



# Breakaway

THE CHOICE OF PARENTS, PLAYERS & MINOR HOCKEY FOR 44 YEARS!

[WWW.RPMHOCKEY.COM](http://WWW.RPMHOCKEY.COM)



**How it Goes**.... August marks our 44th year providing Summer Hockey Schools, we currently have 360+ players registered. Our Fall/Winter Programs are online - New to Hockey, Hockey, 1-4 U6-U9, and Atom/Pee Wee U11-U13. We also have our Pro D Day and Stat Holiday clinics available and online.

Have your plans changed? September Hockey Academies have limited space for U15-U18 players wanting to combine academics & hockey inside the normal school day. Its common for RPM to have parents/players register throughout the Summer months for our September hockey academies.

We also have the 2025 Hockey Academy New Parent Meetings - Listed be sure to save the dates.

**Early Bird Registration**  
Register for our **Fall 5-6 Week Programs** by September 15 and receive a complimentary RPM Water Bottle  
Note - 1 water Bottle per player not per registration. Complimentary not transferrable and no cash value. Fall registration must be received by **September 15 - no exceptions.**  
Water Bottle will be available for the first on ice session. Our way of saying thanks for choosing RPM!



Why RPM? We have a unique, proven and superior approach to technical skill instruction that separates us from other providers, coaches & instructors. We will make sure your instructional needs are met safely, correctly and consistently within a caring enjoyable on ice environment from one level to the next! RPM will get you the results that you are looking for. We have been the popular choice of Parents, Players & Minor Hockey for over 44 years that says a lot about the work we do day in and day out, season after season and year after year! Thank you for choosing RPM and supporting our business.

## Fall Instructional Programs

\*All programs offered at Pitt Meadows Arenas

Age	Program Type	Day	Dates	Level	Time	Cost
U6-U9	Power Skating & Hockey Skills+	Tuesdays	Oct 1 - Nov 5	Recreational	3:30-4:30pm	\$240
U6-U9	Puck Control & Shooting	Tuesdays	Nov 12 - Dec 17	Recreational	3:30-4:30pm	\$240
U11-U13	Power Skating & Hockey Skills+	Thursdays	Oct 3 - Nov 7	Recreational/Rep	3:30-4:30pm	\$240
U11-U13	Puck Control & Shooting	Thursdays	Nov 14- Dec 19	Recreational/Rep	3:30-4:30pm	\$240
U6-U13	New to Hockey Instructional (Beginners)	Tuesdays	Oct 1 - Nov 5	Entry	3:30-4:30pm	\$240
U6-U13	New to Hockey Instructional (Beginners)	Tuesdays	Nov 12- Dec 17	Entry	3:30-4:30pm	\$240

## Fall - Pro D Day & Stat Holiday Clinics- Instruction

Age	Program Type	Day	Dates	Level	Time	Cost
U6-U9	Puck Control, Passing, Shooting	Monday	Sept 30	Recreational	2:15-3:15pm	\$40
U11-U13	Puck Control, Passing, Shooting	Monday	Sept 30	Recreational/Rep	3:30-4:30 pm	\$40
U6-U9	Stickhandling - Sweet Hands	Monday	Oct 14	Recreational	2:15-3:15pm	\$40
U11-U13	Stickhandling - Sweet Hands	Friday	Oct 14	Recreational/Rep	3:30-4:30 pm	\$40
U6-U9	Shooting Clinic	Friday	Oct 25	Recreational	1:00-2:00 pm	\$40
U11-U13	Shooting Clinic	Friday	Oct 25	Recreational/Rep	2:15-3:15pm	\$40
U6-U9	Stride, Shoot & Score	Monday	Nov 11	Recreational	2:15-3:15 pm	\$40
U11-U13	Stride, Shoot & Score	Monday	Nov 11	Recreational/Rep	3:30-4:30pm	\$40

