



CANADIAN ATHLETIC CLUB



Our History

In 1937, sports-minded community league members recognized the need to give athletes from schools and community leagues a more competitive environment in which to develop their athletic talents.

It was from this idea that the Canadian Athletic Club was founded.

Today, the Canadian Athletic Club ices 10 'AA' and 'AAA' teams from U13 (Pee Wee) through U18 (Midget) in a variety of leagues sanctioned by Hockey Alberta and Hockey Canada.





Our Mission

To offer an elite hockey program providing players the opportunity and environment to enhance their hockey and interpersonal skills.



VALUES: CHARACTER
ATTITUDE
COMMUNITY



Our Program

TEAMS



Three 'AA' teams,
competing in Hockey Edmonton's
U13AA Division



Two 'AA' teams,
competing in the Northern Alberta
Hockey League



One 'AAA' team,
competing in the Alberta Elite
Hockey League



One 'AA' team,
competing in the Rural &
Edmonton Minor Hockey
League



One 'AAA' team,
competing in the Alberta
Elite Hockey League



One 'AA' team,
competing in the
Northern Alberta Hockey
League



One 'AAA' team,
competing in the Alberta
Elite Hockey League



PLAYER DEVELOPMENT

A primary focus of the Canadian Athletic Club program is player development. All clubs, at all levels, will take part in a comprehensive, age-specific development plan. These plans evolve each season, but are anchored in the following:



Games

30+ league games
2+ tournaments



Practices

60+ practices
(1 – 1.5 hour time slots),
including prime time ice slots
at our own CAC arena.



Development

All teams will leverage local expert instructors (e.g. CK Hockey) for hockey skills development, with a focus on skating, shooting, passing, team skills, and fundamentals. Teams will get 3-4 sessions per month based on scheduling and availability.



Power Skating

All teams will be provided with local expert power skating coaches (e.g. Brittany Millar), with a focus on improving players skating, balance, technique, footwork, and confidence.



Goalie Coaching

All teams will be provided with elite 1:1 Goaltender coaching (e.g. Ian Gordon Goaltending). These instructors will come out 3-4 times per month during the season. Sessions are in conjuncture with the rest of the team's development and/or power skating to ensure goalies get individualized instruction.



PLAYER DEVELOPMENT CONT.



Dryland Training

Each team will have a designated weekly off ice physical training session (e.g. RVX). During these sessions, players will learn proper training techniques, nutrition, and most importantly improve their physical conditioning in a safe, fun environment.



Mental Coaching

Sports psychology coaching (eg Ellipsis Psychology) will be provided throughout the season to help players with self-awareness training and learning to become the best players they can be from a mental standpoint. Teams will all engage in individual and team goal setting that will be monitored and evaluated on a monthly basis. Regular team and player video sessions will be provided by vid swap and watched in CAC classroom to help promote team and individual development our own CAC Arena.



Team Building

Teams will have guest speakers come in and talk about not only hockey but life experiences to keep players motivated, provide a positive mental attitude and help employ the proper methods for planning their athletic development.



Community / Life Skills

Community is a core value of CAC. All teams will participate in local philanthropic initiatives throughout the season. These initiatives enable our teams to give back to the community, and are excellent team builders.



Parent Communication

All teams will have a parent meeting at the beginning of the season welcoming them to the club and outlining season plans, team goals, and player/parent expectations. Teams will also have 3 meeting (Beginning, Middle, and end of season) with their respective category director where they can talk about the season and club (what's going well and/or what's not meeting expectations).



Our Arena

Canadian Athletic Club is very fortunate to own and operate our own arena. This facility allows us to combine ice allocated to the club by Hockey Edmonton with prime time ice at the CAC arena (inclusive of pre-scheduled time slots for improved consistency in weekly team schedules). The CAC arena also features classroom space and a large hall to allow for club meetings, team meetings, fitness sessions, and extended CAC family gatherings.



