



Hello Coaches, Team Staff, Volunteers, & Parents,

The Grande Prairie Minor Hockey Association (GPMHA) is proud to present the 2025/2026 development vendors that GPMHA athletes will have the ability to utilize throughout the season. As this list of vendors grows so does the diversified hockey resource base our teams, managers, coaches, volunteers, parents & athletes have access to. Please take the time to review the vendor list below as there is a wide range of backgrounds including athlete sports psychology, on & off ice skills, conditioning and off ice training, power skating, and goaltender specific training. The GPMHA development committee believes this is a great opportunity for our local GPMHA athletes to get access to an array of excellent resources to help them develop as athletes and people on and off the ice.

For development inquiries please feel free to contact the GPMHA Office at (780) 539-6177. All additional development inquiries please feel free to contact Development Committee Members Ben Radke 780-532-5709, ben.radke@gmail.com Brett Stephenson 780-402-1039, tech@gphockey.com

Thank you for your countless hours of hard work and dedication for the development of our athletes and young people in the Grande Prairie & Peace Region. We wish you all the best in the 2025/2026 Season!

Kind Regards,

GPMHA Development Committee



2025/2026 GPMHA DEVELOPMENT VENDOR INFORMATION REFERENCE DOCUMENT

TABLE OF CONTENTS

ATHLETE FITNESS	3
Champion Gym Hockey Boxing.....	3
V02 Max Health and Performance – Janine Shillington	4
V02 Max Health and Performance – Ernie Stewart	5
Wholy Strong Health & Wellness.....	6
Mastro Fitness Group Strength & Fitness Training	8
TAGS Athletic Gym – Jordan McTaggart.....	9
ORANJ Fitness – Morgan Rolling/Joe Kindratsky	10
JDS Fitness - Jamie Strauss	11
GOALTENDING	12
Integrity Goaltending Development- Ryan Zahara	12
ACCEL Goaltender Coaching & Training – Brandon Wells	14
PCG Goaltending – Will McCreight	15
Casey Van Beekveld – Goalie Coach	16
POWER SKATING AND SKILLS.....	17
Power Plus Hockey Skating Inc. – Tanya Chomyc	17
Power Plus Hockey Skating Inc. – Matt Chomyc	18
Your North Hockey – Jordan McTaggart.....	19
SPORT PSYCHOLOGY & MENTAL TRAINING.....	20
MMB Counseling - Matthew Bain	20
MMB Counseling – Michelle Blondin.....	21
Soul Psychology – Sara Bawol.....	22
OTHER SERVICES & FACILITIES.....	23
Breakaway Hockey LTD – Rob Mackay.....	23
Love Life Hot Yoga – Kelda Anderson	24
FAM Fuel – Erika Walsh	25
Rooted Heart Yoga & Art Studio – Shelley Hoffos	26



CHAMPION GYM HOCKEY BOXING **ATHLETE FITNESS/PERSONAL TRAINING**

Dryland Training

Champion Gym covers all your dryland training & self-defence, for in and out of the game.

Our training methodology is perfectly suited to the fluid movements that sports demand. Demands that treadmills, weights, and other linear training methods can't meet. Your players require multi-dimensional power throughout the synergists to execute seamlessly throughout all points of the game, not just planar motions along prime movers. Rather than the typical robotic, linear approach to training muscle, we strengthen movement through an organic training philosophy that integrates higher speeds, reaction/response reduction and a complete range of motion used to produce our regional to world-class athletes.

Champion dryland gives the opportunity to gel teams through challenging work in a positive coaching environment. We engage with the athlete, as well as the coaches to create the best training environment possible that is well paced and sustainable.

Champion also understands that wildcard elements like goons, enforcers or a hostile opposing team can take even your best players focus off their game when it matters most. We put all that anxiety back on the other side through solid work and defense tactics that will leave their players in the penalty box and yours, playing. This 'boxing' part of the intense physical conditioning will also keep your players protected and immune to issues that a disciplined athlete might attract through their success.

Coach Travis Fowler

Travis has been involved with hockey all his life. After playing he moved on to working for The National Hockey Training Centre, the San Antonio Rampage as well as operating his own office conditioning schools. As a karateka, he began studying martial arts as a teenager, beginning in the karate style of Wado. He loves helping people change their lives with fitness training. Travis is the proud father of his young son, destined to follow in his fathers' footsteps.