## Winter Instructional Programs

Age	Program Type	Day	Dates	Level	Time	Cost
U6-U9	Power Skating & Hockey Skills+	Tuesdays	Oct 3 - Nov 7	Recreational	3:30-4:30pm	\$240
U6-U9	Puck Control & Shooting	Tuesdays	Nov 14 - Dec 19	Recreational	3:30-4:30pm	\$240
U11-U13	Power Skating & Hockey Skills+	Thursdays	Oct 5 - Nov 9	Recreational	3:30-4:30pm	\$240
U11-U13	Puck Control & Shooting	Thursdays	Nov 16- Dec 21	Recreational	3:30-4:30pm	\$240
U6-U13	New to Hockey Instructional (Beginners)	Tuesdays	Oct 6 - Nov 10	Entry	3:30-4:30pm	\$240
U6-U13	New to Hockey Instructional (Beginners)	Tuesdays	Nov 17- Dec 15	Entry	3:30-4:30pm	\$200

## Winter - Pro D Day & Stat Holiday Clinics- Instruction

Age	Program Type	Day	Dates	Level	Time	Cost
U6-U9	Stickhandling - Sweet Hands	Tuesday	Jan 28	Recreational	12:45-1:45pm	\$40
U11-U13	Stickhandling - Sweet Hands	Tuesday	Jan 28	Recreational/Rep	2:00-3:00pm	\$40
U6-U9	Puck Control, Passing & Shooting	Friday	Feb 14	Recreational	2:15-3:15pm	\$40
U11-U13	Puck Control, Passing & Shooting	Friday	Feb 14	Recreational/Rep	3:30-4:30 pm	\$40
U6-U9	Stride, Shoot & Score	Tuesday	Feb 17	Recreational	1:15-2:15 pm	\$40
U11-U13	Stride, Shoot & Score	Friday	Feb 17	Recreational/Rep	2:30-3:30pm	\$40





# HOCKEY ACADEMIES - UPDATE - WHAT ITS ALL ABOUT

Our hockey academies have really taken off for this coming September 2024 we have seen unprecedented growth at all locations! Entering our 20th year providing Ministry Approved in-school integrated hockey academies throughout BC. Academies are online and accepting registrations. Note some of our 2024 locations are full or have very limited space.

## 2025 - Upcoming New parent meetings for September 2025 have been tentatively booked for the following:

- Riverside Secondary - Port Coquitlam - Grades 9-12 - **January 21, 2025**
- Centennial Secondary - Coquitlam - Grades 9-12 - **January 23, 2025**
- PMSS Secondary - Pitt Meadows - Grades 8-12 - **January 28, 2025**
- SRT Secondary - Maple Ridge - Grades 8-12 - **January 29, 2025**
- NWSS Secondary - New Westminster - Grades 9-12 - **January 30, 2025**
- Don Ross Secondary - Squamish - Grades 7, 8 & 9 - **February 4, 2025**
- Whistler Secondary - Whistler - Grades 8-12 - **February 5, 2025**
- Frances Kelsey Secondary - Grades 8-12 - **February 6, 2025**



Visit RPM online for updates/specifics [www.rpmhockey.com](http://www.rpmhockey.com)



## BC HOCKEY ACADEMIES

Offered in partnership by RPM Hockey Company, School Districts, Select Schools and the Ministry of Education



CHARACTER • INTEGRITY • TRADITION

## ABOUT OUR ACADEMIES

Academies are available for Grades vary see above

RPM, School Districts, Select Secondary Schools and the Ministry of Education 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.

