

Algoma District School Board Hockey Canada Skills Academy Information Package 2018-19

Vision

The Vision of the Algoma District School Board Hockey Canada Skills Academy is for learners in the Algoma District School Board to engage in innovative experiences that maximize achievement, build confidence and develop responsible citizens.

Open to male and female students in grades 7-10 at each Sault Ste. Marie 7-12 secondary school, the A.D.S.B. Hockey Canada Skills Academy will help student athletes learn and improve advanced individual skills and tactics, while developing a lifestyle on and off the ice that emphasizes building character and citizenship through achieving both athletic and scholastic success. Purposeful practices led by highly trained staff, strength and conditioning designed to maximize physical attributes, and a focus on leadership, citizenship, and career exploration will all position the student to achieve his/her individual goals in an engaging environment.

Paired Programming for Success – High School Program (grades 9 and 10)

- The program will pair PAL 2O, (large group activities) and CHV2O/GLC2O (careers/civics).
- 50 hours of on ice time dedicated to skill development. First semester only
- 60 hours of off-ice training (fitness training, theory, health and hockey curriculum)
- 110 hours of careers and civics curriculum with a focus on sport and culture.
- Instruction from a qualified teacher, community skills experts, and assistance from co-op students