



CAC
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 8 '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



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



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 '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 of our teams 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 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, 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. 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. 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 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.

CAC Scholarships :

- | | |
|------------------------------|----------------------------|
| RAY ZIMMEL AWARD \$1000 | ED SHASKE JR. AWARD \$1500 |
| BERT SLADDEN AWARD \$1000 | JIM McADIE AWARD \$2000 |
| CAC AWARD \$1750 | TED DROMARSKY AWARD \$1000 |
| GEORGE MCKENZIE AWARD \$1500 | FRED FURSE AWARD \$1000 |
| JACQUES CONTANT \$1000 | |





Our Teams

U13

STHE CANADIAN ATHLETIC CLUB

CAC STURNI-HUESTON
U13 AA 2021-2022

CUTTING EDGE CANADIAN ATHLETIC CLUB

CAC CUTTING EDGE
U13 AA 2021-2022

Mercedes-Benz CANADIAN ATHLETIC CLUB

CAC MERCEDES-BENZ EDMONTON WEST
U13 AA 2021-2022

U15

IMPERIAL EQUITIES INC CANADIAN ATHLETIC CLUB

CAC IMPERIAL EQUITIES INC
U15 AA 2021-2022

THINK GREEN CANADIAN ATHLETIC CLUB

CAC THINK GREEN ALBERTA
U15 AA 2021-2022

VOLVO CANADIAN ATHLETIC CLUB

CAC VOLVO OF EDMONTON
U15 AAA 2021-2022

U16

VOLVO CANADIAN ATHLETIC CLUB

CAC VOLVO OF EDMONTON
U16 AA 2021-2022

UNITED CANADIAN ATHLETIC CLUB

CAC UNITED SPORT & CYCLE
U16 AAA 2021-2022

U18

B&P CANADIAN ATHLETIC CLUB

CAC BUTCHERS & PACKERS
U18 AA 2021-2022

Gregg CANADIAN ATHLETIC CLUB

CAC GREGG DISTRIBUTORS
U18 AAA 2021-2022





FOR MORE INFORMATION VISIT
www.cac-hockey.com

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