



Algoma District School Board Hockey Canada Skills Academy Information Package 2019-20

Vision

The Vision of the Algoma District School Board Hockey Canada Skills Academy is that learners in the Algoma District School Board engage in innovative experiences that maximize achievement, build confidence and develop responsible citizens.

Open to male and female students in grades 7-10 and some 11's at each Sault Ste. Marie secondary school, the ADSB Hockey Canada Skills Academy will help student athletes learn and improve advanced individual skills and tactics, while developing a lifestyle on and off the ice that emphasizes building character through achieving both athletic and scholastic success. Purposeful practices led by highly trained staff, strength and conditioning designed to maximize physical attributes, and a focus on leadership, citizenship, and career exploration will all position the student to achieve his/her individual goals in an engaging environment.

High School Program (grades 9 and 10) – First Semester Only

- Paired programming for success: PAL 20 / 30 , (Physical Education - large group activities) and CHV20/GLC20 (Careers/Civics) **OR** IDC 30 (hockey technical curriculum)
- 50 hours of on-ice time dedicated to skill development, 3 times a week.
- 60 hours of off-ice training (fitness training, theory, health and hockey curriculum)
- 110 hours of careers and civics curriculum with a focus on sport and culture.
- Instruction from a qualified teacher and community skills expert

Elementary Program (grades 7 and 8)

- 70 hours of on-ice time dedicated to skill development throughout the school year, twice a week
- Instruction from a qualified teacher and community skills expert





Fee Structure

The fee for this program is \$475.00. A \$100.00 deposit is due with a completed registration form. The remaining \$375.00 is due on or before September 6, 2019.

Included with the fee:

- 50 hours (high school) or 70 hours (grades 7/8) of ice time
- 50 or 60 hours of instruction from a qualified teacher or community skills instructor
- Transportation one way to the John Rhodes for each session
- A Hockey Canada Skills Academy hockey jersey and socks
- Hockey Canada Skills Academy shorts and t-shirt

Financial assistance is available and will be reviewed on a case by case basis by request.

Transportation

High school students are responsible for providing their own transportation to the John Rhodes Arena each morning arriving no later than 8:15 AM. Transportation will be provided by the Algoma District School Board for students to return to their home schools at lunch time. High school students will attend afternoon classes at their home schools each day.

Grade 7 and 8 students are bussed to the John Rhodes Arena twice a week at 2:00 PM for their on ice session. Students are responsible for their own transportation from the rink at the completion of the on-ice session. Students must be picked up by 4:00 PM on Days 1 and 3 in the 5 day intermediate rotation.

Equipment

Students are responsible for supplying their own hockey equipment for on ice sessions. All equipment must be worn and must be CSA approved. In the event that a student requires one or more articles of equipment the Algoma District School Board may provide assistance. Parent requests for equipment will be addressed on a case by case basis. A designated storage area will be available at each 7-12 school for student equipment.

Admission Requirements

Enrolment in this program is limited thus, we cannot guarantee a spot for all applicants. Acceptance will be based on: work habits, consistent learning skills and regular attendance. Once program selection has been made by the committee, a waiting list will be generated.





Example of a typical day for a student

Grade 7/8 Day 1 and 3 at rink and after 2pm Day 2, 4 and 5 at home school all day	9:00 AM to 2:00 PM attend regular home school	2:00 PM transportation provided to John Rhodes Arena	2:30 PM to 3:30 PM on ice instruction	4:00 PM student pick up by parent or guardian.
Grade 9/10 (Group 1) (Mon to Fri)	Arrive at arena by 8:15 AM	8:30 to 9:30 AM Group 1 on ice session (Mon, Wed, Fri) or workout	9:50 to 11:05 AM Group 2 in class session	11:15 AM Transportation to home school
Grade 9/10 (Group 2) (Mon to Fri)	Arrive at arena by 8:15 AM	8:30 to 9:45 AM Group 1 in class session	9:55 to 10:55 AM Group 2 on ice session (Mon, Wed Fri) or workout	11:15 AM Transportation to home school

Step 1

Pick up a registration form and information package from one of the 7-12 Sault Ste. Marie Schools.

<<or>>

Print the information and form from www.adsb.on.ca

Step 2

Return the completed registration form by February 22, 2019 along with \$100.00 deposit to: ADSB Education Center 644 Albert St. East, P6A 2K7

<<or>>

e-mail form to wellsc@adsb.on.ca

Application NOT complete without deposit

Step 3

Committee will review completed applications and select students.

Those selected will complete their registration at the SSM secondary school.





