



MEDICINE HAT
MINOR HOCKEY



U17 Proposal



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South Alberta Hockey Academy

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Integrity, Leadership, Excellence

Providing world class academic and athletic experiences that leverage every student's strengths.

Concept

Medicine Hat Minor Hockey Association (MHMHA) will provide athletes with additional ice time in order to develop technical and tactical skills at a faster rate as a result of increased repetition and instruction by partnering with the South Alberta Hockey Academy (SAHA).

Working with various leagues and relationships at a variety of levels, the athletic program will also have a junior, intercollegiate, and professional development and placement program for our athletes to help them reach their hockey goals.

Off-ice training programs will include seasonal and off-season customized training elements for each player.

Having ice times embedded during the school day will help with the issue of ice availability for MHMHA. Running ice sessions during non-prime times could significantly reduce player fees. All practices and games would be played at Hockey Hounds.

Students have the option to attend the school of their choice, however, transportation and school courses need to be coordinated directly with the school counselor. The school students attend would in no way inhibit a player's role on the team.

Education

Students on the U17 AAA student-athletes would be immersed in a unique learning environment. Having the U17 hockey program embedded in the school day allows students to be enrolled in sports-based academic courses that count towards Alberta high school credits. These courses are completed in the mornings on Monday through Friday in the allotted academy time. Students spend the remaining periods in-class school completing core courses.

Our hockey academy also has a collaborative relationship with [Coulee Collegiate](#) which allows our student-athletes access to complete high school courses online through distance learning. This collaboration allows our students to take *additional* classes and fast-track their graduation process. The South Alberta Hockey Academy has designated teachers and educational assistants that track and assist in the completion of these courses.

Educational Support

The demanding schedule for our student-athletes requires additional educational support. In addition to the support our students receive from teachers and staff, we have developed a pool of resources and supports that allow our student-athletes to learn and excel in a comfortable and accommodating environment. Our educational assistants monitor student grades and progress on a daily basis. This is important to the success of our student-athletes because of the busy schedule the AMMHL presents. This ensures the students do not fall behind in their studies and remain up-to-date on current lessons and assignments.

We have a teacher and educational assistants that work with our student-athletes on a daily basis. The roles and responsibilities of our educational staff go beyond monitoring and tracking assignments. Our staff has been able to build relationships with our students and provide them with the time and resources to work, complete, and excel in their studies.

Many of our student-athletes wish to continue their hockey and academic careers through post secondary education. For that reason, EBHS is a certified SAT writing centre. We have also developed a SAT preparation program that allows our students to excel on their SATs in preparation for potential NCAA hockey.

Courses and Planning

The South Alberta Hockey Academy understands that school plays a pivotal role in the future success of our students whether as professionals or as athletes. In North America we are fortunate to have multiple post-secondary paths that allow student-athletes to obtain a degree while still competing at the highest level of hockey possible.

In collaboration with each individual student, we implement a roadmap that will prepare them for success and create additional opportunities at the collegiate level, whether this includes hockey or not. The South Alberta Hockey Academy has been fortunate to develop relationships with post-secondary institutions throughout North America which creates pathways and resources for our student-athletes to pursue their future ambitions.

Academic Standards

Our students' grades are monitored on a daily basis by our education staff. With that, it is required that all student-athletes maintain a high school grade average of 60% or higher. We strive for excellence and believe that academics play an integral role in the future success of our student-athletes. If a student fails to meet these expectations, there will be a discussion between the student and coach to determine the appropriate course of action. In addition to the monitoring of grades, we also monitor attendance. Classroom attendance is critical to the academic success of our student-athletes and is a mandatory requirement for all U17 AAA players.

Alberta Education High School Credits Earned

- 5 PE Credits
- 5 Leadership Credits
- 2 Wellness Credits
- 30 Credits from Core Courses at EBHS

Transportation

Due to the age of U17 hockey, some student-athletes are unable to transport themselves to and from school and practice. If necessary, the South Alberta Hockey Academy will provide bus transportation between the Hockey Hounds and Eagle Butte High School. Transportation to other high schools will be coordinated with students and school leadership for players once the team has been selected.