Cost: Determined by session

Contact Information: Shane Miller

(780) 833-4448

info@championgym.ca

9820 100 Ave, Grande Prairie, AB T8V 0T8



V02 MAX HEALTH AND PERFORMANCE

SPORTS PERFORMANCE, ADULT FITNESS, EDUCATION, CONSULTATION, ONLINE COACHING

Janine Shillington – Owner, Health Performance Coach

There is a secret to success, happiness, wealth, and longevity. The secret to living a successful life, in my opinion, is being physically active. I believe that everybody, no matter their age, gender, or race needs to train. It is something you cannot speak of, only feel when you experience it. As a trainer it's my job and my goal to help make you succeed in your goals. It is my job to guide, teach and tell you everything I know to help you achieve things you have never thought you could do! I want to show you the miracles, the body transformations, the success, the happiness that comes from within. Let me share this secret with you.

Certifications:

Certified Yoga Instructor
CrossFit Level 1 Cert
CrossFit Olympic Lifting Cert
CrossFit Endurance Cert
CrossFit Gymnastics Cert
Agatsu Kettlebell Cert
Agatsu Barbell (Olympic/Power lifting)
Fit 4 Two Pre-Post Natal Fitness
N.C.C.P. Level 1 Olympic lifting Coach
Diploma in Fitness Leadership, Personal Trainer Specialization
Certified CESP-CST
AFLCA Certification
Poliquin BioSignature Certification
Varbanov Olympic Lifting Cert

Janine@vo2maxhp.com

780-933-6697



Ernie Stewart – Owner, Health, Performance Coach

Ernie is not new to the hockey world and has extensive experience in training for the sport. His philosophy stems from an athletic background, as well as through his extremely high value on continuing education. Ernie's hockey experience comes in the form of competing his whole life, all the way to the Minor Pro level. Ernie believes that a major separation from an average to above average coach is a balanced experience in both the practical and academic aspects of performance training. Ernie seeks to find out the "why" behind training principles, as well as seeking continuous insight through personal experience. Ernie enjoys traveling to various courses and seminars to further his knowledge in Strength and Conditioning. Ernie believes in an individualized approach to performance training, as no two athletes are the same. Through constant assessment he can design effective programs that cater to everyone's specific needs. By properly assessing an athlete's movement, there is insight to be gained on how an individualized program will lead to a better athlete on the ice. Ernie has written programs and ran training sessions for various levels of athletes, including NHL, Minor Pro, College, Junior, Minor Hockey players. When Ernie is not studying or coaching, he enjoys his own training in the gym to analyze specific philosophies, and further his practical knowledge.

Certifications:

Certified Personal Trainer – CanFit Pro

CrossFit Level 1

CrossFit Level 2

Hockey Alberta Level One Coaching

General Business Administration Diploma – Mount Royal University

NASM-PES (National academy of sports medicine- performance enhancement specialist)

headcoach@vo2maxhp.com

Contact Information:

780-518-0469

info@vo2maxhp.com

Vo2maxhp.com



WHOLY STRONG HEALTH & WELLNESS

ATHLETE FITNESS/PERSONAL TRAINING

Biography/Information:

My experience working with youth athletes, I was able to accommodate with rental space through my fitness business Wholy Strong Health & Wellness. Since then, I have grown strictly by word of mouth and referral business from other coaches, parents, and fitness participants. With the help of my husband who is a former competitive Junior hockey player, we also can baseline fitness test teams to create a progressive program for young hockey athletes.

The list of sport teams that I have trained are as follows:

- Speed Revolution Youth Triathlete group -2018
- Celtic Academy- 2018-2019
- GP Piranhas swim club- 2018
- 2008 youth Grande Prairie minor hockey team - 2018
- 2008 youth AAA junior Storm spring team- 2019

I am also a certified personal trainer, nutritional coach and group fitness instructor. I have a variety of certifications and references from previous sports groups that I have dryland trained which Include:

Fit Chicks Academy Fitness & Nutrition Expert Program (also accredited & recognized through Canfitpro personal trainer certificate)

- AFLCA group Fitness instructor
- Level 1 Fitness Kickboxing
- ACE CECs Nutrition Coaching
- ACE CECs Training Youth Athletes

Among these courses and credits, I have abstained since 2018, I also have a completed.

