**RIGGERS HOCKEY ACADEMY CONTRACT & PROGRAM OVERVIEW**

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*“You never lose. You either win or learn”*

TABLE OF CONTENTS

1. **ABOUT THE HOCKEY SUPER LEAGUE**
2. **RHA PROGRAM OVERVIEW**
3. **RHA PROGRAM OUTLINE**
4. **HSL and PHL OUTLINE**
5. **RHA TIME AND INVESTMENT**
6. **PLAYER EXPECTATIONS**
7. **COACHING STRATEGY AND PHILOSOPHY**
8. **PARENTS EXPECTATIONS**
9. **CONTRACT**

RHA Program Overview

Riggers Hockey Academy is an elite hockey development program based in Leduc, Edmonton and surrounding areas. We have been operating successfully for four seasons working with young athletes. We base our program on skill, development and character building. RHA’s development program consists of intensive skill development sessions with the industries top developmental programs. Power skating instruction with the industries best skating instructors; off ice strength and conditioning sessions with certified strength and agility coaches; as well as certified and experienced coaching staff of all former elite hockey players.

Our program is based out of Leduc Alberta.  Since 2015 Riggers Hockey Academy has been running Elite hockey development programs for all age groups.  Our program caters to the top 5% of hockey players.  Our goal is to team your elite athlete with others of the same skill level and allow them to progress together.

RHA Program Outline

Program runs from September 2020 – March 2021

30 Week Program including 5-9 Showcases (HSL or PHL dependent)

**Practices**

* ​Focus on high end development.
* 74-100+ Hours of on ice Practice Time. (Age Dependent)
* One – Two - hour session(s) per week with CK Hockey, 200 Hockey, Power Edge Pro, Quantum Power Skating or Gone Strong Athletics
* Goalie Development Coaching
* Certified and experienced coaching staff of all former elite hockey players
* Paid Coaches

**CK Hockey**

*During this one - hour session, your young player will have the opportunity to work with instructors****Sean Connauton and Dustin Kohn.****Sean and Dustin are former professional hockey players who now direct one of the most successful skill development programs in Alberta. Your young players will work on their puck-handling, puck protection, vision, awareness, and shooting skills.*

**200 HOCKEY**

*200 Hockey is an elite hockey development/training company designed to help hockey players improve their skills, mental preparedness, fitness and over all game play. Our primary goal at 200 Hockey is to develop/train hockey players to better understand the 200ft game while achieving their true potential.*

**GONE STRONG ATHLETICS**

*Coach’s Kelly Andrew and Hayley Selby have joined forces to bring you an exciting way for players of all ages to reach their goals of becoming the athlete they were born to be. We specialize in group and strength training for youth athletes including speed, agility, and team training. Our focus is on lifelong mobility, strength and power and going for your dreams no matter where you currently are.*

**POWER EDGE PRO (PEP)**

*Power Edge Pro is an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player’s small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill - based practices, leading to faster development of elite skills.*

**QUANTUM POWER SKATING**

*Designed for players at the beginning of their hockey/ringette journey, the programs included in the Foundation category focus on teaching players the fundamental skating skills. Clear instruction is provided, along with consistent repetition and direct feedback in a supportive and encouraging environment. Players are asked to give their best effort, not their fastest, as we build their foundation.* Prog

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HSL and PHL Outline

* HSL and PHL fees and Insurance included
* You get the entire years schedule at the start of season

HSL

* Jerseys, Socks, Helmet, Gloves, Pant shells, Hockey Bag, Shorts and Shirt.
* 9 showcases including playoffs.

PHL

* Jerseys, socks, track suits and hats.
* 5 Showcase Weekends

RHA Time and Investment

* 1 hour and 15 - minute ice slots each
* 3-4 ice slots per week. (Age Dependent)
* $2199-$3799/child for the season. (Age and League Dependent)
* $1000 deposit due before July 1st 2020
* Remaining Balance due before your first official practice
* Please visit our website at [www.riggershockeyacademy.com](http://www.riggershockeyacademy.com) and click on the team you are registering for. Full details of amount of ice, games and development and investment can be found there.
* Riggers Hockey Academy tailors our programs and investment differently depending on age.

