



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: **C**HARACTER  
**A**TTITUDE  
**C**OMMUNITY



# Our Program

## TEAMS

**U13**  
AA

**U13**  
AA

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

**U15**  
AA

**U15**  
AA

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

**U15**  
AAA

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

**U16**  
AA

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

**U17**  
AAA

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

**U18**  
AA

One 'AA' team, competing in the Northern Alberta 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).



# Hockey Program Information

## Tryout Start Dates

U13AA Aug 26 &27

U15 August 26 & 27

U18AA/U17AAA/U16AA

Sept 9,10,11

## Tryout Fees

U13AA \$300 (\$225 before July 1)

U15AA - U18AA \$350 (\$275 Before July 1)

## Hockey Development Camps

August 14 - Sept 1

## CAC Spring and Summer Shinny

Every Sunday May 7th - July 16





# 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       |                            |





FOR MORE INFORMATION VISIT  
[www.cac-hockey.com](http://www.cac-hockey.com)



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