



Dear Parents/Guardians;

The Algoma District School Board is excited to announce that we will continue to partner with Hockey Canada to offer a Hockey Canada Skills Academy in September 2019. Male and female students in grades 7 to 10 and some 11's at any ADSB Sault Ste. Marie Secondary School are eligible to apply.

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 academic 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.

Secondary students enrolled in the program will pair PAL 20, (large group activities), and CHV20/GLC20, (civics and careers), to earn two credits during the morning of semester one. Returning high school students to the hockey academy will receive PAL 30, and complete IDC 30 in the classroom, (hockey technical curriculum). Topics include nutrition and diet planning, fitness and training of specific energy systems, anatomy and growth, and game appreciation. The Technical Curriculum for the program is based upon the Hockey Canada Skills Academy™. Ontario's healthy active living curriculum (PPL 20 and PAF 20) will support the course and provide accompanying health units.

Fifty hours of on ice time will be dedicated to skill development, 60 hours of off-ice training will be dedicated to fitness training, theory, health and hockey curriculum, and 110 hours will be dedicated to the careers and civics curriculum focusing on sport and culture or hockey technical curriculum. Elementary students enrolled in the program will receive 60 hours of on ice instruction dedicated to skill development twice a week on days 1 and 3 in their 5 day rotation from 2:30 PM to 3:30 PM.

Both programs will be delivered by qualified teachers, community skills experts and provide opportunities for coop students. The lead teachers for the secondary program will be Michael Cowan and Sarah Fewchuck while the lead teacher for the elementary program will be Mark Matier. Kyla Faganely will work with students off ice in the areas of strength, conditioning, and wellness, while John Parco, Jeff Toms, Mike Oliverio, and Terry Barbeau will be involved with on ice instruction.





The cost to participate in this exceptional program is \$475.00. A \$100.00 deposit is due with the registration form and the remaining \$375.00 is due on or before September 6th 2019. Included with the \$475.00 fee is the cost of ice time, a Hockey Canada Skills Academy jersey and socks, Hockey Canada Skills Academy shorts and t-shirt, quality support from community experts as required, and transportation one way for each session.

Parents of secondary students will be responsible for transportation to the John Rhodes Arena in the morning and the Algoma District School Board will provide transportation to home schools for lunch and regular afternoon classes. The Algoma District School Board will provide transportation for elementary students to the John Rhodes twice a week and parents and guardians are responsible for pick up by 4:00 PM.

Applications and information packages are available on-line from the ADSB website or any of the three Sault Ste. Marie secondary school websites. To register, make sure that your son or daughter is registered at one of the Sault Ste. Marie ADSB 7 to 12 schools, fill out an application form, and return the application form with the \$100.00 deposit to The Algoma District School Board Office, at 644 Albert St. E. Enrolment in this program is limited and on a first come first serve basis. Preference will be given to students working to the best of their academic ability and earning a "good" or "excellent" in their learning skills and work habits. The Algoma District School Board will be hosting a Hockey Canada Skills Academy Information Night on Thursday, January 31, 2019 at 6:30 PM at Korah Collegiate in the auditorium. Please join us where we look forward to answering any questions you may have.

Yours in education and hockey,

Steve Caruso

Steve Caruso
Program Administrator
ADSB Hockey Canada Skills Academy
carusos@adsb.on.ca
705-945-7180 ext. 66506

