



High Performance Hockey Skills Academy at EMS



Academy Overview

The High Performance Hockey Skills Academy at EMS is a Surrey School District supported and authorized program. Under the leadership of Earl Marriott Secondary Principal, Ms. Claudine Davies, the EMS staff has successfully integrated this program to meet the academic and athletic needs of both junior and senior students. ***The program's goal is to provide the varied learning experiences and skill development opportunities necessary to offer each student an extra edge in athletic and academic achievement.*** Students will receive course credits in *Physical & Health Education* and various sport-related *Independent Study* endeavors.

During the **8 years** of the program, over 40 players have graduated to the junior hockey ranks. This includes alumni playing in the WHL, BCHL, SJHL, Jr. B, BC Major Midget, Female Major Midget, and Female Jr. Steelers. The seasonal plan includes a comprehensive program for Bantam and Midget aged players with a focus on skating, individual skills, and physical strength and conditioning. Program details are developed by professional coaches and trainers.



Earl Marriott Secondary is located in South Surrey, BC, and has an excellent academic and athletic reputation. This District program allows students to attend from EMS and out of catchment schools, and school counsellors will individually assist in advising academic course selections. Please contact murray_t@surreyschools.ca for further information on program registration.

A message from the Academy's Director of Coaching, Mr. Dave Newson:

SEMI Hockey is very excited about partnering with Earl Marriott to provide an outstanding hockey experience for student athletes who desires to improve their skills at a High Performance level.

SEMI Hockey's top coaches from our Rep Hockey teams have been selected based on their experience, teaching ability and passion for the game. These coaches are excited about aligning the High Performance experience for the players in the community.

The focus of the program will be on challenging players to improve their individual skills in a high tempo environment. Skating acceleration, first step quickness, lateral agility and mobility will be priorities. Puck skills under pressure and in game situations will enhance player's offensive ability. Game sense, timing and decision making will also be improved through drills and mini games. Position specific tips and tricks will help develop an extra edge.

As an added advantage, these top coaches work all season with players at the Bantam and Midget Rep levels. They see firsthand which skills individuals need to develop for the upcoming season in order to be ready to dominate. This larger coaching role during the off season will benefit both individual rep players and local minor hockey rep teams.



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REQUIREMENTS & SUPPORT

Athletic Requirements

The program is open to players of advanced skill levels, male (grades 8-12) and female (grades 8-12). The students must be keen to improve their individual game and to maximize their own potential.

Academic requirements and support

- Students must remain in good academic standing as discussed with each parent/guardian prior to beginning the program.
- Academic integrity protected as PE/Health Education learning outcomes are overseen and evaluated by EMS teaching staff. Credit for Independent Directed Studies projects will also be overseen and evaluated by EMS teaching staff.
- Educational support provided for all academic areas. Academic success is a priority and an essential aspect in our planning. The Earl Marriott Secondary Principal, Counseling Department and P.E. Department are all partners in the Skills Academy program.

Daily Teacher Support

Tanner Murray-SD 36 Teacher and Program Coordinator

On ice training, fitness training and credited course content instruction will be conducted under the supervision of EMS Teacher, Tanner Murray. Tanner holds a Degree in Education from the University of Alberta and an Associate Diploma in Kinesiology. He has worked in the Surrey School District as a Physical Education Instructor and Learning Support Teacher for **11 years**. With this experience, he has developed a special skill set for teaching student athletes how to achieve athletic and academic success. This will be Tanner's **6th year** coordinating the EMS Hockey Programs.

Semester 2 Student Schedule:

- Minimum 2 Academic courses -2 periods
- 1 Hockey PHE course- 2 periods (Grade level PHE credits)
- 1 Independent Study course - grade 10's only (see last page of package for more info)
- Hockey Academy will be mostly blocked together in periods A&D or B&C in the second semester



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PROGRAM PRINCIPLES

- Providing additional training for Minor Hockey aged players
- Focusing on leadership, academic achievement, skill development, personal fitness
- Supplementary to the existing programs run by Branch Minor Hockey Associations
- Sanctioned by the Surrey School District for operation
- Professional Hockey Coaches and Educators providing daily hockey instruction and support
- Building good community citizens through the avenue of hockey.



High Performance Hockey Skills Academy-Breakdown of Hours

On-ice Components:

February – June:

- ✓ 60+ hours on ice at Centennial Arena, South Surrey Arena and Excellent Ice
- ✓ Practice duration: 1 hour to 1.25hours
- ✓ 3 x/week

Off-ice Components:

February – June

- ✓ 40 hours strength and conditioning training
- ✓ Duration: 1 hour per session
- ✓ 2 x/week
- ✓ 40 hours supported study time (PE/ Health components covered + Independent Study Project)
- ✓ 2x/week





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COURSE OUTLINE

Upon successful completion of the following sections, students will receive grade-level course credits for Physical and Health Education (4 credits) and Independent Studies (4 credits- grade 10's only).

Section 1: Physical and Health Education-BC Curriculum specific content (Grades 8-10)

Section 2: High Performance Hockey-Advanced Hockey Skills and Advanced Fitness content

Section 3: Independent Directed Studies-Inquiry based project

Section 1: SD 36 Physical & Health Education (Draft)

Rationale:

To promote the benefits and rewards of a student body that is active and healthy.

To create an environment that fosters positive attitudes towards physical activity and promotes active participation through a variety of activities.



Why is it important to take PHE?

