

GET INVOLVED & HAVE FUN!

**Hamilton-Wentworth District School Board
Hockey Canada Skills Academy**



**HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD
PRESENTS
HOCKEY CANADA SKILLS ACADEMY**



Supported by:



100 Main Street West
Hamilton, Ontario
L8N 3L1
(905) 527 - 5092



Licensed Hockey Canada
Skills Academy Since 2001
www.hockeycanada.ca

Hamilton Red Wings: Spencer Abbott –
"No matter how good you are, there are always way to improve yourself and get better. This class greatly improved alot of my skills such as my stick handling and skating explosiveness."

Murray Nystrom –
(Head Coach) Brock University Men's Hockey Team
"The Hockey Canada Skills Academy allows players to be exposed to a whole new hockey experience, one that is positive in every way. The focus on core skill development will give players more confidence and in turn create more lifelong hockey players."

OHL Director of Central Scouting –
Rob Kitamura: "Personally I think this is an excellent idea, they should have academies in most middle and secondary schools. It's a perfect supplement to the regular hockey program."



**Hamilton-Wentworth District School Board
Hockey Academy Supported By:**

Hamilton Minor Hockey Council

Hamilton Reps Minor Hockey



Ontario Hockey Federation

Alliance



FACILITIES

SHERWOOD SECONDARY SCHOOL *Mohawk 4 Ice Centre* **MOHAWK 4 ICE CENTRE**



Sherwood Secondary School
25 High St.
(905)-383-3377 ext. 323
www.hwdsb.on.ca/sherwood/

Arena: Mohawk 4 Ice Centre
710 Mountain Brow
(905)-318-5111



**SKILL BUILDING
TEAMWORK
CO-OPERATION**



**FOR MORE INFO CALL:
905-383-3377 ext. 3241**

**DEVELOPING THE STUDENT-ATHLETE,
ONE SKILL AND CREDIT AT A TIME**



THE PROGRAM

Students in the Hockey Canada Skills Academy with the Hamilton-Wentworth District School Board are provided training in hockey skills throughout the semester. The program is developed by Hockey Canada in conjunction with International coaches, Bjorn Kindling and Dave King.



PROGRAM COMPONENTS

On Ice Skill Development

The focus is on developing all fundamental skills:

- Skating
- Shooting
- Passing
- Puck Control
- Checking
- Goalie Instruction



INSTRUCTORS



Anthony Herrington

- Operator/Founder HWDSB Skills Academy
- Advanced II Level Coach
- Hamilton Reps Skills Coach
- current scout for OHL central scouting

REGISTRATION

2007- 2008 School Year
Hamilton-Wentworth District School Board's
Hockey Skills Academy

- The course is available to any student registered with a public secondary school in the Hamilton area regardless of their playing level. (ie. House League to AAA)
- Grade 9 PPL1O1H/HIF1O1H
Healthy Active Living/Individual Life Skills
- Grade 10 PAL2O1H/HFN2O1H
Healthy Active Living/Food Nutrition

Off Ice Skill Development

Hockey specific training that includes:

- Resistance Training
- Speed-Agility-Quickness
- Stickhandling-Passing
- European Floor Hockey



Ryan Lounsbury

- Assistant Coach Brock University (CIS)
- Former Pro player in the Netherlands Premier Division
- 4 years as a player at Brock U
- Hamilton Reps Skating Coach

EARN 2 CREDITS AT SHERWOOD

**IMPROVE YOUR SKILLS
FOR 1/2 A SCHOOL DAY!!**

Cost: \$300.00

- Ice Time (30+ hours)
- Transportation
- CPR Certification
- Hockey Canda Jersey
- Off-Ice Equipment Cost (Euro Sticks, SlideBoards etc.)

Video Analysis and Classroom Session

- Hockey related classroom topics include: skill videos, goal setting, fitness training principles, nutrition and life skills
- All students will be video taped skating, passing, shooting, and stickhandling during the on ice portion of the course and analyzed during classroom sessions



Ron Teufel

- Head of Phys. Ed. Sherwood
- Intermediate Level Coach
- Former AAA/AA Coach with Hamilton Junior Bulldogs



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