- Social service vulnerable child record check
- RCMP criminal record check
- Emergency 1st Aid & CPR/AED Level C

In addition, I feel its important for potential clients and organizations to know that I have current insurance for my business of operations and hold a valid business licence to conduct my business of nature in the City of Grande Prairie.



I am a wife & mother of 3 boys and truly feel fitness and wellness my calling and purpose. I have insight into training young athletes because I am a mother of young athletes. So, I understand the emotional and physical needs of these young athletes. I also believe they need just as much if not more emotional/ nutritional support during their training season. this will optimize these athletes' performance and mental capacity through their season.

Cost:

My rates for sport specific dryland training are:

- \$10 per athlete--min 10 to a max of 20 athletes.
- Nutritional seminar available.

Contact Information:

Robin Rochon

780-380-6014

wholystrong@gmail.com



MASTRO FITNESS GROUP

STRENGTH & FITNESS TRAINING

My name is Tyson Mastrodimos, and I am a certified personal trainer local to the area. I'm the owner-operator of Mastro Fitness, a specialized fitness training facility for youth athletes. I create all my sports development trainings with a focus on excellence, personal accountability and being the hardest worker on the field. If there is one thing I've learned from operating True North Grit (football camps) it's that there are not enough dry land training opportunities for young athletes in this area. To help fill that need I have designed a new youth group athletic development program that translates to ALL sports not just football.

The list of sport teams that I have trained are as follows:

- GP Broncos.
- PWA Athletic Academy.
- GP Figure Skaters.
- American Ninja Warriors

Introducing Mastro Fitness GP Youth Athlete Group Training Program:

- This program was created with the vision that teams that work together during off time win together come game or match time.
- Offered 2 days a week, you choose which days of the week that work best for your players-Sooner the better!
- Workouts take place at our Mastro Fitness Facility, east of Whispering Ridge.
- Facility includes full gym, green space, & paved area-good for group workouts. We are the only fitness facility in GP to offer cold plunge for recovery & building mental toughness.
- Registration includes 10 one-hour sessions @ \$25/athletes per session, cost drops to \$15/player if more than 8 athletes sign up. Can accommodate 20 players per group.
- The Off-Season Option includes an emphasis on developing strength & explosiveness.
- The In-Season Option includes an emphasis on maintaining muscle & injury prevention.
- We utilize group workouts to help deepen sport development understanding and build team chemistry.
- As a certified personal trainer I'm happy to work with coaches to create workouts custom tailored to addressing and resolving athletes' current needs and problem areas.
- These programs are very popular with the kids. I guarantee your players will enjoy their first session or I will refund the registration fee!

Tyson Mastrodimos, CPT
Mastro Fitness Facility,
15101-102 st, GP, AB
778-363-7480 Mastrofitness.com



TAGS ATHLETIC GYM

JORDAN MCTAGGART

Strength & Conditioning for athletes in Grande Prairie and area.

Tags has been working with Hockey Players in the Peace Country since 2016 when he opened TAGS Athletic Gym. He always took pride in being one of, if not the most in shape players on the team. This led him to fall in love with training and took him down a path of education to understand exactly what hockey players need to improve their on-ice performance and get to the next level. After many years of training for hockey himself, many years of training hockey players, and continuing to pursue education and research, Tags feels he has found the sweet spot for what you need to do off the ice to become the best possible hockey player!

Education:

- Kinesiology Diploma: Coaching and Sports Performance, Red Deer Polytechnic
- Spa Practitioner Massage Therapist, Alberta College of Massage Therapy
- Bachelor of Science Degree, Major in Physical Education, University of Alberta
- Certified Functional Strength Coach Level 1 & 2
- Doctor of Physiotherapy, Bond University

Contact Information:

9526 112 Street

Grande Prairie

(780) 882-5665

tagsathleticgym@gmail.com



ORANJ FITNESS

MORGAN ROLLING/JOE KINDRATSKY

Joe Kindratsky / Sparks Athletics

- Group Fitness Instructor
- Personal Trainer
- Fascia & Movements & Assessments Certificate
- Basic Life Saving / CPR
- 20 years on the ice!

Morgan Rolling / Oranj Studio Manager

- Group Fitness Instructor
- Cycle Instructor
- Active Aging Certificate
- 30HR Functional Yin Training
- Basic Life Saving / CPR

Oranj fitness is a community focused, group fitness studio that inspires an environment of health, personal greatness, fun and community. By providing the community with fun and cutting-edge exercise classes, we are creating a world where the status quo is boogying.