REGISTER AT [WWW.RPMHOCKEY.COM](http://WWW.RPMHOCKEY.COM)



## HIGHLIGHTS:

- Ministry Approved
- Bantam & Midget Players (grade 8/9-12)
- Obtain Academic Credits
- On Ice Development
- Off-Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational
- Special Events
- Work Experience
- inside the school timetable
- Students can play minor hockey & school sports
- Professional/Qualified Certified Instruction

### Academy Format

Depending on the school district it may be:  
Semester 1 - September - January  
Semester 2 - February - June  
Linear - September to June

### Academy Includes:

40-45 hours on ice - Skill Based Instruction (2-3 hrs per week)  
Power Skating, Puck Skills, Tactical & Game Play

20-25 hours - Sport Specific Conditioning/Events or Classroom 1-2 hrs per week)

### Sport Specific Conditioning:

Utilizes a variety of training devices and techniques

**Theory** (Classroom) 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.

**Special Events** - Depending on the location the Academy will look to provide students with out trips - examples - Friendship Games, Hikes, Yoga, Swimming, Grouse Grind.

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



## ACADEMY COST

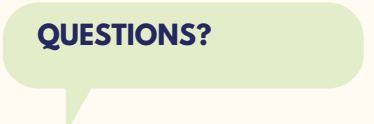
The total price for the academy is Semester - \$1,420 or Linear - \$1920  
Please note a deposit is required at the time of registering. As a convenience to parents RPM will accept a monthly payment plan.

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 PROCESS

Attend the New Parent Zoom Meeting  
Register online at [www.rpmhockey.com](http://www.rpmhockey.com) (next day)  
Notify the school you plan to attend their hockey academy.

Note - Your registration does not guarantee access to the program its a school decision.



## CONTACT US

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Academy Administration  
Programmer

THE CHOICE OF PARENTS, PLAYERS & MINOR HOCKEY FOR 44 YEARS!



# NEW TO HOCKEY



FROM THIS TO THIS IN NO TIME AT ALL...



## FOR (5-12 YEARS) BEGINNERS

Our New to Hockey Program is available for entry level players. The age groups in this program are combined & taught separately, based on skills and ability. A popular program combining just the right amount of instruction and fun making a players first experience a rewarding one.

**Will prepare your player for the upcoming hockey season.**

**Oct 1 - Nov 5 3:30-4:30pm**

**Nov 12 - Dec 17 3:30-4:30pm**

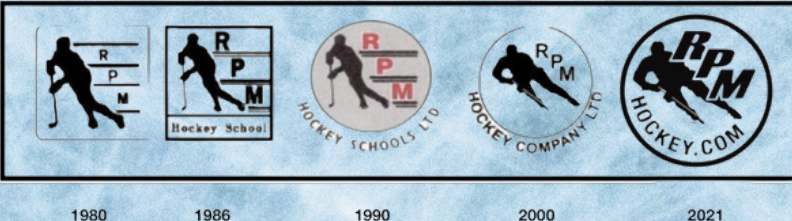
**Visit RPM online for specifics [www.rpmhockey.com](http://www.rpmhockey.com)**

# RPM ALUMNI



Some of our alumni above - Just a note to be our alumni you have to have spent your development years with RPM not simply a 1 week hockey school. The players above attended numerous RPM Programs throughout their youth. Some started with us at 5-6 years of age and remained with us until they went to Junior Hockey or College.

## Character Integrity Tradition



## WHY RPM?

Do you love hockey? Would you like your child(ren) to acquire the hockey skills (Correctly, Safely and Consistently) enabling them to play and enjoy the great game of hockey? RPM has been the popular choice of players, parents and minor hockey for over 44 years! We help young people acquire the skills and confidence to play hockey at the level they choose. In addition to instructing players RPM is relied upon to teach minor hockey coaches! We offer upper ended enriched learning/training for coaches within minor hockey.

RPM will get you the results that you are looking for. The fact that we have been the popular choice of parents, players & Minor Hockey for over 44 years says a lot about the work we do day in and day out, season after season and year after year!

Why RPM? We have a unique, proven and superior approach to technical skill instruction that separates us from other providers, coaches & instructors. As bio mechanic specialists we have a thorough knowledge of the progressions required to further develop all skills. We have strong communication skills, lead by example and have a genuine interest in working with young people. The RPM method - In simplest terms we have players understand how their body must move to execute the desired physical response - to perform a particular skill.

