



**The Pursuit of Academic and Hockey Excellence
In partnership with Pacific Rim Hockey Academy**

Pacific Rim Hockey Academy (PRHA) has for the past 10 years worked with school district 42 establishing an academic approved hockey academy allowing students to **balance educational requirements** while **developing hockey skills**. This program with ministry approved content is available for Maple Ridge/Pitt Meadows students grades 8 to 12 (Bantam & Midget).

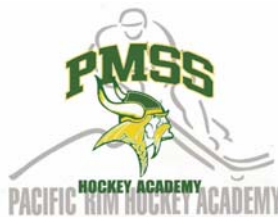
PRHA provides a program that includes personalized instruction that educates and develops students in both the physical & mental aspects required to excel in hockey. In addition the program goes far beyond the classroom and rink to further develop and strengthen life skills, recreation, leadership, fitness/wellness, special events and work experience.

The School District 42 hockey Academy is integrated inside a normal school day, students obtain 4 credits (PE) and work experience. The Pacific Rim Hockey Academy has a dedicated academic teacher in attendance at all times. This is a private/public partnership bringing together the very best of what both have to offer!

The Districts cross enrollment policy enables students to remain at the secondary school of choice and participate in the hockey academy offered at Pitt Meadows.

The end result? students remain interested and engaged in school, obtain improved academic grades, develop their hockey skills and become strong community citizens.

Together we make a difference allowing students to pursue their academic and hockey excellence without compromise!



The Pursuit of Academic and Hockey Excellence In partnership with Pacific Rim Hockey Academy



*Building great kids...in the classroom, on ice, off ice
and in their community!*



History

**Pacific Rim Hockey Academy was established in 2004
Bringing together public and private partnerships**

The pursuit of academic and hockey excellence without compromise.



Current Locations include:

Districts 42,43, 35 & 59 Secondary

- Pitt Meadows (3)
- Port Coquitlam (2),
- Coquitlam (2)
- Langley (1)
- * Pitt Meadows Elementary. (2)



September 2011

- Arch Bishop Carney – Vancouver Regional Catholic Secondary School
- Dawson Creek Secondary – School District 59



School District 42 - Why an Academy?

- **Provide students with a connection to academics, school and their sport of choice**
- **Improve/maintain/obtain strong Academics**
- **Method to help marginal students succeed**
- **Balance academic & hockey commitments**
- **Inclusive, co-ed aimed at all levels (8-12)**
- **Keep kids in school**
- **Provide post secondary opportunities**
- **Establish strong interpersonal skills**
- **Work experience**
- **Provide post minor hockey opportunities.**
- **Stay Current and in line with trends**
- **Stay competitive as a school**



Pacific Rim Hockey Academy

Building great kids...in the classroom, on ice, off ice and in their community!

Academy Goals:



- the highest **academic** standard possible.
- Acquire the **hockey skills** to play at the level the student desires.
- Understand/develop their **fitness/wellness** levels for hockey and general fitness.
- Develop their **psychological** skills & translate this to school, hockey, home life and community.
- Develop new **physical and interpersonal** skill's through Recreation and Leisure opportunities.
- Develop positive life skills by **volunteering/work experience**
- Become strong **community citizens** getting involved, giving back and leading by example. (sense community)



Outcome based Learning (academic format)

Guided by a yearly plan our Content meets/exceeds academic standards set by the Ministry of Education for a board approved course (PE)

Format

Linear September to June (school year)

Typical Week

Linear MWF (3 times per week)

Block order typically the academy will run 1st thing in the morn right before/after lunch or at the end of the day.

Academic Credit

Academy offered as a Course PE

Course Content

Unit 1: On Ice Development

Unit 2: Off Ice Conditioning

Unit 3: Theory/Tactical/Performance Testing

Unit 4: Sport Psychology/Motivation

Unit 5: Field Studies/Community Service

Evaluation/Grading

Participation & Responsibility	60%
Skill Assessment	20%
Knowledge (written)	10%
Fitness Assessment	10%

A Typical Day at the Academy... Students are assigned a hockey block meaning that 3 times a week for the duration of the school year your student will be involved in the hockey academy on or off the ice.

On his/her hockey days the students will arrive at the Pitt Meadows Arena and drop their gear off in assigned dressing rooms.

They may go directly on ice if their hockey block is first thing in the morning. If not they will go to the school and start their day.

When its their hockey block they will come to the rink and participate in the program, shower, store their gear at the rink and return to school. At the end of the school day the students return get their gear and head for home.