Contact Information:

10302-67 Ave, #101

Grande Prairie

(780) 568-0400



JDS FITNESS

JAMIE STRAUSS - SPORTS PERFORMANCE/PERSONAL TRAINING

Jamie is a dedicated sports performance coach and personal trainer with a lifelong passion for athletics. Currently in her sixth season as the Head Strength Coach for the Northwestern Polytechnic Wolves athletic teams, she has been working full-time in the fitness industry since 2017.

Having grown up immersed in sports, Jamie brings extensive experience and genuine commitment to helping athletes reach their full potential, both in their sport and in life. She works with athletes of all ages and from a wide range of sports, providing individualized training designed to build strong, resilient, and well-rounded individuals.

Believing that mental strength is just as important as physical ability, Jamie emphasizes mindset development alongside physical training. Her coaching approach focuses on cultivating confidence, discipline, and resiliency to help support long-term success in athletics and beyond.

Certifications:

- Fitness Leadership Diploma
- Kinesiology Diploma
- Associate's Degree in Exercise Science
- Canadian Society for Exercise Physiology Certified Personal Trainer and High-Performance Specialist
- National Academy of Sports Medicine Performance Enhancement Specialist
- National Sports Performance Association Certified Program Design Specialist
- EXOS Level 1 Performance Coach
- Functional Movement Screen Level 1
- Precision Nutrition Level 1 Certification in Exercise Nutrition
- Registered 200hr Yoga Teacher

Cost:

- \$150+GST per team session

Contact Information:

Jamie Strauss

780 864-0688

jdsfitness2018@hotmail.com



INTEGRITY GOALTENDING DEVELOPMENT

RYAN ZAHARA - GOALTENDING INSTRUCTION

Bio/Information:

Mission Statement: To assist in cultivating and fostering a lifelong love of the game.

Philosophy: The simple, yet sobering fact is this: only 1 in about 4000 kids will play NHL hockey.

That's one quarter of one tenth of one percent. To call it a long shot would be a gross understatement. If that sounds bleak and depressing, I have good news! Your child has a 100% chance of becoming at least one of the following: spouse, parent, employer, employee, co-worker, community member and contributor to society. Team sports have been proven to provide children with the skills necessary to develop into effective purveyors of the above underlined. Skills such as discipline, hard work, sportsmanship, fair play, cohesiveness, and leadership all contribute to healthy, well rounded, and productive adults. Integrity Goaltending Development's paramount focus is to develop those skills. In this day and age of so many distractions and pressures on our children, how do we keep the passion alive so that we foster that lifelong love of the game? I believe it comes down to two things: 1) Hockey, first and foremost, needs to be FUN!! 2) We, as coaches, need to build CONFIDENCE in our children by providing them the tools they need to feel successful both ON and OFF the ice.

I believe the best way to achieve the aforementioned goals is to adhere to the following principles: * Drills that have easily-remembered names * Repetition that doesn't FEEL like repetition * Progression of recognized drills * Focusing on age-appropriate movements * Setting realistic goals * Encouraging a "goalie fraternity", where goalies of all ages and teams support each other * Building core strength and dexterity * Emphasizing essential skills vs. refinement * Unique teaching methods (i.e. integrating various objects into drills, special races, etc.)

EDUCATION/CLINICS:

- Respect In Sport (Activity Leader)
- COACH - PROFESSIONAL DEVELOPMENT (BRANCH COACH DEVELOPMENT WEEKEND 1) COACH - INSTRUCTIONAL STREAM (CHECKING SKILLS 1)
- COACH 2 - COACH LEVEL
- HU - ONLINE Checking
- COACH 1 - INTRO TO COACH
- COACH - PROFESSIONAL DEVELOPMENT (BRANCH COACHING DAY CLINICS)
- COACH - INSTRUCTIONAL STREAM (GOALTENDING 1)
- COACH - INSTRUCTIONAL STREAM (SKILLS 1)
- HU - ONLINE Coach 1/Coach 2
- COACH - INSTRUCTIONAL STREAM (GOALTENDING 1)



Price Structure

\$50.00 / 30 minutes

\$67.50 / 45 minutes

\$85.00 / 60 minutes

\$101.25 / 75 minutes

\$115.00 / 90 minutes

Travel outside of Grande Prairie @ \$0.50/km return. (All prices subject to GST)

Book 3 or more sessions in a calendar month and receive 20% discount

Available for on-ice, classroom, and dry land training sessions. Focus primarily on ages 8-14.

