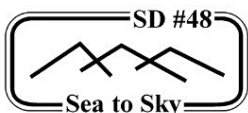


DON ROSS HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company,
Whistler Secondary & School District 48



REGISTRATION OPENS FEB 8, 2022
REGISTER AT WWW.RPMHOCKEY.COM

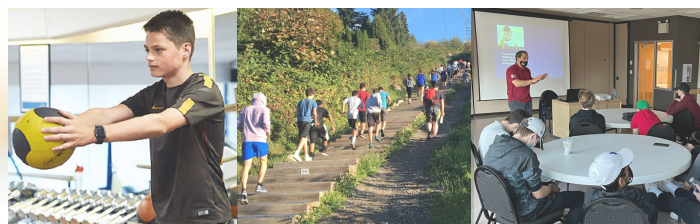
CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY

This program is available for students in grades 6 to 8.

RPM & Don Ross Middle School 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 - Semester Based - September to January

A typical week for all of our Academy players includes:

- 3 hours on ice-MWF - Skill Based Instruction
- Mondays - Power Skating
- Wednesdays - Puck Skills
- Fridays - Tactical & Game Play
- 2 hours-T/TH Sport Specific Conditioning/Events or 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 and motivation and goal setting.



ACADEMY COST

The total price for the academy is \$1,420. Please note a \$284 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1420 (-\$284 Deposit) As a convenience to parents RPM will accept a payment plan of \$284 month Sept 1-Dec 1).

Once you have registered online at www.rpmhockey.com, you must also notify Centennial that you would like to participate in the program.

ACCEPTING APPLICATIONS

- Academy - Ministry Approved
- 2nd year Bantam & Midget Players (grade 9-12) 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

QUESTIONS?

Join our Zoom Open House on February 7 2022 at 7:00 pm
Meeting ID: 826 0432 8066 -- Passcode: 855439

CONTACT US

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