CAC



Our Scholarships

Since 1991, the Canadian Athletic Club is proud to have awarded scholarships totaling in excess of \$145,000. These scholarships are presented to athletes who have played on one or more CAC teams, with a demonstrated level of commitment to the Club, and who have been accepted (or currently attending) a Post-Secondary Institution on a full-time basis.

2020 CAC Scholarship Award Winners:

Brett Gammer | ZIMMEL AWARD \$1000

Kylor Wall | SLADDEN AWARD \$1000

Nicholas Vankka | McADIE AWARD \$2000

Cole Gammer | CAC AWARD \$1750

Jacob Mireault | SHASKE AWARD \$1500

Justin Lentz | DROMARSKY AWARD \$1000





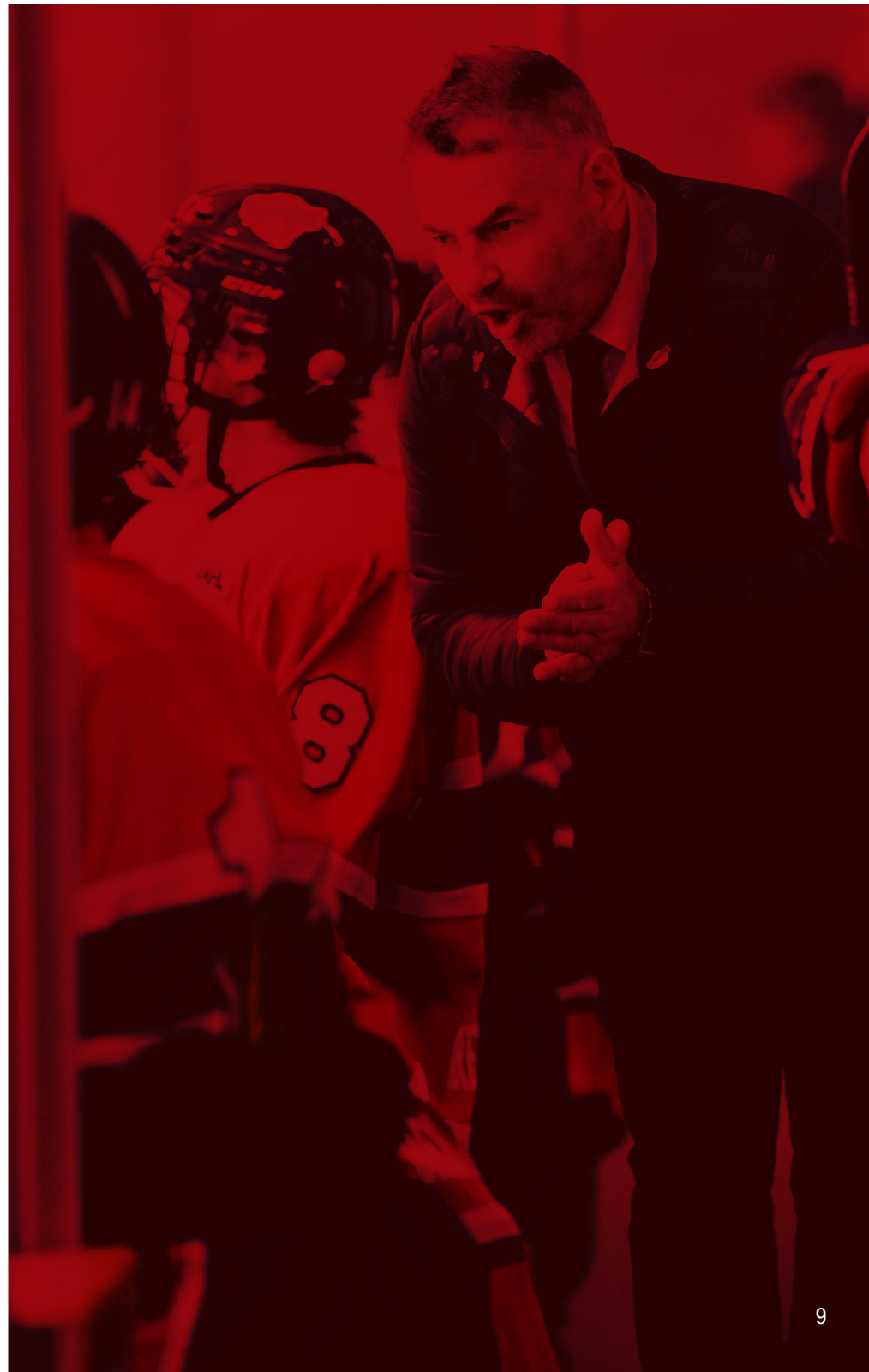
Our Coaches

U13 AA Mercedes of West Edmonton

Derek Damery HEAD COACH

Joining a prestigious club like CAC that has time-honored traditions and a rich history of success is exciting for me. I started playing hockey when I was 2 years old; it's been a part of my life for as long as I can remember. The highlight of my playing career was the time I spent as a mobile defenseman with the NAIT Oaks. I now have the unique opportunity to voluntarily share my knowledge and experience with kids and parents alike.

Over the past 9 years, I have been fortunate to build development-centric and high-performance programs within the Whitemud West Hockey Association. My teams work hard, pay meticulous attention to detail, institutionalize good habits, play for each other, and deliver results. The past four programs in which I've carried a leadership role have produced either gold or silver medals in 7 of 8 EMHA marquee events. Beyond my day job as a senior executive running international IT operations for TELUS Corporation, I'm also the founder of d2 Hockey Development and Edmonton HC (hockey club). I'm confident my passion for development and experiences cultivating elite talent will provide an excellent foundation for me to further my growth as a leader within the CAC organization. These uncertain times have fortified my gratitude for the game and my role within it, I look forward to the season ahead.





U13 AA Sturni-Hueston Engineering

Justin Cox HEAD COACH

I am very honored to coach this years U13 AA team. It's an exciting year for these players as they have reached an integral level of competitive play. I look forward to coaching them using my own personal experience as a former pro hockey player. I'll be working with each player individually and as a team to hone their own personal skills and teach them what it takes to compete at a high level of hockey, on and off the ice.

