



Ancaster High School – Hockey Canada Skills Academy

Instructor: Ryan Lounsbury

- Hockey Canada Skills Academy Teacher 15 years
- Recognized as “HWDSB Program of Excellence” (Teacher)
- Former European Professional Player and Brock University (CIS)
- Assistant Coach Brock University (CIS) 2009 to 2013
- Vancouver Canucks (NHL) Player Development Coach/Scout (2009 – Present)

Program Highlights:

- Grade 9 Double Credit Course (PAL 101-H – CGC 1D/1P)
- Pathway continues in Grade 10
- 50 hrs On-Ice Training (Individual Skill Development)
- Cost: \$330 Ice Time, Jersey, Gym Uniform)
- Video Analysis of Shooting, Skating, and Stickhandling
- Hockey Canada Skills Academy Curriculum On/Off Ice

Typical Week in the Program:

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness	On-Ice	Variety of Sports	On-Ice	Floorball
Other Sports	8:30 to 10am		8:30 to 10am	

Geography	Geography	Geography	Geography	Geography