Player Expectations

**Each player that plays for the Riggers Hockey Academy must agree to follow all of the listed team rules and expectations throughout the course of the season.**

As a member of the Riggers you are expected to:

* I will play hockey because I want to, not because anyone else wants me to.
* I will play by the rules of hockey and in the spirit of the Game.
* I will participate in every game and practice unless I am sick or injured.
* If I must miss a game or practice, I will notify my coach or manager as soon as possible.
* I will control my temper – fighting or ‘mouthing-off’ is not acceptable conduct.
* I will refrain from using profane, racist or sexist language while engaged in any RHA functions.
* Abusive or foul language directed towards teammates, coaches, parents, opponents or referees will not be tolerated and will result in disciplinary action.
* I will respect my opponents. I will do my best to be a true team player.
* I will not be critical of teammates and never discuss teammate’s abilities except to encourage good team play.
* I will remember that winning isn’t everything but striving to win is part of doing my best and that having fun, improving my skills and making new friends are also important.
* I will acknowledge all good plays and performances – those of my team as well as my opponents.
* I will remember that coaches and officials are there to help me.
* I will accept their decisions and show them respect.
* I will abide by the Team Dress Code as specified by the coach and I will dress appropriately on all road trips as well as before and after all home games.
* School will take precedence over hockey.
* I will maintain satisfactory work habits and effort at school.
* I will not bang my stick on the boards, and I will not ‘Hot-dog’ after scoring a goal.
* I will share the success of a goal with my line mates first.
* When scored upon, I will support my goalie and commit to working harder to help him/her.
* I will be responsible for my own equipment and will make sure it is complete, safe and in good working condition and I will have my own water bottle for all games and practices.
* I will not participate or condone any ‘hazing’ or ‘initiation’ activities as I will be immediately suspended from my team
* I will remember that I am representing my team, Riggers Hockey Academy, my league and the towns we play and practice in.

**Games and Showcases**

* Follow team Dress Code… We will have a dress code for all games.
* Be fully committed to the team. We must be a cohesive unit in order for us to achieve our goals.
* Be respectful always, including when you are away from the rink. You are representing your TEAM, FAMILY, COMMUNITY and YOURSELF. While at the rink we will behave like professionals. Watch others play and as we focus on our games.
* Listen to your coaches and accept their feedback
* Support the team’s goals. Be a leader!
* Be prepared to be engaged and give 100% every time you step into the rink.

Coaching Strategy and Philosophy

**Learning Life Skills**

**1.Discipline**

Want to become an elite hockey player? Here are examples of what’s involved:

* Attend every weekly game and practice
* Play other sports. Be a complete athlete.
* Eat healthy food
* Try to sleep for at least 8+ hours per night
* Study the game by watching and reading about it

While you may not be able to do all these things, if you play hockey, chances are you do *some* of these things. Routinely sleeping well and eating healthy create a sense of **discipline**. Each item in the list trains you to develop a habit and stick to it through times of temptation and distress – the very nature of discipline itself.

Although you may only be doing those things to become a better hockey player, when it comes time to apply discipline skills in other areas of your life, you’ll find it much easier to manage.

**2.Respect**

From U8 all the way to professional hockey, every league has a strict ethics code that all its players must follow. Essentially, each league has a code detailing how to treat people with **respect**. Congratulating players on scoring a goal, greeting your teammates each practice, and fist-bumping the opposing team after a game all contribute to building a sense of respect in a player. Also, a team’s coach serves as an authority figure for the players. Listening to and

learning from a coach helps to develop a player’s character and sense of respect for their elders and those in authority.

**3. Teamwork**

**Hockey isn’t an individual sport – it’s played as a team.** At any age and skill level, a hockey player will have at least a dozen teammates that they must learn to work with. Every goal scored, and every game won is a result of months of practice building team synergy. Using that synergy, players can make snap decisions about where to pass the puck and when to rely on their teammates. *“Be the kid that every other kid wants to play hockey with.”*

Throughout life, everyone will face situations where they must apply **teamwork** to accomplish a goal. Those situations can range from a group presentation at school to completing a project at work, and even to moving a heavy object with a few friends. Learning to rely on others, divide a

workload evenly and play to the strengths of teammates are the keys to successful teamwork. And all of that can be learned by playing hockey.

**4. Communication**

Let’s face it: no hockey team is successful without excellent **communication** among its coach and players. The ability to express ideas in a way that anyone can easily understand them is a much tougher skill to acquire than you might think.

Hockey gives players the opportunity to communicate with a diverse group of teammates, which often change from season to season. When expressing ideas or concerns to a coach, or planning plays with teammates, efficient communication is important. Over the course of a hockey season, team members become used to talking with one another, and they learn how to adapt their communication style to suit specific levels of understanding.

