

FRANCES KELSEY HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company, Frances Kelsey Secondary & School District 79



Questions?

Join our Zoom Meeting on Feb 27 @ 7pm
Meeting ID: 827 0548 4499
Passcode: 698780

CHARACTER • INTEGRITY • TRADITION

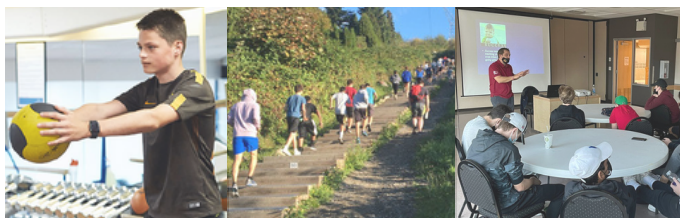
ABOUT THE ACADEMY

This program is available for students in grades 8 to 12.

RPM & Frances Kelsey Secondary have developed a program & curriculum that provides students with the opportunity to balance their educational requirements while developing their hockey skills.

Academy is (coed, inclusive & available for all skill levels) Bantam & Midget Players (grades 8-12) U15 & U18

RPM provides personalized instruction that educates and develops students in both the physical and mental aspects required to excel in hockey. The school and RPM, in consultation with students and parents, help design a personalized teaching plan catered to meet each player's individual needs. Students are tested both on and off the ice monitoring their individual improvements.



HIGHLIGHTS:

Academy Format - Semester Based - September to January

A typical week for all of our Academy players includes:

- 3 hours on ice-MWF - Skill Based Instruction
- Mondays - Power Skating
- Tuesday - Puck Skills
- Wednesdays - Individual & Team Tactics & Game Play
- 2 hours-M/F Sport Specific Conditioning/Events or Classroom

Sport Specific Conditioning utilizes a variety of training devices and techniques and may also include out trips.

Theory/Classroom provides players with skill breakdowns, progressions, individual and team tactics, practice planning, proper nutrition, strategies for high-level performance, motivation, goal setting, Workshops & Guest Speakers.



ACADEMY COST

The total price for the academy is \$1,420. Please note a \$284 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1420 (-\$284 Deposit) As a convenience to parents RPM will accept a payment plan of \$284 month Sept 1-Dec 1).

Once you have registered online at www.rpmhockey.com, you must also notify the school that you would like to participate in the program.

ACCEPTING APPLICATIONS

- Ministry Approved
- Bantam & Midget Players (grade 8-12) U15 & U18
- Obtain Academic Credits
- **On Ice Development**
- **Off-Ice Conditioning**
- **Tactical/Game Play**
- **Performance Testing**
- **Guest Speakers**
- **Educational Workshops**
- **Special Events**
- **Work Experience**
- Inside the school timetable
- Students can play minor hockey & school sports
- Professional Instruction

REGISTRATION OPENS FEB 28 @ 8:30AM

ONLINE @ WWW.RPMHOCKEY.COM

CONTACT US

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BUILDING GREAT KIDS IN THE CLASSROOM, ON ICE AND IN THEIR COMMUNITY!