The schedule is designed to allow ample time to move throughout the school day and have the students attend all of their classes.

Cross Boundary Students remaining in other secondary schools and participating in the academy will leave their school using their own means of transportation to get to the academy activity at Pitt Meadows Secondary or the Pitt Meadows Arenas once the hockey academy is finished they return to their school. *Car Pooling is common.

Sample Linear format

The schedule below is an example of what the parent and student will receive for the entire year this enables everyone to know in advance academy activities and focus for a specific day.

12	13	14	15	16	17	18
	1 st Day On-Ice Flow & Assessment A 8:15-9:15am B 10:15-11:15am C 11:45am-12:45pm	EFGH	New Parent Orientation 7pm Flow & Assessment B 8:15-9:15am A 10:15-11:15am C 1:45-2:45pm	FEHG	Game Day A 8:15-9:15am B 10:15-11:15am C 11:45am-12:45pm	
19	20	21	22	 23	24	25
	Balance & Edges A 8:15-9:15am B 10:15-11:15am C 11:45am-12:45pm	EFGH	Puck Control B 8:15-9:15am A 10:15-11:15am C 1:45-2:45pm	Grouse Grind 10:00am-2:30pm	Pro-D Day (No Classes)	
26	27	28	 29	30		
	Crossovers A 8:15-9:15am B 10:15-11:15am C 11:45am-12:45pm	EFGH	Nutrition (classroom) B 8:28-9:47am A 9:53-11:11am C 1:19-2:37pm No on ice	FEHG Terry Fox Run		

Outcome based Learning

The hockey academy is guided by a carefully crafted curriculum that meets or exceeds the academic requirements for physical education.



	PRHA	Grade 10-12 – Ian Liversidge	Grade 10-12 - Ian Liversidge	Grade 10-12 - Manweiler	Grade 10-12 - Ian Liversidge
	Focus	Power Skating	Puck Skills/Conditioning	Off Ice Conditioning	Game Day
	Block Order F	Block F	Block F	Block F	Block F
	Day	Tuesday On Ice 1	Wednesday On Ice 2	Thursday Off Ice	Friday On ice 3
	Week of:	8:00-9:15am	1:00-2:00pm	1:45-2:45pm	11:00-12:05
	Sept.4-7				
1	Sept.10-14	Meet & Greet/Out Comes	Soft Goods		Code of Conduct
2	Sept. 17-21	Balance/Edges	Skate/Puck Control	Ladders & Cones	Pro D Day
3	Sept.24-28	Cross Overs	Skate/Puck Handling Agility	Grouse Grind 1:45-5:30pm	Game Day
4	Oct.1-5	Tight Turns	Skate/Fwd Pass/backhand Pass	Hills & Plyo's	Game Day
5	Oct. 8-12	Off Ice Conditioning	Skate/Wrist Shot/Snap/Slap Shots	Strength	Game Day
6	Oct. 15-19	Motivation-D Lige Classroom	Motivation-D Lige Classroom	Motivation-D Lige Classroom	Pro D Day
7	Oct. 22-26	Evaluations	Evaluations	Timed 5km	Evaluations



Pacific Rim Hockey Academy

Building great kids...in the classroom, on ice, off ice and in their community!

Academy Foundation:



- Connecting Academics & Hockey
- On Ice Skill Development
- Off Ice Fitness/Conditioning
- Educational
- Sport Psychology/Motivation
- Special Events & Outings
- Building Good Kids

Connecting Academics & Hockey



- Academy students must maintain good grades
- Good grades determined by the school
- Parents use the academy as an incentive
- Students who slip academically may have reduced academy time until their grades come back inline.



**Can POWER
Skate**

On Ice Skill Development

Session 1	Certified Power Skating
Session 2	Puck Skills
Session 3	Tactical/Game Play





Off Ice Fitness/Conditioning

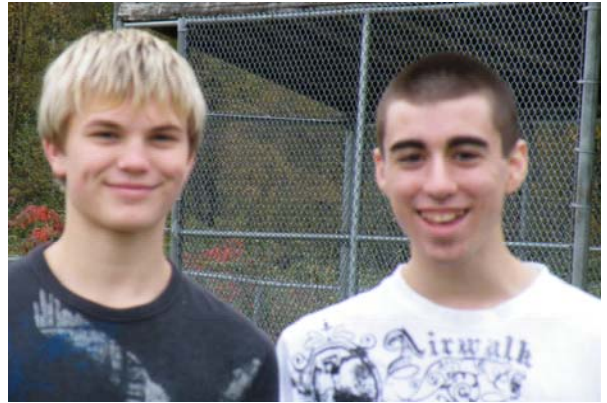
- Agility/Speed
- Core
- Endurance
- Strength/Power
- Flexibility



Off Ice staff are professionals with Kinesiology Education.