Our Staff

Michael Cowan

- ADSB Hockey Canada Skills Academy Instructor and Lead Teacher, Secondary
- Boys' Athletic Director, White Pines 7-12 school
- Owner of "Built For Ice" elite hockey training
- Has trained: Drew Bannister, Jeff Toms, Aaron Gavey, Denny Lambert, Jeremy Stevenson, Jordan Nolan, Chris Thorburn, Jake Muzzin, Tyler Kennedy, Matt D'Agostini, Jordan Smith, Blake Speers, Colin Miller, Michael Amadio, Zack Torquato, and Pat and Cole Jarrett.
- Head coach, Sault Pee Wee Minor AAA Junior Greyhounds

Sarah Fewchuk

- ADSB Hockey Canada Skills Academy Instructor and Lead Teacher, Secondary
- Teacher Superior Heights
- 4 years at Elmira College NCAA women's hockey
- Won National Championship with Elmira College NCAA in 2002
- Inducted to the Hockey Hall of Fame in the Team Category

Kyla Faganaly

- ADSB Well-Being Special Assignment Teacher & Hockey Canada Skills Academy Instructor
- National Strength Conditioning Coach
- 500 RYT (Registered Yoga Teacher)
- canfitpro Personal Trainer; canfitpro Fitness Instructor Specialist
- Certified Professional Trainer's Network Inc. (CPTN) Personal Trainer
- Sport Strength and Sport Conditioning certified (Twist Conditioning)
- Youth Strength Trainer
- Pilates Instructor (Canadian and Australian), (Body Harmonics, Stott Pilate)
- Yoga Fitness Level 1 and 2 (Maureen Rae's Yoga Certification)
- Coaching level 1 and 2
- BOSU and BALL balance certified trainer
- American Council on Exercise (ACE) Personal Trainer
- Has worked with Marty Turco, Trevor Daley, Tyler Kennedy, Collin Miller, Mike Smith, Steve Ott, Jeff Toms, Brendan Perlini, Rico Fata and The Soo Greyhounds.





Mark Matier

- ADSB Hockey Canada Skills Academy instructor, and Lead Teacher, Intermediate
- Grade 8 teacher, Korah Intermediate Program
- 309 semi-pro and European pro games played
- Drafted by the NHL's Washington Capitals (1992)
- Member of the Soo Greyhounds (1990-1993, Memorial Cup Champion)

Terry Barbeau (goalie coach)

- ADSB Hockey Canada Skills Academy Community Coach
- 11 years OHL goalie coach with the Soo Greyhounds and Saginaw Spirit
- 5 years experience NCAA goalie coach with the Lake Superior State Lakers
- Current goalie coach of the Lake Superior State University Lakers
- Current goalie coach of the Soo Thunderbirds Junior A Hockey Club
- Personal goalie coach of Ryan Miller of the Anaheim Mighty Ducks
- International goalie coach work in Japan, Italy, and Czech Republic

Mike Oliverio

- ADSB Hockey Canada Skills Academy Community Coach
- Drafted by the Quebec Nordiques
- Former Soo Greyhounds Captain
- Played Pro hockey in the British Hockey League
- Assistant Coach Soo Greyhounds, 2011-2013
- Power Skating Specialist
- Local fireman

John Parco

- ADSB Hockey Canada Skills Academy Community Coach
- Certified Personal Trainer with the Italian Olympic Sports Committee
- Certified Sports Vision Trainer
- Olympian; Professional Hockey Coach
- 19 Professional Seasons as a player; 9 IIHF World Hockey Championships
- Strength and Conditioning Coach for LSSU Lakers
- Current head coach Soo Jr. A Thunderbirds
- Owner, operator Superior Sports Training





Jeff Toms

- ADSB Hockey Canada Skills Academy Community Coach
- 236 NHL games played
- Member of Sault Greyhounds Memorial Cup Championship team
- 16 years of pro hockey experience including European pro
- Coach of local minor rep teams
- Local fireman

Steve Caruso

- ADSB Hockey Canada Skills Academy Program Administrator
- Vice Principal, Korah Collegiate 7-12 school
- Coach, Sault Ste. Marie Midget AA Wildcats
- Coach, Sault Minor AAA Jr. Greyhounds (Atom and Pee Wee)
- Varsity Hockey, University of Ottawa Gee Gees
- Junior A hockey, Pembroke Lumber Kings, Ottawa Jr. Senators

Contact Us

If you have any questions or for further information, please feel free to contact:

Steve Caruso	Program Administrator Vice Principal	705-945-7180 ext. 66506	carusos@adsb.on.ca
Marcy Bell	Superintendent of Education	705-945-7111 ext 10268	bellm@adsb.on.ca

