**RIGGERS HOCKEY ACADEMY**

**PROGRAM OVERVIEW**



*“Building community leaders through hockey”*

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10. MISSION STATEMENT

*The mission for Riggers Hockey Academy (RHA) is to provide opportunities for youth athletes to be exposed to competitive sports. Through participation, they will build the character required to become better leaders in their communities.*

The major focus of RHA is the development of sport-specific skills and strong core values. While winning is still a goal, it is more important to help athletes understand that winning on the scoreboard is not the only way to quantify personal or team success. It is more beneficial for athletes to learn the valuable lessons of hard work, commitment, responsibility, and teamwork. These personal lessons reach far beyond the completion of their athletic careers; that is, the personal attributes ingrained in them help them become well-rounded citizens in their communities, country, and the world.

Vision Statement

*Athletes grow in their abilities and character development both on and off the ice.*

Within the RHA, learning environments are created so players acquire and develop positive habits that allow them to achieve current, as well as long-term successes. For example, athletes need to learn to take full responsibilities for their own actions, develop goal-setting skills, prioritize their lives, understanding the team motto of "Together Everyone Achieves More" (T.E.A.M), and respecting the game.

Core Values

*Create an understanding in players that the only people they can control are themselves. They are responsible for their actions and the outcomes they create.*

Successful head coaches should not make their players do anything just on command. Instead, successful players are taught to be proactive in their choices. For this program, athletes are required to sign contracts outlining the team’s social and athletic requirements. In this way, players understand what is being required of them before the season even begins.

To pursue excellence, players must have goals and suitable final destinations in mind. This can be accomplished by having players write out their personal goals as well as suggested team goals for the season. Head coaches should take the appropriate time to review the team goals prior to the season.

Athletes are also expected to prioritize their lives. First and foremost, they are student athletes; and therefore, academics come first. They have a responsibility to pursue excellence in their studies. In addition, athletes must be focused and committed to work hard for all practices; this is imperative prior to all game day events. Hard work builds a player’s self-confidence, which flows into incredible individual and team accomplishments.

All team expectations are laid out at the beginning of the year during the parent/athlete team meetings. Together, parents and athletes need to be aware of these requirements from the beginning of the season.

Live out T.E.A.M.

“Together Everyone Achieves More” is a great team mantra to follow. Athletes’ individual decisions affect their teams. Thus, it is important for teams to work together to find mutually beneficial outcomes for everyone. Team players are expected to build each other up; not tear their teammates or coaches down. Athletes must listen to each other and their coaches intently. The biggest hindrance to meeting the expectations of T.E.A.M. occurs when certain players are not pulling their weight; and therefore, practices become mandatory. There are four excused absence allowed for family emergencies or illnesses etc. However, it is the athlete's responsibility to notify the coaching staff as soon as possible regarding potential missed practices.

Respect the Game

Hard work and dedication yield positive results. Team pride develops by knowing that the coaching staff and players show respect to the game, their opponents, and their teammates regardless of the game’s outcome*.* In youth hockey, development of the players is seen as the goal.

Head coaches are called to shape the lives of their athletes. This calling reaches farther than the team's win-loss record. Head coaches teach their athletes how to be successful in all areas of life. Teaching their athletes life lessons regarding the benefits of hard work, sacrificing for others, working together, having integrity, and playing fair are how head coaches should measure their overall achievements.

1. COACHING PHILSOPHY

The priority for head coaches is the overall development of their athletes into healthier, well-rounded people and not just into better athletes. Through participation in athletics, players are educated regarding valuable life lessons in hard work, sacrifice, teamwork, honesty, and fair play. Head coaches can model suitable behaviors for their athletes by being one of the hardest workers on the team. They make sacrifices for the good of the team, work out with their teams, display honesty and integrity, and are committed to teaching their players the importance and necessity of fair play. Successful head coaches are willing to sacrifice personal goals for what is in the best interests of their teams as well as their individual athletes. They also demonstrate their own personal integrity through their commitment to honesty and fair play. This means head coaches do not make "winning" the team's end goal, but rather demand their players have a strong work ethic at all times. In developing these strong core values, head coaches are successful in fulfilling their team’s mission and goals.

1. HOCKEY SUPER LEAGUE (HSL) OVERVIEW

The Hockey Super League was established in the winter of 2017 giving youth players an alternative option to Minor Hockey in Alberta. The Hockey Super League was created to provide an opportunity for players to participate in a privately-operated program whose goal is to develop high-level hockey players and create leaders both on and off the ice. The HSL is not a registered league with Hockey Canada or Hockey Alberta; they are independent of these organizations.

<http://hockeysuperleague.ca/content/about-hockey-super-league>

1. HOCKEY SUPER LEAGUE (HSL) OUTLINE
* HSL fees and Insurance are included
* You get the entire years schedule at the start of season
* Jerseys, Socks, Helmet, Gloves, Pant shells, Hockey Bag, Shorts and Shirt.
* 9 showcases including playoffs.
1. RHA PROGRAM OVERVIEW

Riggers Hockey Academy is an elite hockey development program based out of Leduc 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, power skating instruction, off-ice strength and conditioning sessions with certified strength and agility coaches, and certified/experienced coaching staff made up of former elite hockey players.

