



**WEST  
VANCOUVER  
SCHOOLS**  
*A world of opportunity*



## **WVS PREMIER FIELD HOCKEY ACADEMY**

2022-2023 Open House Information

## Land Acknowledgement



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

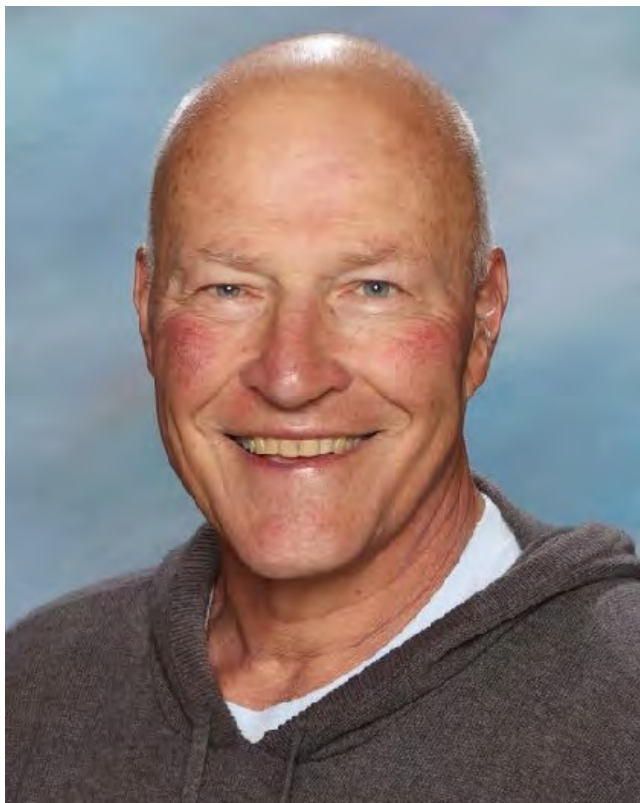
We would like to express our gratitude to this Nation as we value the opportunity to learn and share educational experiences on this traditional territory.



# **Welcome & Introductions**

## **Mr. Klaus Heck**

WVS Premier Field Hockey Academy  
Supervising Teacher



- 33 years as PE Teacher in Vancouver
- Served as P.E. Department Head
- Vice Principal and Principal of Summer School
- Coached many levels of basketball – bantam to senior levels for 33 years
- President of BC High School Boys Basketball Association
- Conceived the current 20 team format for the AAA tournament
- Launched the original slam dunk contest at the AAA tournament
- Board of Directors for BC High School Track & Field
- Named to the BC High School Track & Field Hall of Fame in 2007
- Won a BC Little League Championship
- As a player, won the Canadian National Baseball Championships in the Master's division



## **Mr. Geoff Matthews**

WVS Premier Field Hockey Academy  
Head Coach



- WVFHC Technical Director
- Premier Field Hockey Academy Head Coach
- U21 Men's National Team Head Coach & Domestic Trainer for the Men's National Team
- Assistant Coach, Men's National Team: Commonwealth Games, August 2022
- NCCP Competition Development Trained
- FIH Level 3 Certified

## **Ms. Isabelle Roux**

WVS Premier Field Hockey Academy  
Assistant Coach



- West Vancouver High Performance & Women's League Coach
- Field Hockey BC Regional & Provincial Coach
- Been playing since she was 6 years old, extensively in the Netherlands, and in Curacao, the Dutch Caribbean
- Started coaching at the College level in 2016, as well as Junior teams in the Netherlands
- Playing & coaching field hockey brought her to Canada where she continues to impact the lives of her many young athletes
- Isabelle is a multi-sport athlete including baseball, swimming and skiing

## **Karli Johansen**

WVS Premier Field Hockey Academy  
Assistant Coach

Member of the Canadian Women's  
National team

Karli will represent Canada in the World  
Cup, July 2022 & Commonwealth Games,  
August 2022

