

# S R T HOCKEY ACADEMY

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



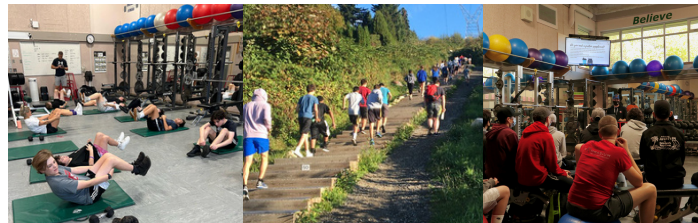
CHARACTER • INTEGRITY • TRADITION

## ABOUT THE ACADEMY

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

RPM & SRT Secondary (Maple Ridge) have developed a program & 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
  - Special Events/Classroom Sessions

**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, and 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 per month Sept 1-May 1).

**Once you have registered online at [www.rpmhockey.com](http://www.rpmhockey.com), you must also notify the school that you would like to participate in the program.**

## ACCEPTING APPLICATIONS

- Academy -Ministry Approved
- 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 FEB 2, 2024 @ 8:30AM  
REGISTER AT [WWW.RPMHOCKEY.COM](http://WWW.RPMHOCKEY.COM)**

## CONTACT US

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Academy  
Administration

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

February 1 2024 at 7:00 pm

Meeting ID: 847 9035 4730

Passcode: 335751