

## Off-Ice/Field/Court Activities (one “half-day” per week)

Students participate in an extensive off-ice program, which focuses on fitness development, sport specific training and cross-sport training designed for the needs of young athletes.

During this time students have an enhanced physical education program where they will be exposed to new sports that challenge them both physically and mentally. Fitness logbooks will be introduced, monitored and reviewed with individual students.

Trained fitness professionals will provide individualized feedback for athletes on a monthly basis.

- \* Sport Specific fitness training with Alberta Sport & Development Centre (10 days)
- \* Gymnastics (4 days)
- \* Golf (4 days)
- \* Curling (4 days)
- \* Wall Climbing (2 days)
- \* Fencing (2 days)
- \* Martial Arts (2 days)
- \* Kayaking (2 days)

*Activities may vary depending on opportunities for athletes.*

## *Play Inspired!*

**We will:**

**Use prayer as a spiritual and emotional resource for athletes.**

**Be involved in our own Christian-based leadership project.**

**Take the opportunity to lead School Celebrations and Intramurals**

**Use Chapel to build life skills, improve our athletic talents given to us by God, and foster ethical participation.**

***Real leaders are ordinary people with extraordinary determination***

**For information, please contact:**

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**You do not need to be Catholic to participate in our program.**



Grande Prairie and District  
Catholic Schools

# St. FX Sports Performance Academy

## Hockey Skills Program Grades 4-8



## Hockey Grades 4-8

### We provide:

- ⇒ **Summer Conditioning Camp** – One week before school starts to condition and strengthen athletes.
- ⇒ **Sport Specific Placement Plans** - Work with young athletes to set goals and achieve results.
- ⇒ **Fitness-Specific Placement Plans** - Track progress throughout the year through Alberta Sport and Development Centre.
- ⇒ **Affiliation with GPRC Coaching Staff** - Experienced staff improves knowledge, skills, and attitudes.
- ⇒ **Individual Analysis** - A key component in tracking and evaluating progress in athletes. Coaches will meet with students on an individual level to provide feedback and improve specific skills. This will include video.

## *Success is a dream turned into reality*

The *St. FX Sports Performance Academy* is based on the philosophy that students can learn through sport to maintain/improve academic standing as well as improve sports skills. Providing individual attention to all students in a Christ-centered environment is fundamental to the success of each student.

Organization, time management, and respect are reinforced as the cornerstones to becoming successful student athletes. High-energy training, attention to detail and character development are key components of the program that is designed to prepare students for a future in athletics and life.

Students will encounter physical workouts on and off the ice/field and will receive professional instruction within an environment suitable for their overall development as a player. This environment will be both relaxed and disciplined allowing the athlete to embrace all activities with an understanding of what is expected of them.



## Grades 4, 5 and 6 Hockey Skills for Regular Skaters (On Ice for 2 days/week for 1.5 - 2 hrs/day)

Professional power skating instruction that focuses on:

- ◆ Skating Development
  - Power Skating
  - Starts/Stops
  - Acceleration
  - Agility
  - Transitions
- ◆ Skill Development
- ◆ Puck Handling
- ◆ Shooting
- ◆ Game Strategies
- ◆ Goalie Specific Training

## Grades 6, 7 and 8 Hockey Skills Program for Regular to Advanced Skaters (On Ice for 2 days/week for 1.5 - 2 hrs/day)

Primary Focus:

- ◆ Skating Development
  - Power Skating
  - Starts/Stops
  - Acceleration
  - Agility
  - Transitions
- ◆ Skill Development
- ◆ Puck Handling/Protection
- ◆ Shooting
- ◆ Advanced Game Strategies
- ◆ Ice Awareness
- ◆ Goalie Specific Training

Hockey Coach and Teacher Coach will be on and off-ice to evaluate individual skills. All students will be groups according to age and ability so that each player has an opportunity to develop rapidly and learn the fundamental skills of hockey.