Educational Classroom Sessions (examples)

- Hockey Theory (Tactical)
- Nutrition
- Fitness
- Practice Planning
- Quizzes/questionnaires
- Career Planning



Sport Psychology/Motivation

- Self Direction/Discipline
- Accountability, Responsibility
- Motivation
- Goal setting

Session 1 Fall Goal setting/Planning

Session 2 Mid-Point Evaluation

Session 3 Final Evaluation/Re-group Future

Special Events & Outings

Introduce students to a variety of leisure opportunities

- Yoga
- Rock Climbing
- 3on3 Tournaments
- Swimming
- Bowling
- Basketball
- Racquet Ball



Building Good Kids (Volunteering/work experience)



**Work Experience/Volunteering provides students with:
30-40hrs per year per student**

- Interpersonal Skill Development
- Peer to peer interaction
- Broadening skill sets
- Placement & Practicum Experience
- Resume building
- Career planning
- Part-Time Employment
- Sense of giving back/belonging/community





The School Teacher

School Teacher on site **at all times** along with key academy staff.

PRHA is a resource the academic teacher is in charge.

Pacific Rim manages:

Promotion

Parent Packages

Online Registration

Fee collection

Course Content/Programming

Soft Goods

Administration (paperwork)

Other things to know....

PE is replaced by Hockey Development

Class size is Ministry Standard and comparable to an in-school classroom.
Approx 20-30 maximum

Available to goaltenders up to a maximum of 4 per group.

4 staff on ice (2 on ice instructors, 1 goalie instructor and Teacher)
(1-6 instructor/Participant Ratio)

There is the possibility of grouping and tiering if more than one group is established it could be skill or grade based. Grouping and assignment is a school decision.

Registration is offered on a first come first served basis.

Uniform/soft goods provided

Timetable management –Calendar provided to teacher, administration, parents and students.

Academy Students play hockey in respective associations



Craig Millin - Has owned RPM from the beginning-1983. His responsibilities include RPM's overall design, day to day operation and on ice instruction. 25 years later, Craig can still be found doing what he does best, instructing on-ice sessions, throughout South Western British Columbia. Craig has an extensive background that includes Professional Hockey. *Craig is a certified Power Skating Instructor and certified hockey coach.*



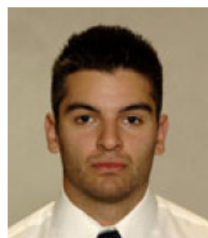
Rory McDade - Instructor/Mentor Played 4 years of WHL hockey with the Kelowna Rockets and one year of Pro Hockey with Oklahoma. His easy going personality coupled with his ability to relate with players of any age and skill level makes Rory one of our most popular instructors. Rory instructs at every level with RPM and the Pacific Rim Hockey Academy. *Rory is a certified Power Skating Instructor and hockey coach.*



Jerry Ramak - Manager/Mentor Is an advanced level coach having coached at every level for 30+ years. His other experiences include District Coach Co-ordinator, Course Instructor for BC hockey for 15 years including a year as Provincial Head Coach. Jerry has been involved with the BC High Performance Program (BC Best Ever) for 9 years. Jerry works at all levels of RPM including coach mentoring and player/coach development. *Jerry is a certified coach and a BC Hockey Course Instructor*



Mike King - Instructor/Mentor Is a certified coach and has worked with Tyke to Bantam age players. A strong communicator with excellent hockey skills Mike has taught hockey for the past 6 years. Mike handles coach mentoring and Power Skating programs at Cloverdale and Burnaby. *Mike is a certified coach and power skating instructor*



Ryan Mensing - Goaltending Ryan has worked for several Goaltending Companies throughout B.C. before settling in with RPM & Pacific Rim Hockey Academy. Ryan while playing received a full Athletic Men's Ice Hockey Scholarship to Western Michigan University. *Ryan is the director of the Pacific Rim Hockey Academy for the past 5 years.*



Mark Fraser - Instructor/Mentor Has been successfully coaching minor hockey for the past 16 years. He has coached from Tyke to Bantam Rep. As an instructor Mark's no-nonsense approach to player development brings out the very best in all the young people he teaches. His experience and passion for the game produces experienced players ready for their next level of play. *Mark is a certified coach*



Keith Peterson - Instructor/Mentor Is a certified coach with 10 years experience from Tyke to Bantam A. Keith has been involved with development for the past 10 years and takes pride in building a strong rapport with players to push them to the next level. Keith is a teacher in the Coquitlam school district, played Junior hockey and was coach of the year in Port Moody (twice)!