My start to professional hockey began in 1997, where I played 4 years in the WHL for the Prince George Cougars. Drafted by the Dallas Stars in 1999, I played 5 years in the AHL before playing 5 seasons in Europe including Germany, Switzerland, and Sweden. I am still an active player with the Senior Men's AAA Innisfail Eagles, competing in an Allan cup championship in 2019. When I retired from pro hockey in 2011, I became a Firefighter for Parkland County. In 2016 my wife and I started a small side business that rapidly grew, causing us both to leave our day jobs and dive into our company full time.

Having three sons in hockey, I have been able to carry on my passion for the game behind the bench. Along with coaching their teams, I also put together multiple hockey development camps for their age groups each season.

I can't wait for the 21/22 season to begin! Good luck to all CAC teams!

U13 AA Cutting Edge Flooring

Rob Smashnuk HEAD COACH

Hockey has been an integral part of my life for as long as I can remember. My parents gave me my first stick and puck when I was 3 years old and I was hooked. From early days on the ODR, to small-town rinks, and playing in some of the best barns in Canada - I love this game! After high school, I played in the AJHL for the Bonnyville Pontiacs and the Olds Grizzlies. From there, I played for Mount Royal College in the ACAC where we won 3 National titles in 4 years. I finished my professional career playing for the Odessa Jackelopes. After I was done playing I knew I wanted to stay in the game, which lead me to become a coach with the Whitemud West Hockey Club. I am a student of the game and during my 6 years of coaching I have learned a lot while making lifelong friendships with the players and their families. When I'm not on the ice, you will find me in the Real Estate business. I have been a realtor with Remax Excellence for the past 17 years, finding my clients the perfect home never gets old! I am super excited to be joining the CAC, a top tier organization with a rich history of success in our city. I look forward to working with the players on and off the ice, and help to develop strong habits for them to bring to their careers and day-to-day life. Hockey is my passion. Go Canadians!



