

Do something extraordinary next school year!



1st year!

Pleasant Valley Secondary & RPM Hockey Academy 2021

in partnership with District 83

Registration Opens February 12, 2021 @ 8:30am

Online @ www.rpmhockey.com

Questions? Join Zoom Meeting

Topic: PVSS Hockey Academy

Time: Feb 11, 2021 @ 07:00 PM

<https://zoom.us/j/92034839488?pwd=VEIOTVZFRhTOjYQ1JaM0hCOWIxZz09>

Meeting ID: 920 3483 9488

Passcode: 276925



Accepting Applications

- Academy - Ministry Approved
- Bantam & Midget Players (grade 8-12)
- 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

Character-Integrity-Tradition



This program is available for students in grades 8 to 12.

RPM & PVSS have developed a program & curriculum that provides students 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 helps 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.

Due to Covid restrictions the academy may be modified to ensure we follow Safety Guidelines & Protocols.



The academy meets all academic requirements.

PVSS Hockey Academy Highlights

Academy Format - Semester Based - September to January

A typical week for all of our Academy players includes:

2-3 hours on ice (mornings) - Skill Based Instruction

- Power Skating
- Puck Skills
- Tactical & Game Play
- 2 hours off ice - Sport Specific Conditioning/Events or Classroom

* Please note - Time & Structure may change.

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 - \$1320

Please note a \$264 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1320 (-\$264 Deposit) As a convenience to parents RPM will accept a payment plan of \$264 month Sept1-Dec1) **Register online at www.rpmhockey.com select Academies. Note you must also notify PVSS that you would like to take Hockey Academy.**

Questions? Contact:

Chelsea Prince - cprince@sd83.bc.ca

Craig Millin - craig@rpmhockey.com

Holly Rogers - holly@rpmhockey.com

PVSS Secondary
Hockey Academy
Academy Administration

My son he has become an outstanding student by mixing school with the sport he loves.

Putting Mitch in the Hockey Academy was the best thing I ever did for his hockey development .

He not only brings home great marks, but he also looks forward to going to school every day.

Building great kids in the classroom, on ice and in their community!