Phil Grief - Instructor/Mentor Is a certified coach having played junior hockey & professional hockey in Germany. Phil has coached at the Pee Wee, Bantam & Midget AAA level. An excellent instructor Phil instructs all skills. His no non-sense approach makes Phil one of our most popular instructors. *Phil has been an RPM instructor for over 10 years and is a police officer.*



Melissa Parmar - Instructor/Mentor Has an extensive background as a Power Skating Instructor. Melissa has played and coached at the elite level of womens hockey. *Melissa is a certified Can Skate and Can Power Skate instructor*



Devon Winter - Goaltending Played A level hockey throughout minor hockey. Played Jr hockey with Mission Ice Breakers. Has been teaching for 4 years with Next Level Goaltending. Has worked for several associations as Goaltending Instructor/Consultant. *Currently works for RPM as a Goaltending Instructor.*



Robin Deitch - Instructor/Mentor Is a BC Hockey Course Conductor a certified coach and power skating instructor. Robin is a versatile instructor and instructs all aspects of RPM's services. His specialty includes Hockey 1-4 Coach and player development.



Tamara Pickford - Instructor Tamara has been assigned to U16/ U18 teams in the high performance hockey programs in BC and instructed with BC Hockey for 10 yrs. Tamara is an experienced instructor with excellent communications skills



Academy Alumni- Jr, College, Professional



It should be noted that if attending the hockey academy each day plays a role in helping a student to stay in school and graduate we consider that success!



McGill



Queens



New Hampshire



St. Cloud



WHL (above)

- Numerous players to Junior B
- Numerous players to Junior A (BC Hockey League)

Performance Testing - Measuring our success.

Evaluation & Grading is supported with on ice and off ice testing provided 2 times (semester) and 3 times (linear).

The academic staff are responsible for grading the students academy staff are there to assist.

On Ice Performance	Grade 8 Student			Grade 10 Student			Grade 12 Student		
	Sept	Jan		Sept	Jan		Sept	Jan	
Task	Sept	Jan		Sept	Jan		Sept	Jan	
Goal to Goal Skate	7.84	7.12		8.25	7		*7	*6.94	
Back to Blue	15.45	13.62		15.3	14.5		*13.22	*13.03	
1 Lap	15.88	15		16.35	15.35		*14.45	*14.4	
Conditioning Skate	2:10	2:07		2:12	2:04		2:09	*2:00	
Wrist Shot	42mph	52mph		54mph	*65mph		50mph	57mph	
Slap Shot	62mph	70mph		67mph	77mph		62mph	70mph	
Back Hand	20mph	33mph		31mph	38mph		35mph	47mph	



All students review, sign and abide by the

Academy Player Contract

To promote safe, fair play and respect for all participants within the Pacific Rim Hockey Academy.

Code of Conduct

I will adhere to the Pacific Rim Hockey Academy
Code of Conduct at all times.

P.E. is a students right the hockey academy is a privilege



Costs

Linear Program \$2240 or \$224 per month (Sept to June)

Total cost includes HST there are no additional costs.

Deposit + post dated checks Linear Program

We accept Visa, MasterCard and American Express.

Cancellations/Refunds – refer to application

Insurance - RPM Hockey Company and the Pacific Rim Hockey Academy Provide all insurance.



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Building great kids...in the classroom, on ice, off ice and in their community!



Benefits to the Students:

- Improved Grades!
- Participate in a highly technical hockey skills development program
- (Safely) Improve their Health & Wellness specific to hockey and general fitness
- Develop positive life skills
- Broaden Leisure Skills participating in a variety of programs
- Ease of transition into the Secondary School (grade 8's)
- Acquire work experience/volunteering
- Be a great kid!- In a positive environment
- Giving Back – to their community
- Sense of belonging

Customer Satisfaction...