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.

1. RHA PROGRAM OUTLINE
* Program runs from September 2020 – March 2021
* 30 Week Program including 9 Showcases
* 21 Practice Week Program

**Practices**

* ​Focus on high-end development for the top 5% of hockey players in their age group
* 100+ Hours of on-ice Practice Time
* One hour session/per week with CK Hockey
* One hour session/per week with 200 Hockey
* One hour session/per week with Gone Strong Athletics
* 36 games inside of 9 Showcase weekends
* Goalie Development Coaching with Nathan Park
* Paid Coaches
* PEP and Quantum training a few times throughout the season

**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**

*Coaches 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.*

1. RHA TIME AND INVESTMENT
* 1 hour and 15minute per practice
* 4 ice slots per week

**\*\*RHA may alter between weekend and weekday ice slots throughout the season to allow families some weekend downtime for other activities.**

1. CODE OF CONDUCT

Written discipline policies are needed for a successful athletic program. In addition, strong organizational skills aid the Riggers Hockey Academy in being consistent and effective in attaining the program’s mission and vision. As we are dealing with elite athletes, this disciplinary plan focuses on helping the athletes build habits that allow them to achieve the best version of themselves on and off the ice.

Coach's Code of Conduct

The Riggers Hockey Academy Director will supervise all coaches and will offer feedback and advice to coaches. This will aid coaches in improving professionally and keep in step with the mission, vision, and core values of the RHA. If a situation arises, the coach, managers, and other involved parties will have a meeting in which the situation is discussed. The Director will enforce necessary discipline on the coach as required.

Player Expectations

Each player that plays for the Riggers Hockey Academy must agree and sign a player's Code of Conduct. This will touch on areas of respect, behavior, dedication, and responsibility.

Five General Rules

Five general rules that will always be in effect to insure a positive and healthy learning environment:

1. Communication

 Player and Coach

* It is important that players understand that their views are important. They have a right to question the coaches and the reasons they have for doing things. They must embrace the proper way to pursue this right. The proper time to question decisions is alone in a meeting, not in practice. The proper time to ask for clarification as to the proper way to follow through on-ice instruction is right away. The other side of this, is that the coaches must communicate from the beginning with the players about expectations as a member of the team. One major issue that usually arises is ice time. Players are told and should understand from the beginning of the year meeting that ice time will be as equal as possible if each player is giving their best effort. Coaches have the right to manage the ice time during penalty kills and the last 5 minutes of a close game.

Coach and Parent

* There is a parent meeting at the beginning of the first tryout of the season in which parents of any athletes who wish to play for RHA must attend. In this meeting the administration goes over the mission and vision statement of the athletic program. Policies are covered regarding team participation, parent involvement, and discipline strategies. Parents then sign a release allowing their child to participate in RHA events. They leave with the understanding that the schedule will be sent home at the start of the season.
1. Goal Setting

Team Goals

* At the beginning of the season team goals are set. They will serve as motivation for the hard work and commitment that is required of every member of the team.

Individual Goals

* On a weekly basis, coaches meet with all players to set individual goals for the week. They are required to set their goals and create a plan as to how they will achieve them. They also are required to reflect on last week’s goal and decide whether they achieved them or not.
1. Be a leader

On the ice

* Players must show high character, work hard, and be dedicated. This will inspire other teammates to do the same.

Off the Ice

* Character building is not limited to ice time. Athletes must take the lessons learned on the ice and apply them in their lives. When athletes do this, they will become a confident leader and build positive relationships. Athletes should strive to make good decisions in all areas of life. What players do at home, with friends, and by themselves all speak to their character.
1. Be punctual
* One of the most important skills for athletes to learn is the skill of punctuality. When athletes get older, they will join the work force. Employers value timeliness in employees; therefore, coaches instill an attitude of timeliness in the athletes.
1. Show respect
* Players need to believe respecting themselves is important. When players have confidence in themselves then others will have confidence in them too. Athletes’ thoughts about themselves and their abilities will dictate the success they have.
* Have respect for others. Players must strive to live by the Golden Rule- “Do unto others as you would have them do unto you.” This mantra guides interaction with teammates, coaches, opponents, officials, fans etc. Everyone is important and should be treated with dignity and respect.

*“Success requires sacrifice, get used to it!”*

Parent Expectations

The parent’s role in athletics centers on the support and encouragement of their child. They are not there to place unrealistic expectations on their child. Participating in sports, no matter the skill level, deepens character growth. Parents can facilitate this growth by encouraging all members of the team at games, praising good play, providing encouragement during struggles, and making the monetary and time commitments necessary to pay for, volunteer for, and drive to events on the team calendar.

The expectation is for parents/guardians to sign a contract agreeing to abide by RHA 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.

*“Teamwork divides the task and multiplies the Success”*