



Algoma District School Board Hockey Skills Academy

Information Package 2018-19

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 at each Sault Ste. Marie secondary school, the ADSB Hockey 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, (Physical Education - large group activities) and CHV20/GLC20 (Careers/Civics).
- 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 7, 2018.

Included with the fee:

- 50 hours (high school) or 70 hours (grades 7/8) of ice time
- 50 or 70 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 8:30 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 Tuesdays and Thursdays.

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.

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 Tue,Thu at rink and after 2pm Mon, Wed, Fri sat 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 8:30 AM	8:45 to 9:45 AM Group 1 on ice session (Mon, Wed, Fri) or workout	10:05 to 11:20 AM Group 2 in class session	11:30 AM Transportation to home school
Grade 9/10 (Group 2) (Mon to Fri)	Arrive at arena by 8:30 AM	8:45 to 10:00 AM Group 1 in class session	10:10 to 11:10 AM Group 2 on ice session (Mon, Wed Fri) or workout	11:30 AM Transportation to home school

Step 1

Pick up a registration for 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 16, 2018 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 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

Mark Matier

- ADSB Hockey 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)

Kyla Faganaly

- 500 RYT (Registered Yoga Teacher)
- National Strength Conditioning Coach
- 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.





John Parco

- Certified Personal Trainer with the Italian Olympic Sports Committee
- Certified Sports Vision Trainer
- Professional Hockey Coach
- Olympian
- 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

- 236 NHL games played
- Member of Sault Greyhounds
- 16 years of pro hockey experience including European pro
- Coach of local minor rep teams
- Local fire fighter
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Terry Barbeau (goalie coach)

- 20 years of experience at the OHL and NCAA levels
- 8 years of experience with the Soo Greyhounds (OHL)
- 9 years of experience with Lake Superior State Lakers (NCAA)
- 3 years of experience with the Saginaw Spirit (OHL)
- 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





Steve Caruso

- Program administrator
- Vice Principal, Superior Heights 7-12 school
- Coach, Sault Ste. Marie Midget AA Wildcats
- Coach, Sault Minor AAA Jr. Greyhounds (Atom and Pee Wee)
- Varsity hockey player University of Ottawa varsity 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	705-945-7177 ext. 70505	carusos@adsb.on.ca
Marcy Bell	Superintendent of Education	705-945-7111 ext 10268	bellm@adsb.on.ca