Student-Athlete Health

Mental Health

The mental health of our student-athletes is our number one priority. Our personal Mental Performance Professional works with our students on a weekly basis, including individual check-ins and classroom mental skills training. This relationship has become an integral part of the personal and team success our student-athletes have been able to achieve.

Through our Mental Performance Professional, our students reflect on personal awareness through [HONE Athletics](#). HONE allows our student-athletes to confidentially record and reflect upon their mental health with our Mental Performance Professional. This has become an invaluable tool in ensuring our students have what they need to live a happy and healthy life.

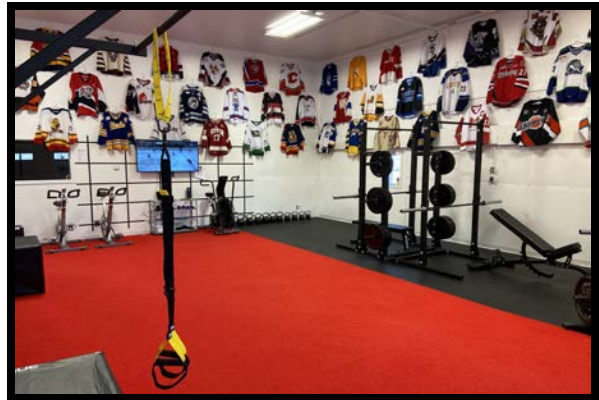
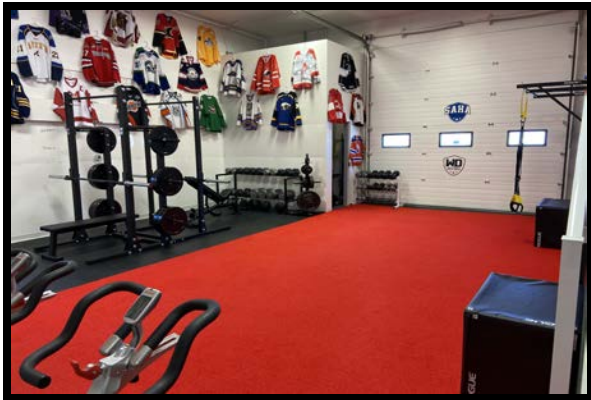
Strength and Conditioning

Baseline Testing: We will have our athletes complete a series of tests that will be repeated once a month for the duration of the season. Upon analysis of testing results we will work to give each athlete the right training to help him/her accelerate his/her progression in hockey. These tests include: 10-second peak power Wingate and 1-minute average power on bike (Watts/Kg), single leg lateral jump, standing long jump, standing triple jump, pull-ups, wall-sit variation, strict toes bar, push-up variation, standard plank hold.

Warm-up: We will work with each athlete on creating a warmup that works for him/her. As former players, we know that warm up is something that needs to be tailored to each individual's needs and preferences. This isn't military, this is hockey, and we feel that this is one area where players will have a lot of autonomy once the brief group warm-up has been completed.

Workouts: We will focus mainly on the essential in-season physiological aspects to maintain peak performance; legs, core, lungs, and mobility. The majority of the "hard" work will be done far enough away from competition that our athletes will not be hindered by the torn muscle tissue caused by hypertrophy and strength training.

Recovery: Our athletes will be doing a lot of active recovery such as low intensity aerobic activity (mainly light jogging and cycling), yoga, and mobility drills. Another integral piece of our recovery programming is the nutrition piece; prior to and after each training session/game we will ensure that athletes are consuming adequate levels of carbohydrates and protein so that he/she can accelerate recovery and maintain optimal performance for the duration of the season.



Injury Communication and Protocol

mTBI (Concussion) Task Force

The proper diagnosis and management of a concussed athlete requires a variety of resources and expertise as this condition is multifaceted. The physiological, psychological and social components of concussion management are key factors that need to be addressed in order to properly manage the athlete and re-engage in “safe return to play”.

We’ve created the establishment of a “mTBI Task Force” for the athletes of the South Alberta Hockey Academy. This task force will be one of the first of its kind and will consist of rehab practitioners, a speech-language pathologist and a psychologist.