U15 AA Think Green Alberta

Kevin Lentz HEAD COACH

With over 20 years of coaching experience and 6th with CAC. Kevin is committed to building a positive environment in which players can grow to their full potential. Kevin's teams are disciplined and finish the right way seemingly on a yearly basis. Kevin has been credited with the honor of being selected the 2018- 2019 CAC Coach of the year. Think Green were 2020 City Champions.

U15 AA Imperial Equities

Richard Demery HEAD COACH

Going into my 7th year Coaching Minor hockey all but 1 year at the Bantam AA level, With the one other year at the U16 AA level. I currently live in SW Edmonton working in the Oil and Gas sector. As a hockey coach, I believe Communication is of the utmost importance if you want to be successful as a team, individual, and as a coach. I believe in making the rink a fun place to be, as learning I feel is a lot more enjoyable and successful when you want to be at the rink and not have to be. At the same time, I believe in hard work and discipline. Over the last 6 years of coaching and learning from my mentors, I feel as though I have found a great balance between fun and discipline. After coaching against CAC over the last 6 years, I look forward to joining them, after hearing about all the work that goes on behind the scenes to make each season successful at CAC, I feel very fortunate to be able to join the CAC Team.

U15 AAA Lehigh Cement

Nick Trudeau HEAD COACH

Nick currently resides in Fort Saskatchewan where he works in the Agriculture industry.

He is currently in his 8th season in Elite Minor Hockey Stream and 3rd with CAC. Four seasons split as Associate and Head coach of Fort Sask. Junior B. Captured Bantam AAA Provincial Championship and Western Canadian Bronze Medal in 2017. Has participated in multiple Alberta Cups both as Head and Assistant Coach as well as Alberta U16 summer camp. Nick played elite stream minor hockey in Fort Saskatchewan, and played in Fort Saskatchewan Junior B.



U16 AA Volvo of Edmonton

Andre Poitras HEAD COACH

Andre holds a Communications degree and is currently working for a not-for-profit organization.

It is Andre's 10th year of coaching and 2nd with the CAC. He will be primarily be working with the Defence. He strongly believes in coming to the arena each day with a strong work ethic, positive attitude and willingness to become a better hockey player. He emphasizes the importance of playing well on both sides of the puck in all three zones.

Andre played his minor hockey in St. Albert where he grew up.

U16 AAA United Cycle

Lee Zalasky HEAD COACH

Lee lives with his wife, Kate, three-year-old daughter Eliza, and golden retriever Reggie. He is a Teacher at St. Albert Public Schools. Completed Bachelor of Education at the University of Alberta.

He has 11+ years in Elite Minor Hockey Stream. Has participated in multiple Alberta Cups both as Head and Assistant Coach. Completed two and half seasons with University of Alberta Golden Bears as Assistant Coach (won National Championship in 2015).

Lee retired from competitive hockey in 2011, finishing in Minor Pro, 5 years for the University of Alberta Golden Bears including 2 National Championships, 4 years in the WHL (2005 Calgary Hitmen Humanitarian of the Year).



U18 AA Butchers & Packers

Steve MacLeod HEAD COACH

Core Values: Sportsmanship, Integrity, Positive Learning Environment, Commitment to Excellence, Skill development - individual and team, Communication

27 years coaching experience.

HP1 Qualified, NCCP Level 2, Respect in Sport, Checking, Safety, Speak out. Many Hockey Alberta coaching clinics

RSM Hockey Camp - Head Instructor, CAC Hockey School Instructor, Whitemud West -HC 1993-2001

Canadian Athletic Club - HC 2002 -2012 - BAA MMAA MAA MAAAA, KC - HC 2013 - BAA,

Canadian Athletic Club - HC 2014 -2021 - MAAAA BAAA MAA,

Wolfpack Spring Hockey Club - HC 2012- 2021,

Canada Bears Europe Coach 2017-19

Head Coach - 25 years, 15 years at elite stream.

