



 HOCKEY | RINGETTE
ACADEMY

WHAT WE PROVIDE

Hockey and Ringette

- Minimum 36 on-ice skills sessions
- Year long specific dryland training sessions
- Classroom sessions focusing on sport performance, leadership, mental health and developing sport IQ.
- Multisport sessions
- Academic and intervention support
- Community service opportunities
- Dedicated hockey/ringette coaches



Goalie Specific

- **Specialized coaching** for goaltenders.
- **Technical training** focused on fundamental skills such as positioning, angles, skating, puck handling, rebound control, and stickwork.
- **Mindset training** will help goalie's develop focus, confidence, resilience, and concentration; using techniques such as visualization and goal setting.
- **Game simulation drills** to create real game scenarios and improve their decision making abilities under pressure.



FOCUS ON SKILLS

- **Skating:** Improve skating technique, speed, and agility.
- **Puck Skills:** Develop proficiency in handling the puck, including dribbling, maneuvering, and protecting.
- **Ring Skills:** carrying the ring, forehand/backhand pass, board pass, stab/receive the ring, ring protection, checking.
- **Shooting:** Enhance shooting accuracy, power, and technique.
- **Game Awareness:** Develop a deep understanding of game strategies, positioning, and reading plays.
- **In-Game Application Drills:** Practice skills in game scenarios in dynamic environments to improve decision-making and execution under pressure.
- **Developing Sport IQ:** Cultivate a high level of understanding of hockey/ringette concepts, tactics, and situational awareness.
- **Player to Coach Ratio:** Ratio of 8 players to 1 coach to provide personalized attention and feedback.
- **Assessments:** Regular assessments and personalized development plans to track progress and set goals.



MINDSET TRAINING

MHPSDs Family School Liaison Workers (FSLWs) and sports psychologists will deliver mental health and mindset training. We will help athletes to develop techniques for enhancing focus, confidence, motivation, and resilience.

Athletes will participate in relaxation exercises, visualization techniques, and goal setting strategies. Sessions on stress management, selfcare and coping skills will also be provided. It is critically important to increase our awareness of mental health and reduce the stigma in order to support our players.



PROGRAM LOGISTICS

Groupings - Participants will be grouped by school, and in some cases by age categories. There are a couple scenarios where school groups will be combined. Ringette players will be grouped together with a dedicated ringette coach.

Timetables - We continue to work through different versions of a timetable and will share that with families once it is finalized. Participants will be on ice approximately twice per week, in a classroom session once per week and at the training facility once per week. Each school will work to articulate to families how this fits with school programming, particularly for things like options and physical education.

Academy Gear - Included in the yearly fee, players will receive a branded jersey and t-shirt. Additional items will be available for purchase from the team store.

Storage - Equipment can be dropped off and picked up at the assigned rink each day or at schools that are within walking distance.



LOOKING AHEAD

Training Facility

As part of our short term plan we are opening a dedicated training facility where system athletes will be able to hone their skills, athleticism and fitness under one roof.

Additional Opportunities

- **Skills Sessions on PD Days** - shooting and ring protection & passing / stickhandling camps
- **Training Sessions** - evenings and weekends
- **Private Lessons** - off ice or virtual
- **Partnerships** - MHC, Source for Sports, MHMHA, MHRA, National Ringette League
- **Training Videos**