The mTBI task force will:

1. Implement a baselining and return to play protocol. Each player to be concussion baselined on the Kinetisense markerless motion capture system and completed on site or at the Kinetic Centre.
2. Educate the athletes, coaches, parents, teachers and administration on the return to play protocols.
3. Create and implement a concussion management protocol. Concussion baselining and clinical management to be done by Dr. Ryan Comeau, Dr. James and Skrenkovich and Dr. Marcia Kos from the Kinetic Centre. Data driven analytics paired with subjective symptom monitoring will be used for diagnosis and concussion management. When a concussion is diagnosed the speech-language pathologist and psychologist will be engaged as essential components of the return to play protocol.

The goal of this task force will be to establish evidence based protocols and return to play procedures, ensuring the safe return to activities of daily life and sport.

Schedule

Sample U17 Academy Schedule

Monday

8:50-10:05 am	CTS Leadership and Mental Health
11:30-12:05 pm	Weekly Academic and Athletic Planning and Goal Setting
3:30-4:45 pm	Dryland

Tuesday

8:00-9:15 am	On-ice
11:30-12:05 pm	Video Analysis (past weekend games)
3:30-4:45 pm	Dryland

Wednesday

8:00-9:15 am	On-ice
11:30-12:05 pm	Academic Ownership

Thursday

8:00-9:15 am	On-ice
11:30-12:05 pm	Academic Ownership
3:30-4:45 pm	Dryland

Friday

8:00-9:15 am	On-ice
11:30-12:05 pm	Video Analysis (upcoming weekend games)

When season ends:

On-ice skills sessions will continue twice per week in the morning until the end of May.
Dryland sessions will be mornings and increase to five times per week in April-June.

Daily School Schedule (Slight variations based on school attending)

Period 2 - 10:10am - 11:25am

Period 4 - 12:45pm - 2:00pm

Period 5 - 2:05pm - 3:20pm

Time Management Tools and Resources

Our student-athletes are provided with resources and guidance that will allow them to develop and optimize their time management proficiency. Whether moving on to junior hockey, college, or a professional career, time management is a sought after attribute that will allow individuals to succeed.

We have a number of staff that have taken similar paths that our student-athletes wish to follow and are able to pass on knowledge and experiences of time management and the benefits of developing it as a skill. We also incorporate time management into our athletic planning curriculum. This comes as an immediate benefit to our students as we focus on how to balance the priorities of a social life, hockey, and school.

In order to succeed in our program, students will be required to learn, develop, and implement their time management skills into their daily lives to meet the athletic and academic demands of the South Alberta Hockey Academy.

Player Advancement

- Connections to several Junior A, WHL, and NCAA hockey programs
- Increased exposure for SAHA U18 Prep
- Team and individual focus on academic, character, and skill development that allows our athletes to excel in future opportunities
- Guest speakers and coaches that give our athletes exposure and resources

Program Cost

The cost for our full 10 month program is listed below. This includes academic tuition, participation in the education-based hockey program, book costs, and hockey programming. Not included in your tuition are room and board and miscellaneous school fees.

Tuition Fees

(All fees are in Canadian funds)

The U17 2022-23 South Alberta Hockey Academy Program Fee will be **\$9900**. Families will have the option to fundraise. If additional payment is required, cash calls may be made. If there is money remaining after the season, payments will be made back to families. Professionals will be paid to deliver on-ice and off-ice programming, however, the South Alberta Hockey Academy will not make any money for delivering the program.

Contact

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Appendix

Total Fees per athlete \$9900

Provided by SAHA

- Teacher/Coach
- EA/Coach
- Goaltending Instruction
- All skills and power skating instruction
- All dryland expenses
- Practice, skills (until end of May) and games
- Transportation expenses for practices and dryland
- Concussion Task Force
- High School Courses deliver and Alberta Education Credit submission
- Leadership, Sport Psychology, Nutrition and other pertinent courses
- Student-athlete Mental Health/Wellness and Mindfulness sessions as well as individual student-athlete check ins administered by Registered Psychologist and FSL team
- Parent sessions on supporting student-athletes
- Game and tournament expenses
- Travel expenses
- Game day team trainer
- Practice jerseys/socks
- Team apparel
- Baseline concussion testing
- Academic monitoring and tracking
- Video analysis and feedback