Head Coach - Alberta Wolfpack Spring Hockey Club - 6 years

Head Coach - Canada Bears Europe Team - 3 Years.

Attended many Hockey Alberta Coaching clinics

Provincial Champion MAAAA 2014

Skills:

Creativity Leadership

Organization

Problem-solving

Teamwork

Passionate

Dependable

Compassionate

Good Communicator

Accomplishments:

2011 REM MMAA - Coach of the year

2012 BAA City Champions

2012 CAC - Coach of the Year

2013 ERBHL - All-star Game Coaching Staff

2014 MAAAA - Silver medal - league

2014 MAAAA Provincial Champions

2018 CAC - Coach of the Year, 2020 - City Champion Midget AA

Michael Pasemko

ASSISTANT COACH

Michael lives with his fiancé and their Labradoodle, Briggs. Michael currently owns and works at Pasemko Demolition. Completed a degree in Economics from MacEwan University.

Coaching History: Entering his third season in Elite Minor Hockey Stream; specifically, at the midget age level.

Playing history: CAC alumni and past Greg Ash Memorial Trophy winner. Played junior hockey in his later career.

Anton Shepelevich

ASSISTANT COACH

Chad Desaulniers

TRAINER

Ryan Bast

DIRECTOR



U18 AAA Gregg Distributors

Tony Orsini MIDGET AAA HEAD COACH

Tony has been coaching for 20+ years locally and 3rd year as Midget AAA Head Coach at CAC. To sum up his coaching experience, it ranges from initiation to Jr Level, mixing elite and recreational along with multiple stints donating his time to Hockey Alberta and Hockey Edmonton. He also spends time scouting for the Camrose Kodiaks of the AJHL.

For Tony, skill development is essential at every level and that is the primary focus with all players. To teach players game sense; athletes should understand, read, and react to the game of hockey. He believes long Term Athletic Development is also a key to quality coaching and one must consider the athlete's physical, mental, emotional, and cognitive stages for success and overall development. He treats each player with respect and remembers that each individual player is unique and learns differently, adapt coaching skills so that every unique player has the same opportunities to reach their potential. His goals, "to instill confidence and character skills in a safe, fun, teaching atmosphere that will have a lifelong impact on each individual athlete." Tony brings a very high standard in habit-forming and technical aspects of the game.

Greg Crawford ASSISTANT COACH

Greg is in his 20th season coaching hockey and 3rd year at CAC with Midget AAA. Greg is a skills instructor for Hockey Alberta and is the Development Director for Millwood's hockey. His video analysis and teaching skills in the defensive end of the ice are second to none. Video sessions for this squad are thoughtful and effective because of the tireless work by Greg. He has a true passion for hockey and his goal is to "ensure every athlete he has an opportunity to teach is challenged, motivated and inspired to make HOCKEY FOR LIFE."

Jared Connell GOALIE COACH

Jared has coached goalies at Bradford's Goal Academy for 8 years and is going into his 3rd season with Midget AAA at CAC. Jared's mentors and teachers include Dustin Schwartz, Ian Gordon and Brent Bradford. Jared brings a positive attitude and a true relate-ability to coaching goaltenders.

Duncan Milroy ASSISTANT COACH

I have had 3 years of Head coaching experience at the Junior B level as well as an Assistant Coach at the Alberta Winter Games. I played professional hockey for 10 years in both North America (NHL, AHL) and Europe (DEL, GET, ELH). My junior hockey was played in the WHL and was fortunate enough to win the Memorial Cup with the Kootenay Ice in 2002. I look forward to the upcoming season and I am thankful to the coaching staff for bringing me on board. I will bring my experience, competitive drive, and knowledge to the team in hopes of contributing to a successful season.



Our Teams

U13



U15



U16



U18





FOR MORE INFORMATION VISIT
www.cac-hockey.com

CAC
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