### Your Player will learn

- what they need to do,
- how they need to do it
- why they need to do it a certain way.

### The RPM process...will ensure that your player will...

- Execute all skills correctly.
- Then correctly & powerfully.
- Then correctly, powerfully & quickly.
- Then correctly, powerfully & quickly with the puck.
- Finally, correctly, powerfully, quickly with the puck in tactical/game situations.

Learn, apply, refine, re-work, repeat...success is in the details.

What you don't want from a provider, coach, instructor is someone who 'wings it' with all flash and no substance, no skill correction, random drills that serve no purpose and get no results other than developing a players bad habits and filling a 60 minute on ice session with too many participants and giving you that standing around stack and rack unsafe on ice feeling.

Don't be fooled by imposters, wannabes & those passing themselves off as certified, qualified professional instructors with extensive hockey backgrounds while some are the vast majority are not.

As a prospective client discuss with the provider, coach, instructor their qualifications, certification, their experience, ask about on ice content, safety protocols, on ice instruction - what is actually taught, how its taught and who is teaching and most important the instructor/participant ratios.

**Why RPM? We will make sure your instructional needs are met safely, correctly and consistently within a caring enjoyable on ice environment from one level to the next!**





CANPOWERSKATE

## POWER SKATING WHAT'S IT ALL ABOUT?

WHY POWER SKATING? and how it differs from minor hockey.

**The best way to go fast is to first go slow....**

Have you ever watched an on ice session where the players are told to skate hard, skate faster, harder faster go go go and so on....Parents often ask the coaches to "skate them hard", "make them work", "get them tired".

It's not about filling a 60 minute on ice session with random end result drills with kids flying thru those drills out of control, getting tired and simply layering bad habits and poor technique - layer upon layer. The RPM power skating program is a technique based program. The purpose is to teach players how to perform the skating skills correctly!



**The goal to become not just fast, but powerful, stable, explosive and efficient.**

In simplest terms our method is to have players understand how the body must move to execute the desired physical response. Our instruction allows players to understand:

- **what they need to do**
- **how they need to do it**
- **why they need to do it a certain way.**

Players need to slow the process and technique down to fully understand and appreciate what is being asked of them. RPM breaks down each of the skating skills into smaller parts working towards the proper execution of each technical skating skill. Once the skills are achieved we will look to further refine the skill by adding pucks, reduced space, more challenging drills and implementing tactical/game play.



**There are 2 types of on ice drills:**

**1) Process Oriented Drills (POD)** the detail, progressions and a breakdown of how to perform skating skills bio-mechanically)

**2) End Result Drills** - these drills serve little purpose other than having the players perform a skating skill there are no progressions, no skill breakdown and no detail.

Many practices are full of end result drills. A quick case in point example frontward crossovers - the end result drill would be to have players skate all 5 circles believing they are learning crossovers when in fact they are simply showing how they skate crossovers. To actually teach crossovers you need to isolate inside and outside edges and pay careful attention to body posture and stick placement. Unfortunately end result drills miss the breakdown, detail and progressions.

RPM instructional staff are qualified CanPower Skate Instructors We instruct to the national standards and implement Canada's National Power Skating Program. RPM staff take the time to break the teaching technique down into progressions and specific skill components.

Our Program: At the end of the day what is it you are paying for? Fast paced drills which are all flash and no substance performed incorrectly without a proper understanding of how to do the skills properly? Or technical instruction that is taught correctly and will allow your player to establish a strong skating base to further develop all other hockey skills.

Most people would agree that Skating is the single most important skill a player must develop. In fact all other hockey skills are built upon strong skating skills. It doesn't matter if you are a beginner, recreation, rep level or professional player. Your devotion to improving your skating is a lifelong commitment.