Coach and/or manager can book directly at integrity.ca/goal-contact.

Contact Information:

Ryan Zahara

12614 107A st

Grande Prairie, AB T8V 2L7

(780) 933-4484

goal@integritygp.ca



ACCEL GOALTENDER COACHING & TRAINING

BRANDON WELLS

Brandon Wells – Brandon is currently an Assistant Coach and the Goaltending Coach for the Junior A Storm. Brandon is originally from the Peace Country and played three seasons of Junior A across Western Canada and then four years at Plattsburgh State University (NCAA Division 3).

Contact Information:

Brandon Wells

(780) 864-8422

b.wells3497@gmail.com



PCG GOALTENDING

WILL MCCREIGHT

I grew up playing most of my minor hockey in Sexsmith, my last year in Peace River. Played junior in Invermere with the Rockies of the KIJHL. Then home for two under the JDA Kings of the NWJHL. After I played at Marian University for four years in ACHA D2 league.

I have always enjoyed giving back to my community here in the peace area. I have also worked with a variety of goalie coaches such as Chris Levesque and Kurtis Mucha to name a few.

No two goalies are alike. Or play the same way. As a coach I like to give the goalies the tools to have the best opportunity to be their best!

The cost to have me out to practice is \$75 for 60 minutes or less- \$90 for 75 minutes & 105 for 90 minutes. This comes with my mentorship for the goalies I work with.

If you are interested in having me, come out to your practices or think that goalie parents would be interested in having me work with their goalies, please feel free to reach out to me through this email or call/text 780-296-0217.

Contact Information:

Will McCreight

(780) 296-0217



CASEY VAN BEEKVELD

GOALIE COACH

As a goaltender coach my philosophy is to be flexible enough to adapt to the different challenges posed by each stage of development. Special attention must be given to age-appropriate training, skill acquisition, and the introduction of complex goaltending techniques.

A goalie coach plays a big role in shaping the technical, tactical, physical and mental attributes of a goaltender. Adding to my philosophy and ideas around development I hope to create an environment that fosters skill development, strategic thinking, resilience, and mental toughness.

I intend on providing this by developing technical skills, such as positioning, rebound control, crease movement, and tactical understanding of the game, including reading plays, communication and decision-making.

I believe that the alignment of my coaching philosophy and with the broader goals of Hockey Canada's LTPD we can produce goaltenders that will thrive at the highest levels of the sport.

Contact Information:

Casey Van Beekveld

(780) 518-7079

kcvanbeekveld@hotmail.com



POWER PLUS HOCKEY SKATING INC.

TANYA CHOMYC - POWER SKATING & SKILLS DEVELOPMENT

Playing Experience:

I have been involved with the game of Hockey since my early days playing Minor Hockey in Wembley and Grande Prairie. Following Minor Hockey, I attended the University of Calgary where I played on the University of Calgary Women's Dinos Hockey Club for 5 seasons while completing my Kinesiology Degree. It was an excellent experience working with great players, coaches, and be a part of a National Championship program.

Coaching Experience:

- Worked as Instructor Power Plus Hockey Skating for Over 15 Years.
- Owned/Operated Power Plus Hockey Skating For 7 Years.
- Coach PCFAC Midget AAA Girls Program (2014-2018).
- Instructor Black Elk Hockey Camp 5+ Years.

Achievements:

- Canada West Champion (2012) and silver medalist (2013)
- CIS National Champion (2012) and silver medalist (2013)
- Captain, U of C Dinos - 2 years (2011-2013)
- Canada West nominee for the Marion Hilliard Student-Athlete Award (2013)
- Bachelor of Kinesiology in Mind Sciences (BKIn, MNSC)
- 5-year player with the University of Calgary Dinos Women's Hockey team (1 year Alberta Colleges Athletic Conference (ACAC), 4 years Canadian Interuniversity Sport (CIS))
- Played for the Northern Alberta Allstars in Edmonton for three years and travelled with them to Europe
- ACAC Champion (2009)
- Captain, Grande Prairie Storm Midget AAA (2007-08)
- In 2005, joined the MJM Female Midget Storm of the Alberta Major Midget Female Hockey League
- Europe International Tournament (2005)
- Respect in Sport coaching certificate
- NCCP Level coaching certificate and the Hockey Canada Safety Program
- Power skating instructor for Black Elk Hockey School, 2008-present
- Power skating and skills coach for The Academy GP, 2013-present
- Coach, Advantage Hockey Academy (Helen E. Taylor School, Wembley), 2013-2014
- Extensive dry land training experience (Power Plus, Total Package)



