

Tigers Hockey Academy Curriculum

Our program develops athletic abilities using on ice sessions, off ice athletic training, and classroom seminars. We train and educate our student-athletes in a 10 month program (Sept. – June). Students will be engaged in the academy 2 days per week for 1 hour development sessions.

September-October

- Fitness, Off ice Skating, Shooting and Puck Handling

October-November

- Skating and Passing

November

- Skating, Shooting and Scoring

December

- Review and Testing

January

- Checking and Puck Handling

February

- Checking, Passing, Shooting and Scoring

March

- Small Area Games and Testing

April-May-June

- Fitness, Training and Multi-Sport Experiences



Tilley School Hockey Academy

Learn more about the Tilley Hockey Academy

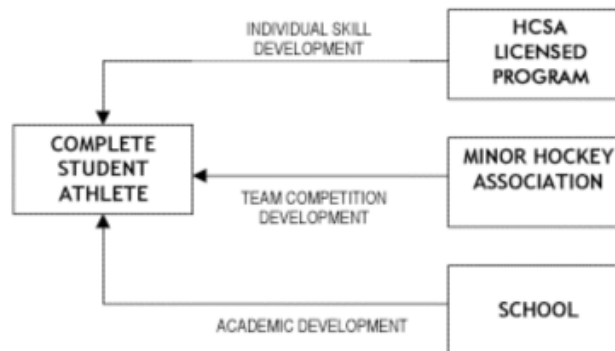
Hockey Canada Skills Academy

The HCSA model is a second mainstream player development program mirroring the minor hockey club team system in Canada. HCSA is a supplement to the club team system and not intended to replace it. The program also provides a positive hockey experience for athletes not playing in minor hockey associations.

The long-range vision of HCSA is not to develop future professional or international caliber athletes. The outcome is to enhance a student-athlete's confidence, individual playing skills, self-esteem and opportunities in both academics and athletics beyond the primary and secondary school system all while making efficient use of arena facilities during school hours.

- increase training time by maximizing arena availability during school hours
- enhancement of individual technical and tactical skill development
- enhancement of academic achievement

- Hockey Canada



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Tigers Hockey Academy



Tilley School
Po Box 70
Tilley AB T0J 3K0
Tel: 403-377-2233
Fax: 403-377-2097

The Academy

Tigers Hockey Academy offers Grade 3-9 boys and girls the opportunity to make ice-hockey a part of their school routine. We are a fully sanctioned Hockey Canada Skills Academy (HCSA) program since 2008. Our primary focus is long term athlete development in the sport of hockey.

Our Academy takes pride in providing the best environment for long term athlete development. We focus on developing athletic abilities and hockey specific movements.

Our program has three main development areas:

1. Technical / Tactical Skills

Skating Passing Puck Control
Shooting and Scoring Checking

2. Physical

Balance Coordination Speed
Strength Power Endurance

3. Cognitive

We focus on positive self image, resiliency and leadership to help our students develop a stronger mental game for a complete athlete.



Tilley School Hockey Academy

Learn more about the Tilley Hockey Academy

The School

Tilley School is located 27km east of Brooks on the Trans Canada Highway. The school is in the community of Tilley Alberta. The school offers instruction from K-Grade 9. Daily bus transportation is available from the Brooks Composite High School and the surrounding Tilley area. Tilley School offers a safe, caring and collaborative learning experience with small class sizes for individualized instruction.

Instructors

Michael Buffie—is an accredited teacher and Hockey Canada Skills Academy instructor. He has been leading the academy since 2016.

Our academy also partners with the Brooks Bandits to provide students with local role models and extra instructors while on the ice. Bandits join the students on ice and serve as coaches for the students.



Registration

Please complete the following information to register for the Tigers Hockey Academy:

Name: _____

Grade: _____ Gender: M / F

Address: _____

Phone: _____

Email: _____

Playing Minor Hockey Next Season

Recreational Experience Playing Hockey

Preferred Position: _____

Method of Payment

\$100.00 down payment is due with registration followed by the remaining balance of \$200.00 no later than November 1.

Cheques can be made payable to:

Tigers Hockey Academy

Financial assistance options are available.

Contact the school for more information.

Phone: 403-377-2233

Fax: 403-377-2097

E-mail: stuart.pietersma@grasslands.ab.ca