sentinel Secondary	District of West Vancouver	All BC Public Schools	All BC Public & Independent Schools
English 10	76.20	72.32	67.24	67.04
Foundations of Mathematics & Pre-Calculus 10	79.87	77.03	68.67	70.59
Science 10	76.04	74.34	68.58	69.62
Sciences 10	75.46	75.46	70.99	70.98
Social Studies 11	76.36	73.18	70.93	71.11
Sciences humaines 11	74.95	74.95	72.80	72.81
English 12	73.55	70.29	68.04	67.42
English 12 FI	84.22			
Français langue 12	80.37	80.37	70.62	70.62

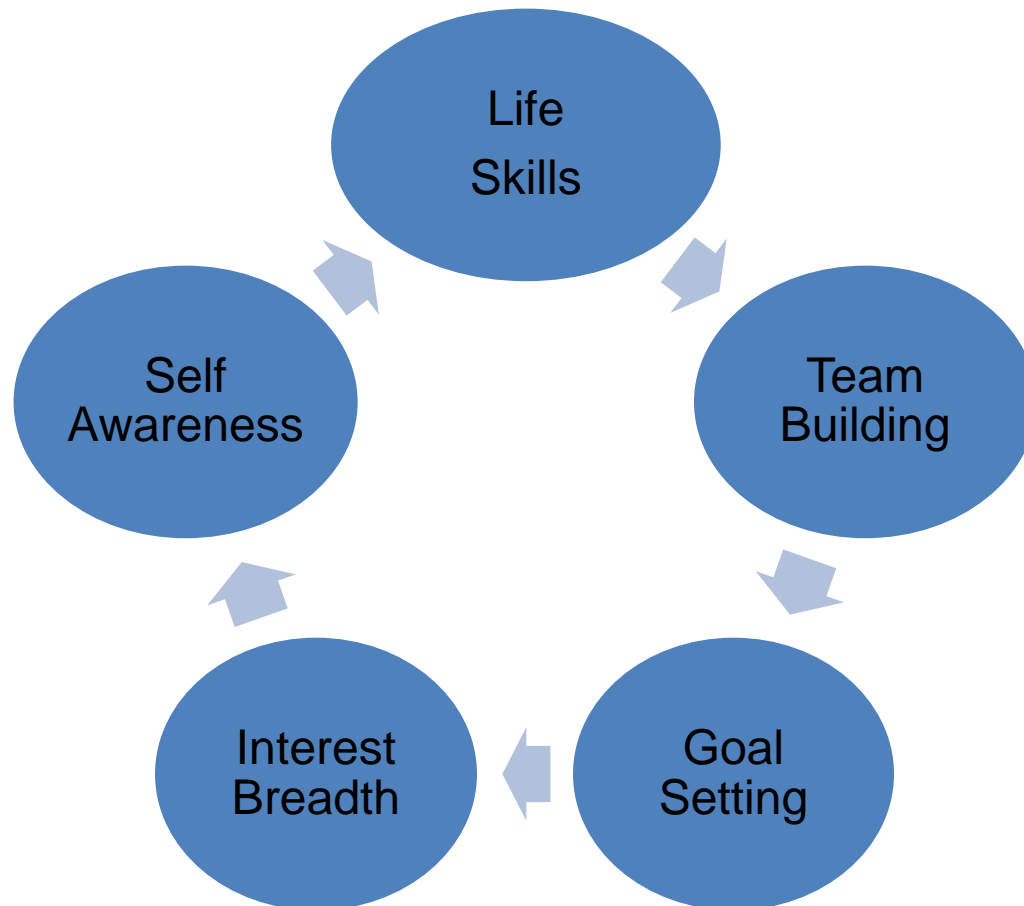
# **Leadership & Personal Development**

# Leadership and Personal Development Customized Curriculum

- Why did we develop this program?
  - 1) It will help our athletes become professionals (99% rule)
  - 2) Athletes are high risk of developing transitional problems in the future