- **Craig,- My son he has become an outstanding student as a result of mixing school with the sport he loves. John Reimer**
- **I don't know if I can say enough about the Pacific Rim Hockey Academy I highly recommend the program to everyone. Thanks for being there! Wayne Lister**
- **You have taught him many life skills work ethic, academic responsibilities, goal setting and nutrition. Your dedication, perseverance, communication and commitment with Regan will be everlasting. Reynold & Sandra Comeault**
- **Putting Mitch in the Hockey Academy was the best thing I ever did for his hockey development and you can quote me. Mitch recently drafted by the Vancouver Giants Charlie Spooner National Training Rink Langley**
- **He not only brings home great marks, but he also looks forward to going to school every day. Pat Newberry**
- **He said you talked about life...**

How to register:



Students interested in attending the Hockey Academy need to register by:
Completing the Application (PDF) or online at www.rpmhockey.com
Select programs Fall (school year)

Applications can be dropped off at Pitt Meadows Secondary School
Faxed to the Pacific Rim Hockey Academy at 604-477-7277
Online at www.rpmhockey.com

For more information:

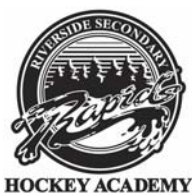
Pitt Meadows Secondary 604-465-7141

Pacific Rim Hockey Academy 604-476-0464

Steve Kater	Hockey Teacher
Patty D'Angelo	School Admissions
Craig Millin	Owner
Holly Rogers	Academy Registrations

Pitt Meadows Secondary
Pitt Meadows Secondary
Pacific Rim Hockey Academy
Pacific Rim Hockey Academy

Steve_Kater@sd42.ca
Patricia_DAngelo@sd42.ca
craig@rpmhockey.com
holly@rpmhockey.com



PITT MEADOWS HOCKEY ACADEMY

19438 – 116B Ave, Pitt Meadows B.C. Canada. V3Y 1G1

School 604-465-7141 Fax: 604-465-6274 email: steve_kater@sd42.ca**PACIFIC RIM HOCKEY ACADEMY**www.rpmhockey.com

Fax 604-477-7277

Registration Inquiries: holly@rpmhockey.com**APPLICATION FOR ACCEPTANCE - 2011-2012 School Year**

Parent E-Mail: _____ Student's Name: _____

Current School: _____ Expect to be enrolling in Grade: ____ Student's Date of Birth: ____/____/____
M D Y

Parent/Guardian's Name: _____ Home Phone #: _____

Address: _____ Postal Code: _____

Please note the school administration may request a copy of your student's latest report card prior to the decision making process

of years playing: ____ I play at what level? ____ Position: ____ Minor Hockey Association: _____

Please note that the above information will be verified by officials in your minor hockey association as part of the application.

What are your academic goals? _____

What are your athletic goals? _____

Why would you be a good candidate for this academy? _____

Payment for the academy can be made in total \$2,240 or by deposit of \$224 and 9 monthly payments of \$224. (September to May)Check/credit card (see payment schedule below) I will pay for this academy by: ☐ Check ☐ Visa ☐ Master Card ☐ American Express

Card Number ____/____/____/____/____ Exp ____/____

Method of payment:

- ☐ Check/Credit Card payment in full - \$2240.00
- ☐ Check/I have included a deposit \$ 224.00 along with 9-\$224.00 post dated checks (September to May)
- ☐ Credit Card /please process \$224.00 (deposit) along with 9-\$224.00 (monthly payments September to May)

Academy Payment Schedule:

Payment 1	Deposit at time of Registration	\$224	(withdraw before June 30 th – Deposit/Full refund)
Payment 2	September 1	\$224	(withdraw after June 30 but before September 1 – lose your deposit)
September 15	You must contact <u>our office</u> and the school before the 15 (lose your Deposit and September payment)		
Payment 3	October 1	\$224	
Payment 4	November 1	\$224	
Payment 5	December 1	\$224	
Payment 6	January 1	\$224	
Payment 7	February 1	\$224	
Payment 8	March 1	\$224	
Payment 9	April 1	\$224	
Payment 10	May 1	\$224	

Payment and Administration is provided by the Pacific Rim Hockey Academy. Should your student withdraw from the academy for any reason you must email Pacific Rim Hockey Academy at craig@rpmhockey.com or info@rpmhockey.com

Parent/Guardian's Name _____ Parent/Guardian's Signature _____

Please note your completed application and payment does not guarantee your child's acceptance to the Hockey Academy. Administration reserves the right to place students. All decisions are final and not open to appeal.Section E (Completed by Administration) Accepted ☐ Not Approved ☐ Wait List ☐

Comments _____ Date and Time Received: _____