



Hockey Development
September 2011 – February 2012

Dear BH Parents,

Balmoral Hall is excited to offer the hockey development program for the 3rd year. This program is available for students grades 6 through 12, and is an opt-in, fee based program. The intent of the program is to provide a holistic approach to student-athlete development, with on-ice sessions supplemented with off-ice sessions.

Students will be lead through a progression of skills that focus on developing their ice hockey abilities. Progression of these skills will focus on individual technical skills and tactics. There will be 12, one hour, on-ice sessions, and 7 off-ice sessions.

The off-ice sessions will be held on Tuesday mornings, from 7:30am – 8:15am at BH, with the first session being on September 20th, in the Richardson Athletic Centre. Participants should be dressed in appropriate workout attire and be prepared for physical activity focusing on sport-specific fitness development.

The on-ice sessions will be held on Tuesday mornings from 7:00am – 8:00am at the Winnipeg Winter Club, with the first session beginning on September 27th. Students will be driven to the school by bus at the conclusion of the ice time.

Student-athletes will be provided with a skill evaluation sheet before the Christmas break and upon completion of the program. These reports are meant to assist in furthering the development of the student-athlete.

The program will be coordinated and instructed by Anne Hedley, Middle School Humanities teacher and Hockey Program Development Coordinator. On-ice sessions will also be instructed by Blazers Hockey program staff: Gerry Wilson, Jared Cook and Bryan Williams. The off-ice sessions will be instructed by Darlene Sveinson, Junior School Physical/Health Education teacher, and Blazers Hockey Health & Wellness Coordinator.

On- Ice Required Equipment:

- Skates
- Stick & Gloves
- Neck-guard
- Helmet with Cage

Off-Ice Required Equipment:

- Gym Runners, Shorts, T-shirt
- Water Bottle
- Extra Practice Hockey Stick, that can be left at school for duration of program (please put a gym sock over the blade—to protect the gym floor)

The following is recommended for safety reasons, but not required:

- Shin pads & Elbow pads

Required On-Ice Equipment for Goalies

- Full Equipment

Cost: \$250.00/person (including taxes)

Please fill out the attached **registration & elements of risk** forms and return to Coach Hedley.

Questions regarding the program, may be directed to Coach Hedley at: ahedley@balmoralhall.net

We look forward to working with the students on developing their skills and enjoyment in hockey.

Sincerely,

Anne Hedley



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Schedule for Hockey Development Program – On-Ice (Winnipeg Winter Club); Off-ice (BH)

On-Ice	Sept. 27th	Oct. 4th	Oct. 18th	Oct. 25th	Nov. 8th	Nov. 15th
	Nov. 29th	Dec. 6th	Jan. 17th	Jan. 24th	Feb. 7th	Feb. 14th
Off-Ice	Sept. 20th	Oct. 11th	Nov. 1st	Nov. 22nd	Jan. 10th	Jan. 31st
	Feb 21st					

Sample Areas of Skill Development

<i>Skating</i>		<i>Puck control & Individual tactics</i>	
<i>Balance & Control</i>	1 foot balance 2 foot glide 1 foot glide	<i>Stationary & Moving Puck control</i>	Stick-handling zones Open ice carry Toe Drag - side/front Attack personal triangle Fakes & movements
<i>Edge Control</i>	1/2 foot Slalom Crouch slalom 2 Foot C-Cut High step over	<i>Passing & Receiving</i>	Sweep/Saucer pass 1-Touch & Indirect pass Pass & follow lanes 90 ^o support
<i>Starting & Stopping</i>	T-Start; V-start; X-start Bkwd X-over start Bkwd C-cut start 2-foot parallel stop 1/2-leg bkwd stop	<i>Shooting & Scoring</i>	Wrist/Snap/Slap shot Shoot while moving 1-timer/2-touch Scoring area & Seams Tips/deflections/screens
<i>Fwd Skating & Striding</i>	1 leg Skulling Fwd striding - side Scissor movement	<i>Defensive individual tactics</i>	Mirroring & Angling Toes up ice Gap control & active stick Pressure/Contain
<i>Bkwd Skating & Striding</i>	Weight transfer Transition skating 1 leg C-cuts Top C push	<i>Offensive Individual tactics</i>	Body position Walk-outs 1v1/2v1 Drive/Delay (attack tri)
<i>Turning & Crossovers</i>	Tight & Glide Turns Pivots - Mohawk Circle - C-cuts Fwd /Bkwd X-Over	<i>Team Tactics (optional)</i>	Defensive zone awareness Support tactics Cycle movements Zone entries



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REGISTRATION Hockey Development Program

Name: _____

Grade: _____

Years played hockey: _____

Program fee – \$250

PLEASE CIRCLE:

BH Account **OR** Cheque (enclosed) **OR** Visa **OR** Mastercard **OR** AMEX

Card #: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

* All Cheques made payable to Balmoral Hall School



BALMORAL HALL SCHOOL)12

**FIELD TRIP POLICY APPENDIX "A"
ELEMENTS OF RISK
Off Site Activities**

This form must be read & signed by all students and by a parent or guardian of participating students.

Educational activity programs, such as the *Blazers Hockey Development Program*, involve a certain element of risk. Accidents may occur while participating in these activities and may cause injury.

A few examples of the type of accident that one is at risk of are:

1. *Broken limbs*
2. *Pulled, strained or torn muscles, ligament or tendons*
3. *Head injuries*

There may be also types of injuries not listed here.

These accidents result from the nature of the activity and can occur without fault on either the part of the student, the school or its employees, or the facility where the event is taking place. By choosing to participate in the activity, you are assuming the risk of an accident.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

By choosing to participate in the *Blazers Hockey Development Program* on the dates mentioned below (***please note that dates may change due to unforeseen circumstances***), you must understand that you will bear the responsibility of any accident that might occur. Balmoral Hall does not provide any accidental death, disability, dismemberment or medical expense insurance for students or chaperones participating in this activity.

ACKNOWLEDGEMENT

I give _____ permission to participate in the *Blazers Hockey Development Program* with activities starting September 20th, 2011 (please see attached document for outline of activity calendar).

I/We have read the above **ELEMENTS OF RISK** information and understand that by participating in the *Blazers Hockey Development Program*, on (*see attached document*), I am assuming the risks associated with doing so.

Signature of Student _____

Date _____

Signature of Parent/Guardian _____

Date _____