

PITT MEADOWS HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company, Pitt Meadows Secondary & School District 42



NEW PARENT - ZOOM MEETING

January 30 2024 at 7:00 pm
 Meeting ID: 889 4559 0969
 Passcode: 902307

CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY

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

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

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 -Linear - September to June

A typical week for all of our Academy players includes:

2-hours on ice

- Mondays - Power Skating
- Wednesdays - Puck Skills, Individual & Team Tactical, Game Play

1-hour off ice

- Fridays - Sport-Specific Conditioning/Events/ Classroom

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

Theory instruction provides players with skill breakdowns, progressions, individual and team tactics, practice planning, proper nutrition, strategies for high-level performance, motivation and goal setting.



ACADEMY COST

The total price for the academy is \$1,920. Please note a \$192 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1920 (-\$192 Deposit) As a convenience to parents RPM will accept a payment plan of \$192 month Sept 1-May 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

- Academy - Ministry Approved
- 1st year Bantam & Midget Players (grade 8-12) Obtain Academic Credits
- On Ice Development
- Off-Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational Special Events
- Work Experience
- Offered inside the normal school timetable
- Students can play minor hockey & school sports
- Professional/Certified Instruction

REGISTRATION OPENS JAN 31, 2024 @ 8:30AM
REGISTER AT WWW.RPMHOCKEY.COM

CONTACT US

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