Played 148 international matches for  
Canada

Member Junior National Team; Junior World  
Cup (2013); Junior World Cup Top Goal  
Scorer

Commonwealth Games 2014, 2018

Two-time Pan Am Elite Team Member  
(2015 Bronze; 2019 Silver)

Scholarship to the University of Iowa (2014)  
Bachelor of Arts in Health & Human  
Physiology





# General Concept

- Designed for students registered full time in any one of WVS 3 secondary schools: Rockridge, Sentinel or WVSS
- Grades 8-12
- All genders eligible



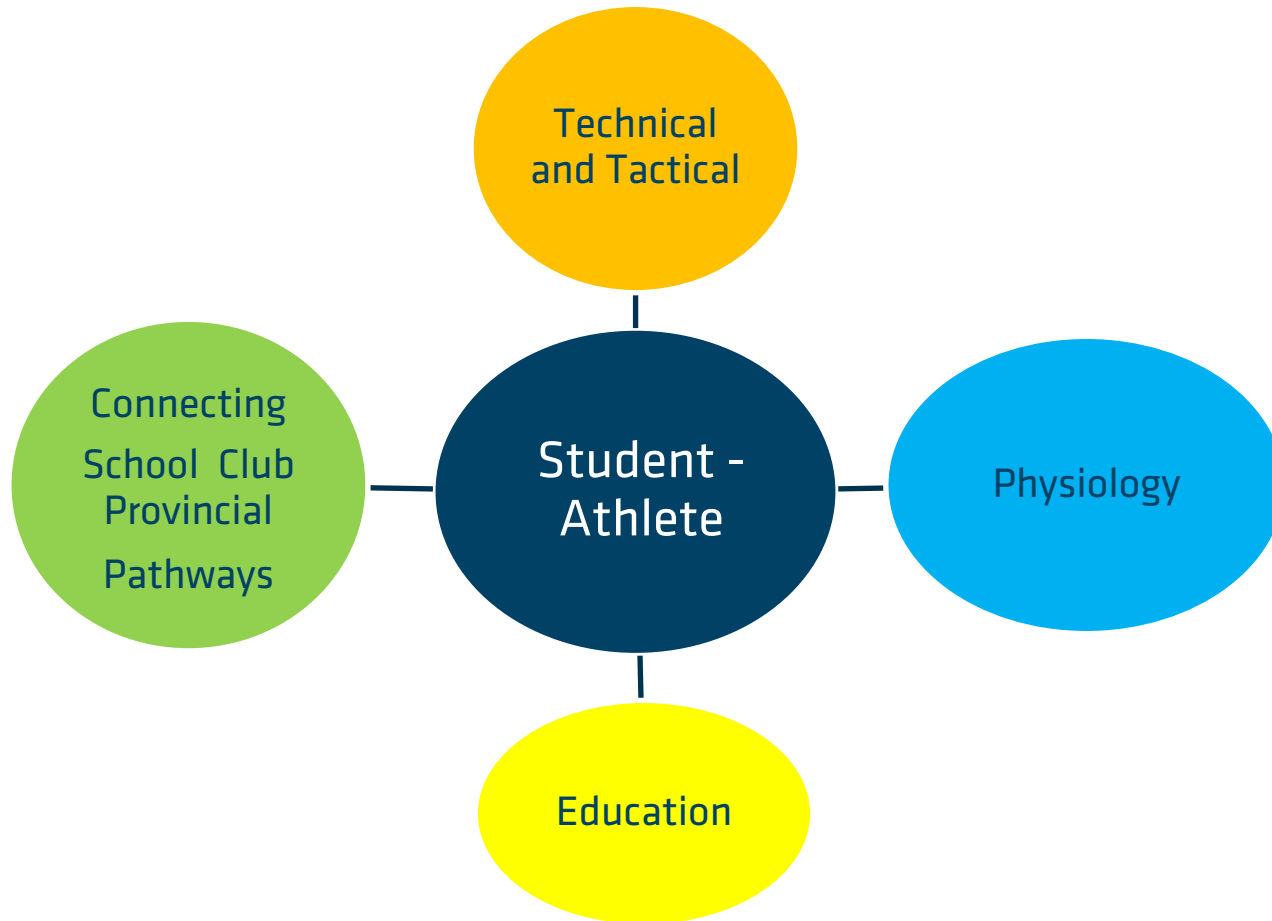


## Our Goals

- 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:

- Fitness Testing (Yoyo, 40m sprint, vertical jump, anthropomorphic tracking)
- Strength & Conditioning
- Field Hockey-specific agility & running patterns

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 Semester system

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

Tuesdays 1:30 – 3:00 p.m.

Thursdays 1:30 – 3:00 p.m.

Linear schedule: all year long



## Semester System Sample Schedule

Sample Semester Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:30 - 9:50	Period 2 8:30 - 10:25	Period 4 8:30 - 9:50	Period 3 8:30 - 10:25	Period 2 8:30 - 9:50
Break 9:50 - 10:05		Break 9:50 - 10:05		Break 9:50 - 10:05
Period 2 10:05 - 11:25	Break 10:25 - 10:40	Period 3 10:05 - 11:25	Break 10:25 - 10:40	Period 1 10:05 - 11:25
Lunch 11:25 - 12:10	Period 1 10:40 - 12:35	Lunch 11:25 - 12:10	Period 4 10:40 - 12:35	Lunch 11:25 - 12:10
Period 3 12:10 - 1:30		Period 1 12:10 - 1:30		Period 3 12:10 - 1:30
Break 1:30 - 1:40	Lunch 12:35 - 1:20	Break 1:30 - 1:40	Lunch 12:35 - 1:20	Break 1:30 - 1:40
Period 4 1:40 - 3:00	X Block Period Field Hockey Academy 1:30 - 3:00	Period 2 1:40 - 3:00	X Block Period Field Hockey Academy 1:30 - 3:00	Period 4 1:40 - 3:00



# The Location

## Outdoor Training Program

September – November

February – June

Rutledge Field Hockey all weather turf

13<sup>th</sup> & Marine Drive

West Vancouver



# Indoor Training



## Indoor Training Program

December - January

Based on Health & Safety Protocols Guidelines, our goal is to be able to enter indoor venues that would provide the students with opportunities such as:

Yoga @ WV Martial Arts facility  
Indoor Field Hockey in the gym at WVSS

# Bus Transportation

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





## 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 or Equipment Requirements

1 long-sleeved dry-fit shirt

1 short-sleeved dry-fit shirt

1 pair of shorts

2 pairs of socks

1 rain jacket

There will also be optional items for students to purchase.



## Fees

September – June

\$275 per month X 10 months September - June

As well, parents are responsible for:  
Clothing Kit: Approximately \$200

Parents whose students return each year  
ONLY replace those clothing items  
required should students outgrow or lose  
the items



## Registration Process

- ☐ We encourage all students who have an interest in learning the sport to come out. We accept all levels and all genders.
- ☐ Register online completing the Student Information Form  
<https://westvancouver.schools.ca/academies/field-hockey>
- ☐ Upload with the completion of the Student Information Form, a copy of the student's most recent report card
- ☐ Commitment to participate for the full school year (September-June)
- ☐ Show evidence of satisfactory to excellent work habits in school (through the report card)
- ☐ Show evidence (report card) or answers within the completed registration form:
  - Ability to work well in the school setting
  - Ability to maintain good to excellent grades
  - Demonstrate good character: being responsible & respectful
  - Ability to work well with others
  - Ability to follow the rules of a special program, along with the health & safety protocols



## Final Steps & Welcome!

Once parents have completed the on-line registration, communication will occur from the WVS Academy Office by Assistant, Ms. Tara Ledingham.

A deposit for September's fee will be required. Courses will be entered into the student's timetable.

Parents whose students are confirmed for the program will receive ongoing communication about the process in order to be ready for September 2022



**Thank you!**