Yes, proper communication is a core aspect of successful teamwork. However, it also contributes to building strong relationships, working more efficiently, and ensuring that nobody is confused or unsure about the topic at hand.

**5. Humility**

Right along with teamwork and communication comes **humility**.

There’s a reason why hockey leagues track “assists” in games and not just “goals.” Scoring goals in hockey is a team effort, regardless of who last touched the puck before it went in the net. In fact, almost every play made during a hockey game is a team effort – whether it results in a goal or not, or whether it succeeds or fails.

Humility is probably the most debatable life lesson to be learned in hockey. It’s also dependent on the coach, their teaching method, and whether goals and other accomplishments are praised as an individual or group effort. Our coaches will do their best to instill humility in our team.

Hockey can be a formative tool for all its players in surprising and often unthinkable ways. Every practice and every game contribute to the development of skills that can be applied for years to come. After each season, players will no doubt find themselves with more discipline, respect, teamwork skills, communication, and humility, among many others.

Hockey should not only be viewed as a source of competition and fun, but also as a source of personal development and an outlet for lifelong growth.

**SUCCESS**

Given a certain level of physical ability, success in sports is mostly ‘mental’ It involves:

1. **FOCUS** – Conscious intention on the task at hand. Attention to detail, knowing your jobs and executing
2. **DETERMINATION** -Firmness of character. Doing whatever it takes for your team to succeed
3. **EMOTIONAL CONTROL** Controlling your emotions before they take over you. Staying balanced in the moments, not getting too high or too low. Playing with discipline

**Real success results from the mind and body working together**

***“WINNING ISNT EVERYTHING, BUT MAKING THE EFFORT TO WIN IS” VINCE LOMBARDI***

***“HARD WORK BEATS TALENT, UNLESS TALENT WORKS!” WAYNE GRETZKY***

When we play with the three keys to winning, each shift will see continued success. We must be the hardest working, grittiest, most determined team on the ice every practice and game.

The only thing YOU can control are YOUR OWN actions. Lead by example and trust that your teammates will play with these keys every practice and game.

The keys to winning are not only applied in hockey, but also to your life outside of the rink.

Parent Expectations

It is the intention of this program to promote fair play and respect for all participants within the Academy.

The expectation is for parents/guardians to sign this contract agreeing to abide by the following guidelines and to ensure that friends/relatives who accompany them to the rink will also abide by these guidelines before their child participates in hockey.

* The Principles are: Respect the Rules. Respect the Opponents. Respect the Officials and their decisions. Always maintain your self - control.
* FAIR PLAY CODE I will not force my child to participate in hockey.
* I will remember that my child plays hockey for his or her enjoyment, not mine.
* I will ensure my child regularly attends ALL practices and games.
* I will ensure the coach or manager is contacted if my child is unable to attend.
* I will not enter the dressing room before or after games and practices unless given approval by a team official.
* I will not go behind or hear the player’s bench during games or practices unless called by a team official.
* I will encourage my child to play by the rules and to resolve conflict without resorting to hostility or violence.
* I will teach my child that doing one’s best is more important than winning so that my child will never feel defeated by the outcome of the game.
* I will never ridicule or yell at my child for making a mistake or losing a game.
* I will not criticize, embarrass or heckle any players, including the opposition.
* I will remember that children learn by example and I will recognize and applaud good plays and performances by both my child’s team and their opposition.
* I will not criticize or question the referee’s judgment or honesty.
* I recognize officials are being developed in the same manner as the players.
* I will support all efforts to remove verbal and physical abuse from children’s hockey games and I will refrain from the use of abusive or foul language at any time in the rinks.
* I will leave the coaching to the coaching staff.
* I will not encourage my child to play the game in a manner inconsistent with team strategies or plans.
* I will communicate any concerns to the team manager first. He/she will then discuss the issue with the coach. If necessary, the team manager will arrange a meeting with the coaching staff and the parents.
* School takes precedence over hockey.
* I will work in conjunction with the coaching staff to maintain a positive school attitude and performance by my child.
* I will respect and show appreciation for the coaches and manager who give their time to hockey for my child.

By Signing this Agreement, I hereby authorize that I am the legal guardian of

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Players Full Name

I have read, understand and will abide by all items laid out in this document. I consent for my child to play for Riggers Hockey Academy for the upcoming 2020/2021 season. I understand that my deposit is non - refundable and the balance is due **before** the teams first practice.

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Parent/Guardian Full Name

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Parent/Guardian Signature

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Today’s Date

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Witness Signature