



U18 AAA HIGH PERFORMANCE HOCKEY PROGRAM

The Canadian Athletic Club's U18 AAA High-Performance Hockey Program is built around the Hockey Canada/Alberta 4 Pillars of Player Development. We invite you to review the structure of our Hockey Program that will rival CHL, U Sports, and NCAA programming; and ultimately better prepare our U18 AAA athletes for a successful lifestyle and career in hockey.





CANADIAN ATHLETIC CLUB U18 AAA HIGH PERFORMANCE HOCKEY PROGRAM

PHYSICAL

- Player Nutrition, Hydration, Sleep, Workout Information Sessions.
- (2) Fitness Testing Days.
- (20) Team Workout Sessions (1 per week)
- Spin bikes available on the 2nd floor of CAC arena, available for all players)
- (6) Yoga Sessions (1 per month)
- Team Trainer (6 months) – full time.
- Hockey Edmonton Medical Process & Return to Play Guidelines.
- Designated Medical Staff, and Designated Physiotherapy/Rehab Staff.

MENTAL

(4) Mental Development Sessions (September, November, January, February):

1. **Goal Setting & Preparation.**
2. **Simulation/Imagery.**
3. **Overcoming Adversity.**
4. **Focus.**

TECHNICAL

- 20 (1-hour) Technical Skill Development Sessions – **Players** (1 per week).
 - 20 (1-hour) Technical Skill Development Sessions – **Goalies** (1 per week).
- 20 (1-hour) Individual Tactic/Team Tactic/Position Specific Sessions (1 per week).
- 20 (1-hour) Team Play System/Strategy Sessions (1 per week).
 - 10-20 Optional Supplementary Sessions (1 per week) – **Maximum.**
- 34 Game Regular Season, Playoffs
- Possible Mac's AAA Midget World Invitational Hockey Tournament if minimum requirements made.
- 20 Team Video Review Sessions (1 per week) - **Minimum.**
- Contract with VidSwap (full player/staff access).

LIFE SKILLS

- Team Identity/Vision/Rules Session (September) – executed by Coaching Staff.
- Parent Information Sessions (September and January) – executed by Coaching Staff.
- Individual Player Development/Progress Sessions & Reports (September, December, March) – executed by Coaching Staff.
- Team Building Events (Bowling, Escape Room, Soccer, Volleyball, etc.) (6 months).
 - Continuous on-site Team Building Activities (6 months).
- (2) Community Service events (Coaching, Food Bank, Shelter, etc.) (6 months).
- How to Get Scouted (WHL/NCAA/AJHL) Information Session (October).
- Academic Advisor service available.
 - Team Mentorship Program (Coach & Player).

EXTRAS

- Set practice schedules weekly; early times; full game schedule in place (please refer to AEHL).
- Team Apparel & Team Equipment.
- Travel and Bus agreement in place.
- Team Social Media accounts.