

OHG PENTICTON | HOCKEY SKILLS ACADEMY



HOLY CROSS
COMMUNITY, FAITH, LEARNING



HOCKEY SKILLS ACADEMY

Holy Cross School is offering a Hockey Skills Academy that specializes in performance training and skill development of student-athletes during school hours.

The program is being offered for male and female athletes in Grade 6, 7 and 8 attending Holy Cross School. The Okanagan Hockey Group provides professional coaching.

The purpose of this program is to pursue athletic potential, build personal character, and to develop an attitude that hard work, and positive values, are assets each student can carry into all aspects of their lives.

The program will consist of 36 on ice and 10 off ice sessions running from October 2022 until May of 2023 on Mondays and Fridays.

Cost is \$1200 for the school year.

Program Fees Cover:

- Instructor Costs – on-ice and off-ice
- Coaching equipment and supplies

Insurance and Liability:

School insurance fully protects all participants.

Course Credit:

Each student will receive equivalency for Physical Education.

Assessment and Evaluation:

Students will be evaluated each term in the areas of on-ice and off-ice performance. This will include their work and effort.

Please note:

- All students must provide their own set of full equipment
- The **Holy Cross Hockey Skills Academy** is open to both male and female players
- Program is intended for individual skill development. No teams are created and no formal games are played

Student Responsibility while attending the Holy Cross Hockey Academy:

- Attend Holy Cross School full time
- Commit to academic responsibilities
- Maintain excellent attendance
- Be a responsible citizen within the school and community
- Demonstrate a desire and commitment to improve
- Work in a climate of spirit of cooperation
- Admission to the **Holy Cross Hockey Skills Academy** is dependent upon students' satisfactory standing in academic classes
- Okanagan Hockey Group to provide:

Staffing with Hockey Canada accredited coaches

on ice sessions September to May:

progression through all individual skills (skating, puck management, passing, shooting, checking)

Progression through individual tactics (one on one play, scoring techniques, offensive and defensive tactics)

Goalie Instruction (if needed) Stance, skating, movement, save selection, rebound control

- **Equipment will be stored each Academy morning in our half container installed outside of the school**

Monday practice session will begin at 1:00 and end at 2:00.

The Academy members will walk to Maclaren Arena during their lunch hour after eating at 12:30pm. There they will change, practice, and then be brought back to the school at 2:10pm for part of their final class.

Friday practice session will begin at 1:15 and end at 2:15.

The Academy members will walk to Maclaren Arena during their lunch hour after eating at 12:30pm. There they will change, practice, and then be picked up by parents at the arena at approx. 2:10pm



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HOLY CROSS SCHOOL

1298 Main Street

Penticton, BC

V2A 5G2

Phone: 250-492-4480

Fax: 250-490-4602

email: hcpoffice@cisnd.ca

hcpprincipal@cisnd.ca

web site: www.holyc.com

Hockey Academy Registration 2022/2023

Student Name _____

Grade _____

Hockey Level _____

Preferred Email Contact

Phone Contact _____

Parent Signature _____

Academy Pricing

Hockey Academy -1:00-2:00 on Monday and 1:15-2:15 on Friday Fee \$1200 per year (due before July 8th 2022)

Payment can be in the form of a cheque written to Holy Cross, email transfer to the school, or with cash.

Email: hcpprincipal@cisnd.ca Phone: [1 250 492 4480](tel:12504924480)