



WVS PREMIER FIELD HOCKEY ACADEMY

2021-2022 Open House Information

Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

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



Welcome & Introductions

Ms. Layla Casper

WVS Premier Field Hockey Academy

Supervising Teacher



- Full time teacher at Sentinel
- Supervising Teacher Premier Field Hockey Academy
- Communication
- Health & Safety
- Attendance
- Assessment & Reporting

Mr. Geoff Matthews

WVS Premier Field Hockey Academy Head Coach



- WVFHC Technical Director
- Premier Field Hockey Academy Head Coach
- U18 Men's National Team Coach
- U21 Men's National Team Assistant Coach
- NCCP Competition Development Trained
- FIH Level 3 Certified

Karli Johansen

WVS Premier Field Hockey Academy Assistant Coach



Member of the Canadian Women's National team

Played 148 international matches for Canada

Member Junior National Team

Junior World Cup Top Goal Scorer

Two-time Pan Am Elite Team Member

Scholarship to the University of Iowa

Bachelor of Arts in Health & Human Physiology

Holly Stewart

WVS Premier Field Hockey Academy Assistant Coach



Scholarship to the University of Maine

7-year member of the Canadian
National Field Hockey Team

Silver medal at the 2019 Pan American
Games

Experienced coach of field hockey for
many years

Passionate about teaching the next
generation of field hockey players

General Concept

- Designed for students registered full time in any one of WVS 3 secondary schools
- Grades 8-12
- Female & Male

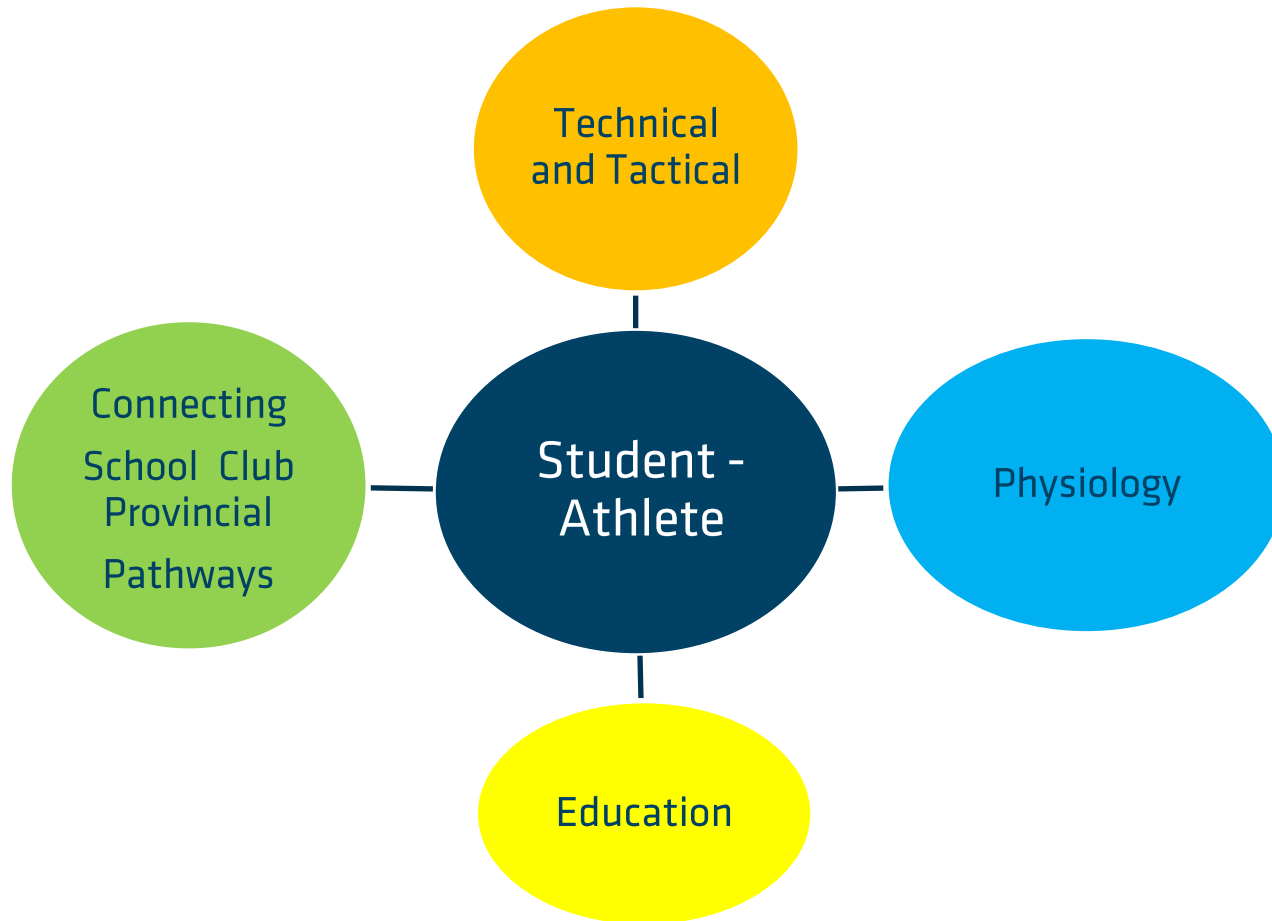


Our Goals

- Provide a positive environment that includes lots of fun to help students form friendships
- Meet individual needs to motivate students to stay involved in the sport throughout their lifetime
- To provide the opportunity for students (Grades 10-12) to complete the NCCP Coaching Certification course and Umpire qualifications
- To provide an integrated pathway to higher education opportunities



