



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

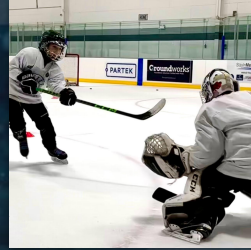
- **Specialized coaching** for goaltenders.
- **Technical training** focused on fundamental skills such as positioning, angles, skating, puck handling, rebound control, and stickwork.
- **Mindset training** will help goalie's develop focus, confidence, resilience, and concentration; using techniques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



SKILL DEVELOPMENT



Skating: Improve skating technique, speed and agility.



Shooting: Enhance shooting accuracy, power, and technique.



Puck Skills: Develop proficiency in handling the puck, including dribbling, maneuvering and protecting.



Game Awareness: Develop a deep understanding of game strategies.



Ring Skills: carrying the ring, forehand/backhand pass, board pass, stab/receive the ring, ring protection, checking.



Training Facility: Our indoor Training Facility is where athletes of all levels can elevate their skills in our specialized training space.

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, positioning, and reading plays.

TRAINING FACILITY

Our indoor Hockey and Ringette Training Facility is where athletes of all levels can elevate their skills in our specialized training space. By combining specialized equipment with expert guidance we help players build their skills and gain confidence.



Stick Handling: Improve on everything from basic puck moves to complex toe-drag with specialized stick handling training tools.



Passing: Practice passing and rebounds on specialized flooring and rebounder training equipment.



Shooting: Improve reaction time and accuracy with shooting nets, tarps and targets.



Dryland Training Tile Flooring: A unique surface formula creates a smooth puck handling and shooting surface perfect for simulating that on ice response.

MENTAL HEALTH COACHING

At our hockey academies, we develop more than skilled athletes — we develop healthy, confident, and resilient young people. Today's student-athletes are growing up in a world that is faster, louder, more connected, and more demanding than ever before. Success on the ice requires strong mental skills off the ice as well.

Our presentations and coaching sessions are proactive, age-appropriate, and practical. Topics include:

- Mental Toughness & Resilience
- Nutrition & Brain Health
- Identity Beyond Sport
- Managing Digital Hate & Social Media Stress
- Emotional Awareness & Communication



Our goal is not only to develop better hockey players — but to prepare young people to thrive in an evolving world, both within and beyond the sport!

MENTAL HEALTH COACHING

Mental health coaching helps student-athletes:

- Perform with confidence rather than fear
- Recover more effectively from mistakes and injuries
- Develop leadership, accountability, and self-awareness
- Build healthy habits that last into adulthood
- Transition successfully whether they continue in hockey or not

Research and experience consistently show that athletes who are mentally supported are more resilient, more coachable, and more likely to enjoy the game long-term.



We believe mental health education should be normalized, not stigmatized. By integrating it directly into our academy environment, we send a clear message: taking care of your mind is just as important as taking care of your body.

LOOKING AHEAD

Additional Opportunities

- **On Ice PD and Summer Skill sessions**
- **Off Ice Training Sessions** - evenings and weekends
- **Private Lessons** - off ice or virtual
- **3 - 3 Tournaments**