<u>Physical Literacy</u>	<u>Healthy & Active Living</u>	<u>Social & Community Health</u>	<u>Mental Well-Being</u>
Why is it important to learn to move?	What does fit look like?	What influences the choices you make?	What is the hardest part about being a teenager?
Why is play important?	Why is it important to be fit?	What are the consequences of the choices we make?	What does a healthy teenager look like?
How do I get better?	Are you fit? How do you know?		

PHE Key Goals:

The BC Physical and Health Education curriculum contributes to students' development as educated citizens through the achievement of the following goals. Students are expected to:

- 1) develop an understanding of the many aspects of well-being, including physical, mental, and social
- 2) develop the movement knowledge, skills, and understandings needed for lifelong participation in a range of physical activities



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- 3) develop knowledge, skills, and strategies for building respectful relationships, positive self-identity, self-determination, and mental well-being
- 4) demonstrate the knowledge, skills, and strategies needed to make informed decisions that support personal and community health and safety

Section 2: High Performance Hockey

SEMI Hockey is pleased to be partnering with Earl Marriott Secondary school to jointly operate the High Performance Hockey Skills Academy at EMS.

This program will provide over 60 hours of on-ice instruction led by SEMI Hockey's top Bantam and Midget coaches, in addition to 40 hours of Strength and Conditioning training with program partner, Semiahmoo Athletic Club. The link between the two community partners is a natural one as SEMI Hockey is the minor hockey association that the majority of the EMS students participate with in the fall/winter hockey season and the continuity of development and training will be a big benefit to the attendees.

SEMI Hockey has employed experienced professional coaches for its High Performance teams in Bantam and Midget and has implemented a player development plan that provides opportunities for players on these teams to improve and refine all aspects of their game. Adding the option of additional training within the EMS program will enhance the overall player development plan.

The key focus will be in the Technical skill areas, with additional focus on some key tactics for offensive and defensive play at the High Performance Level. The following Technical and Tactical skill areas would form the hallmarks of what an EMS program graduate should exhibit after participating in the program:

Skating

- Developed extra gear of acceleration
- Developed ability to move feet through contact
- Increased agility to evade contact
- Increased balance to give and receive checks

Puck Skills

- Protects puck through checks
- Strategic chip and chase to get around checks
- Increased ability to keep head up and scan the ice

Shooting Skills

- Shooting through traffic
- Strategic shooting for second chances
- Using shots as part of rush attacks
- Point shot mobility





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Individual Defensive Tactics

- Uses body effectively to check
- Footwork and positioning key to one on one defense
- Doesn't lunge or get off balance to defend
- Gap control
- Stick on puck skills
- Box out and net front play
- Back checking and back pressure

Individual Offensive Tactics

- Positioning in scoring area
- Rebounds and tips
- Offensive seams
- Puck support
- Walk outs and wrap arounds

Team tactics (defensive)

- Defensive support
- Line Rush Against
- Back check/Back pressure
- Net front coverage
- Dzone basic positioning
- Pressure / contain read and react

Team tactics (offensive)

- Offensive rush options
- Cycle
- Low to high
- Point shot plays
- Neutral zone offensive attack options
- Breakout tactics and position specific skills

High Performance Hockey—Key Goals and Objectives

Semiahmoo Hockey is taking an integrated approach to its high performance programming. Each division will have technical objectives to be obtained by the participants. These technical objectives will build on each other forming a well thought out integrated player development plan.

COMMON OBJECTIVES

There will be several principles across each Division (Bantam & Midget)

- Long Term Athlete Development will be the priority
- Player feedback will be ongoing, honest, and development focused
- Players will be challenged at the level appropriate for their skill and experience



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- Character, attitude, sportsmanship, discipline and respect will be encouraged alongside technical growth
- On ice development will be integrated with off-ice training
- Small area games will be used to develop creativity and skills
- Testing will be used to measure progress

Section 3: Independent Directed Studies (IDS)

Many EMS students discover that the pursuit of excellence in their favorite sport requires hundreds of additional hours of training and learning outside the school day. Due to this commitment, it is possible for students who attend the High Performance Hockey Skills Academy to receive additional credits (up to 4) for Independent Directed Studies (IDS) under the supervision of an EMS teacher (open to grade 10-12's)

Please see the following excerpt from the BC Government website about IDS:

“Under teacher supervision, students can earn additional Independent Directed Study (IDS) credits by pursuing curriculum in more detail of a course they're enrolled in or by focusing on the learning outcomes of a course that they're not taking.

To participate in this method of learning, students must demonstrate the ability to work independently. Along with their teacher, they should also develop an Independent Directed Study plan that includes:

- A process for ongoing facilitation and assessment
- Criteria for determining successful completion
- A credit value (one, two, three or four credits) for the proposed IDS

Students do not need to complete the approved classroom course curriculum before they pursue an Independent Directed Study in that course. However, an IDS must be based on the learning outcomes of a Ministry-Developed or Board/Authority Authorized Grade 10, 11 or 12 course.” (<http://www2.gov.bc.ca/gov/content/education-training/k-12/support/graduation/getting-credit-to-graduate/independent-directed-studies>)

If an EMS Hockey Academy student chooses to pursue IDS credits, the student will be required to complete an in-depth inquiry based project that reflects the learning outcomes from courses such as Weight Training 11, Superfit 12 or any other Board Authorized course of interest.

The project will require students to create an inquiry question based on one or more relevant learning outcomes and create a presentation that shows learning and understanding. Please note the 3 bulleted requirements above when considering the pursuit of IDS credits within the High Performance Hockey Skills Academy.