The Field Hockey Academy Components



The Academy Components

Students participate in field hockey knowledge, skill & fitness development all year long.

- Fitness Testing (Yoyo, 40m sprint, vertical jump, anthropomorphic tracking)
- Heart rate Monitoring / RPE
- Strength and Conditioning
- FMS Assessments

Physiology



The Academy Components

Technical
and
Tactical

Connecting
School –
Club –
Provincial
Pathways

Club and School Field Hockey

Club / Academy

School Season
Academy Training
Club Training and
Competitive
Opportunities

FHBC

Provincial Tryouts

Nominated by Academy
Coaches
Thorough Technical /
Tactical Assessment
Selection Opportunity
for Provincials

FHC: National Teams

Provincial Program

FHC Nationals
Selection Point for
National Squads

Skills practice and development
Game play (based on H&S protocols)
Decision making and execution
Specialist elements of training (strength and conditioning)
Tactical awareness

Pathway into the FHBC Provincial Program + Elite High
Performance Program

The Academy Components

Athletes will be eligible to be nominated by academy coaches for the appropriate FHBC Performance pathway in each LTAD age group

Train to Train (T2T)
Program targets ages 13-15

Train to Compete (T2C)
Program targets ages 16-18

Provincial Teams (for T2T and T2C) are identified during the 3-step tryout process in March / April



Connecting
School Club
Provincial
Pathways

The Curriculum

- Field Hockey Technical and Tactical Training – in alignment with FHBC regional and HP expectations
- Sport Science Testing + Monitoring
- Sports Education – training holistic athletes (goal setting, mindset/mental game, individual support)
- Coach Education – Grades 10,11,12 students
- Umpire Education
- Social Engagement – Team Building



Education

The Schedule

Current school schedule follows a quarter system.

If a similar schedule next school year, the academy will be offered during X-Block:

Tuesdays 1:00 – 2:20 p.m.

Thursdays 1:00 – 2:20 p.m.

Linear schedule: all year long



Quarter System - Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1					
Lunch					
Period 2		X-Block		X-Block	
		1:00 – 2:20 Academy		1:00 – 2:20 Academy	
3:30 – 5:00					

The Location

Outdoor Training Program

September – November
February – June

Rutledge Field Hockey all
weather turf

13th & Marine Drive
West Vancouver



The Location



Indoor Training Program

December - January

Level 10 Fitness

...and we look for other activities such as Kick Boxing & Yoga if the Health & Safety protocols allow the access to indoor facilities.





Bus Transportation

Bus Transportation

- First Student Canada is the bus company that provides a one-way drop
- Accommodates students from all three secondary schools
- Parents responsible for pick-up at the conclusion of each session





Courses & Assessment

Courses for Participation



Grade 8:
Physical & Health Education 8

Grade 9:
Physical & Health Education 9

Grade 10:
Physical & Health Education 10

Grade 11:
Fitness & Conditioning 11

Grade 12:
Fitness & Conditioning 12

Assessment & Evaluation

Assessment

On-going assessment each session

Report Cards

Report cards issued 3 times per year

Parent-Teacher Interviews

One formal virtual interview offered to parents

Open-door policy

Parents can contact us at any time





Clothing Kit

Clothing or Equipment Requirements

1 long sleeve dry-fit shirt

1 short sleeve dry-fit shirt

2 pairs of shorts

2 pairs of socks

There will also be optional items for students to purchase.





Fees

Fees

September – June

\$348 per month X 10 months
September - June

And parents responsible for:

Clothing Fees: Approximately \$200

Parents whose students return
each year **ONLY** replace those
clothing items that require it.





The Selection Process

Selection Process & Criteria

- ☐ Genuine interest or passion – sound reasons for applying
- ☐ Complete the student information form online for the academy
- ☐ Commitment to participate for the full school year
- ☐ Submission of most recent report card
- ☐ Show evidence of satisfactory to excellent work habits in school
- ☐ Show evidence (report card) or answers within the completed registration form:
 - Ability to work well in classrooms academically
 - Ability to maintain good to excellent grades
 - Demonstrated good character: being responsible & respectful
 - Ability to work well with others
 - Ability to follow the rules of a special program, as well as the mandatory health safety protocols



Thank You!