



Hockey Canada Skills Academy **Course Outline 2009-2010**



AMS Sports Performance Option

Mr. McClain

Presented by Hockey Canada in partnership with Alexandra Middle School.

Course Objectives

The Hockey Canada Skills Academy aims to provide students with attitudes, knowledge, and skills that are mandatory to improve learning and enhance performance. All students will have success while believing in themselves and striving for their own personal excellence. This program creates a positive skills based environment that links sport with education.

General Learner Outcomes

Students in the Hockey Options program will:

- Be knowledgeable about sport skill development through proper training techniques associated with hockey.
- Objectively assess their fitness strengths and weaknesses, establish performance goals and evaluate the success of associated training programs
- Enhance their personal development through sport, through leadership, volunteering, and work experience

Hockey Academy Components

The Hockey Academy is broken up into three parts where students will participate in on-ice skills development (at the hockey rink) and in off-ice skills development (gym and weight room) / theory and classroom instruction. Students must have all their certified hockey equipment at the school or dropped off at the designated hockey rink for on-ice sessions. Please read and review the information for your specific grade.

On-Ice Skills Development

Throughout the course of the program, students will be asked to participate in a number of different exercises and activities to facilitate their learning and performance. They will include skating, stick handling, passing, shooting, checking, goaltending, and situational plays.

Off-Ice Skills Development

Passing, shooting, goaltending, body checking, etc. are skills with its very own demands on strength, flexibility, co-ordination and endurance. With the right kind of -practice, all these skills can successfully be learned and enhanced through off-ice training. In fact, without the off-ice preparation and refinement the player is hampering their development. In short, to develop the athlete to his/her potential a combination of on-ice and off-ice training is essential. The off ice training is so much more than just strength and fitness. Off-ice training for hockey players is mainly skills and coordination and this will be our focus.

Theory and Classroom Instruction

This aspect will allow time for students to reflect on their experiences through mental skills training such as establishing proper goals, dealing with expectations, dedication, responsibility, attitudes, confidence, learning, preparation, visualization, concentration, mental discipline, and relaxation. There will also be class time that will focus on nutrition and its daily importance in developing a strong body and well-being. Additionally, there is a hope to have a few guest speakers as the program develops.

Skills and Fitness Tests

At the beginning, middle, and end of our program, the use of skills and fitness tests will be used to monitor the student's progress both on and off the ice. This will be very motivating for the athlete and will help focus on the essentials in their training.

Student Evaluation

All skills and exercises will be evaluated on the following UNLESS otherwise stipulated.

Written	10%
Attitude and Effort	40%
Participation	50%

1. Written: Students will perform tests, quizzes, exercises, and assignments on various topics that will include nutrition, mental discipline, etc.
2. Attitude, Effort and Participation: This is the most important aspect of evaluation. This will include attendance, punctuality, proper dress, willingness to learn, participation, effort, etc.

Discipline Plan

Expectations

- Attend class daily and be prompt
- Show respect for both instructor and fellow students
- Respect equipment and facilities
- Listen and follow instructions
- No jewelry or gum during class
- Don't leave class without permission
- Participate in on-ice, off-ice, and classroom activities
- Dress out properly - T-shirt or sweatshirt, shorts or jogging pants, socks and runners for off-ice days. For on-ice days, full hockey equipment will be required. Arrangements will have to be made for your equipment to be on time.
- Have fun, be positive and work to the best of your ability
- If a student is absent for an exam, it is the STUDENT'S responsibility to make arrangements with the teacher on returning to class. If no arrangements are made, the student will receive a "ZERO" for the exam. The absence must be valid. If the absence is due to truancy, there will be an automatic "ZERO" for the work missed.

***** All students are to adhere to the Code of Conduct for AMS.