# Leadership and Personal Development Curriculum Targets





# **Other Program Details**

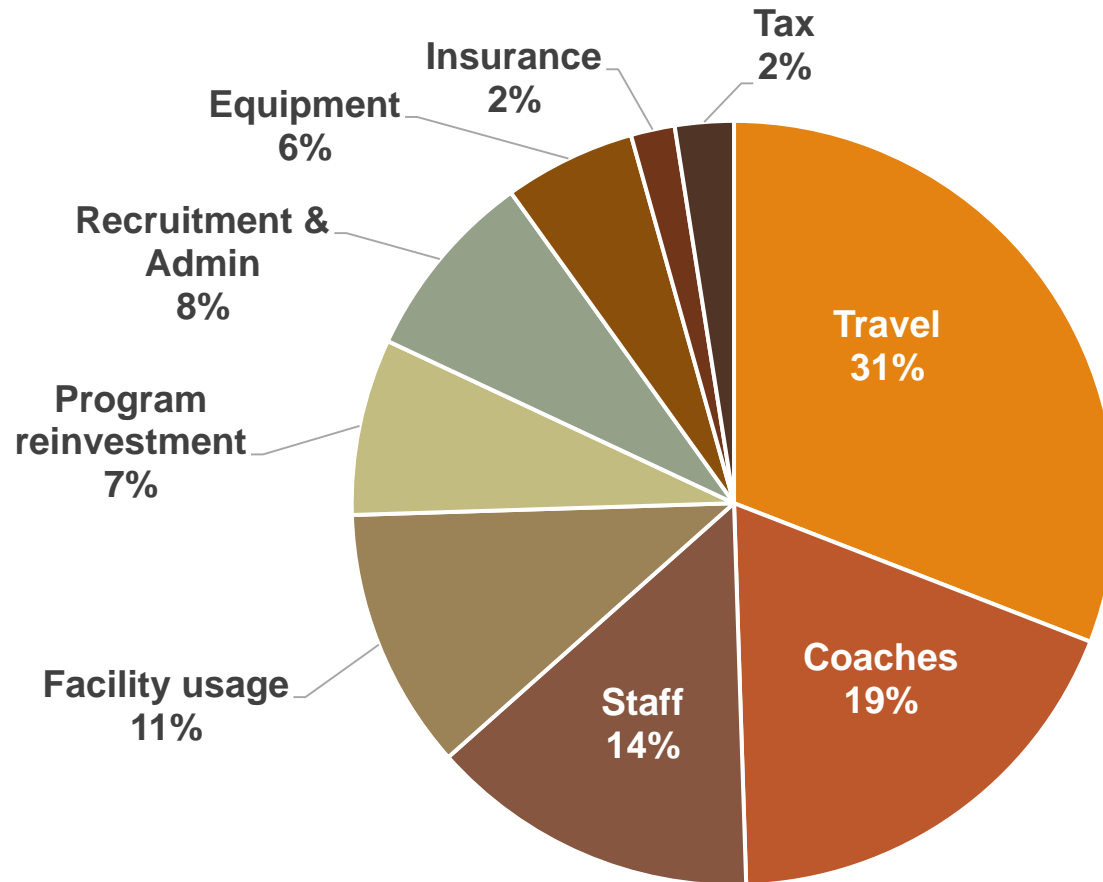
# Program Fees and Payment Terms

Option 1 – Bi-annual Payments	Payment due by
\$5,000 non-refundable deposit due upon commitment after tryouts	June 1, 2016
\$11,500 due at commencement of first half of season	September 1, 2016
\$11,500 due at commencement of second half of season	January 1, 2017
Total payment = \$28,000 (excluding GST)	

Option 2 – Monthly payments	Payment due by
\$5,000 non-refundable deposit due upon commitment after tryouts	June 1, 2016
\$2,700 due by first of every month	September 1, 2016
Last payment date	May 1, 2017
Total payment = \$29,300 (excluding GST)	

\*Players who are non-residents of British Columbia may be subject to additional fees and will be dealt with on a case-by-case basis

# Program Fees Detailed Allocation



# Program Fees – Costs Covered

- All user fees for on-ice and off-ice training facilities - average cost per hour of all on-ice and off-ice training and competition equates to approximately \$45-55 per hour (including coaches)
- Elite level coaching (junior/college/professional), skills coaches, strength & conditioning, and injury prevention staff – along with supplies: technology for video sessions, pucks, boards, etc.
- All travel, accommodation (***players get their own bed***), meals, and snacks for road games – ***includes US College trip for each team***
- Equipment: gloves, pant shells, helmet, practice uniform, home and away game uniforms, under gear, track suits, team jacket, and team bag
- Gear storage – including ***on site laundry facilities*** and ***skate sharpening***
- Full leadership and personal development curriculum: guest speakers, team exercises, work experience opportunities, team building exercises, and Orientation Week
- Program growth and reinvestment – player and staff recruitment, capital expenditures (dressing rooms, training facilities, scholarship fund)
- Administrative expenses – website, accounting, advertising and promotion, office supplies, ***insurance for all players***

# Out-of-Town Athletes Billeting Program

- Currently seeking applicants to participate in billeting program for out-of-town students
  - Billet families will receive a monthly payment for accommodating out-of-town students
- Guidelines will be similar to those of a junior hockey billeting program, with responsibilities such as:
  - Accommodations (bed, sheets, pillows, etc.), meals, transportation as needed, inclusion in appropriate family activities
  - Billeting a student-athlete can be an extremely rewarding and positive experience for both parties
  - Player in program: teammate/brother experience, ability to leverage schedule
  - Player not in the program: ability to give back to the community, make lifelong friendships
  - Cost of billeting for out of town players will be \$700 per month and ***will go directly from the Academy to billet families***
  - ***If you are interested in becoming a billet for the 2016-2017 season, please contact [nf@spartansportgroup.com](mailto:nf@spartansportgroup.com) or [yf@spartansportgroup.com](mailto:yf@spartansportgroup.com) to receive a billet application form***

# Team Try- Outs/Evaluation Camp

## Key Details

- Evaluations for **both** U16 & U18 teams will be held on **May 7 & 8, 2016**

### **Canlan Ice Sports**

2411 Mount Seymour Parkway  
North Vancouver, BC

Cost: \$125 +GST – due at time of registration

- Format – each player will be involved in a minimum of **4 ice times** of evaluation, which will include a practice format as well as competition - goaltenders will have dedicated skills evaluation on top of their ice times
- ***There will be limited spots available*** – please contact either Nathan or Yashar to receive more information: [nf@spartansportgroup.com](mailto:nf@spartansportgroup.com)  
[yf@spartansportgroup.com](mailto:yf@spartansportgroup.com)
- We will likely have filled 85% or more of the spots for our teams – we will hold alternate evaluations for players in extenuating circumstances (e.g. injured at the time of the evaluation) – however, it is ***highly recommended*** that players attend the evaluation camp
- Registration: [www.spartansportgroup.com](http://www.spartansportgroup.com) → *News* → *May 2016 Registration Form*

# Academy Naming Contest

- We are excited to involve the community to help us name the new academy.
- Submit ideas on-line:  
  
<http://westvancouver schools.ca/hockey-academy-naming-contest>
- Deadline for submissions is Thursday, April 7
  - Prizes include:
    - Behind the scenes tour of Rogers Arena, meet and greet with Willie Desjardins & tickets to a Canucks home game
    - \$100 Park Royal gift certificate

# Next Steps Questions?