Coaching Philosophy

As a Power Skating & Skills instructor it is of the utmost importance to me to emphasize player development that is appropriate to the age and skill level of the athletes I work with. I pride myself on working with athletes of both recreational and competitive divisions of Hockey and thoroughly enjoy the challenges and experiences the varying skill levels bring. At all levels it is my goal to promote a fun environment that challenges athletes to develop their skills and increase their enjoyment with the game.

Matt Chomyc

Matt was born and raised in Grande Prairie and spent his minor hockey career moving through the levels of GPMHA Novice hockey to GPAC Midget AAA. He has had a variety of playing experiences across Western Canada including playing Junior "A" hockey for the Yorkton Terriers of the Saskatchewan Junior Hockey League and the Calgary Canucks of the Alberta Junior Hockey League. Matt has a passion for working with young athletes and experience working in skill development, dry land training, and power skating. Matt's most recent hockey endeavor includes working with the Grande Peace Bantam AAA Storm as an assistant coach. Matt has Hockey Canada's Coach Level 1, Level 2, Respect in Sport, and Checking Skills coaching certifications. Matt enjoys working with the young athletes in the Peace Region. He is a strong believer in mental and physical development and preparation both on and off the ice. Matt enjoys working with young people, is a strong supporter of the development of the Peace Region's elite athletes and is committed to the ongoing development of local programs for Peace Region athletes.

Experience/Achievements

- Head Coach Grande Peace Bantam AAA Storm (2017/2018)
- Assistant Coach Grande Peace Bantam AAA Storm (2016/2017)
- Bachelor of Commerce in Energy Management (BComm, ENMG)
- Calgary Canucks AJHL (2011)
- Yorkton Terriers SJHL (2010)
- Princeton Posse KIJHL (2008/2009)
- Captain Grande Peace Midget AAA Storm (2006-2008)
- Western Hockey League Draft (Kamloops Blazers 2005)
- Alberta Cup 2005
- Grande Peace Bantam AAA Storm (2004/2005)
- Power Plus On Ice Instructor (2014-Present)

Cost: \$120/Hour + GST

Contact Information:

tanya@powerplushockeyskating.com

(780) 933-6814



YOUR NORTH HOCKEY

JORDAN MCTAGGART - SKILLS DEVELOPMENT

Hockey is #OurPassion

#OurPassion: Hockey has always been our passion. We want to share our love for the game with as many people as possible.

#OurMission: Our mission is to help hockey players fall in love with the game, develop their skills and move on to the next level.

Coaches

All the Your North Hockey coaches were proudly born and raised in the Peace Country and played all of their minor hockey in the Peace Country. We want to see Peace Country players develop, succeed, and create opportunities for careers through the game of hockey!

Jordan "TAGS" McTaggart

- Grande Prairie Storm 2011-2014
- Red Deer College/UofA-Augustana 2014-2019
- Jr Storm Head Coach 2016-2020
- GPAC U18 AAA Assistant Coach 2019-2022
- Brisbane Lightning 2022-2024
- GP Storm Director of Performance and Therapy (Current)

Brett "EDDIE" Edwards

- Fort McMurray Oil Barons 2015-2017
- Drumheller Dragons 2017-2019
- Denver University Pioneers 2019-2023
- Northeastern University Huskies 2023-Current

Myles "Girardo" Girard

- GPAC U15 AAA Assistant Coach 2018-2019
- GPAC U18 AA Head Coach 2019-2020
- GPAC U18 AAA Assistant & Head Coach 2021-2022
- Grande Prairie Wheat Kings GM & Head Coach 2023-2024
- GPAC U17 AAA Head Coach (Current)

Contact Information:

(780) 882-5665

yournorthhockey@gmail.com



MMB COUNSELING

SPORT PSYCHOLOGY

Matthew Bain

Mental Performance Consultant

I am a certified Mental Performance Consultant with the Canadian Sport Psychology Association (CSPA) and a Registered Psychologist with the College of Alberta Psychologists. My academic background includes an undergraduate degree from the University of Alberta in Recreation Therapy, a master's degree in education, a master's degree in Sport and Exercise Psychology and currently in the process of a PhD in Sport Psychology with the University of Queensland. The focus of my dissertation is on motivation, high performance sport, and personality. I work with individuals, teams, and coaches at the local, provincial, national, and international levels of sport. I am also a Chartered Professional Coach (ChPC) with the Coaches of Canada and have been an NCCP learning facilitator for the Competitive-Introduction stream for Parts A and B. Lastly, have taught courses at the post-secondary level.

Perhaps most importantly, I grew up in the community of Grande Prairie, playing multiple sports before settling on football. I returned to the community following University and began coaching football and swimming before moving into academia for a period and beginning my own business. I understand the long-term athlete development needs and demands while also appreciating the challenges parents and coaches face in trying to maximize a positive experience for the young athletes today.



Michelle Blondin
M.Sc, BA., FHP(Dip)

Pursuing mental wellness, reaching your true athletic potential, or healthy lifestyle habits are journeys that take time and support. Michelle's greatest passion is guiding people seeking mental wellbeing, healthy lifestyle changes, or skills and tools to achieve optimal performance. She believes that mental wellness, physical activity, nutrition, and fitness are essential components of a person's wellbeing.

Michelle has an extensive background in sports and fitness. She has coached recreational and competitive-level athletes for over 20 years. Her love of coaching & athletics led her to enter the fitness industry in 2007. Since this time, she has instructed group exercise classes and coached one-on-one clients. She continued to expand her education and expertise to help people with their mental and physical wellbeing. Michelle completed a Master of Science degree in Psychology, BA in Psychology, and Fitness and Health Promotion diploma. Michelle's pursuit of ongoing professional development has led to both breadth and depth of applied knowledge meant to guide clients toward a balanced performance in their lives

Michelle's pursuit for excellence in mental performance heightened when she began competing in the Fitness division of bodybuilding at the international level. She realized that mental performance training is equally as crucial as sport-specific training and strength & conditioning. She would like to share the knowledge she has gained with other athletes and performers and work with them to find tools and build skills that will allow them to perform their best. Michelle is currently mentoring to become a Professional member with the Canadian Sport Psychology Association as a Mental Performance Consultant and taking steps to become a Provisional Psychologist

Cost: \$250/Team Session + GST

Contact Information:
matt.bain@mmbcounselling.com
(780)505-2590



SOUL PSYCHOLOGY

SARA BAWOL

Sara Bawol is a Registered Psychologist who can provide mental skills training to hockey teams who are interested. The mental part of the game is just as important as the physical part of the game, if not more so. With a brief 1-hour presentation, she will teach players how to be mentally resilient when they make mistakes, how to attune to the game with focus and attention and how this brain training is pivotal to overall performance. She is also open to providing consultation with coaches to assess their team dynamics and needs from a mental health perspective.

In her private practice, she primarily focuses on treating anxiety, depression, and enhancing balance and wellness for individuals and families. She has over 18 years' experience in the mental health field and has recently adapted eye movement therapy (Accelerated Resolution Therapy) to enhance confidence and focus in young athletes.

As an athlete and hockey Mom, she is happy to share the psychology behind the game.

She has also volunteered in the manager role for minor hockey and has an active/clear criminal record check. She can provide 1:1 player support for performance enhancement as well.

Contact Information:

780-933-7719

sara@soulpsychology.ca



BREAKAWAY HOCKEY LTD

ROB MACKAY

I am currently a hockey skating and skills instructor at breakaway hockey. I've coached in many different camps from the Okanagan Hockey school to the Banff Hockey academy camps as well as my own kids and adult Hockey schools. I've assistant coached minor Hockey as a junior player back when you didn't need tickets. I coached 3 club teams in Australia for a season, the top team being one level below their pro league. I am certified intermediate level coaching with Hockey Canada since 1996 (this was the ticket to coach junior A Hockey at the time) which I believe comes with NCCP level two. I've played and studied the game my whole life and love teaching it to the next generation. I have also taken the new respect in sport course just recently.

Contact Information:

Rob Mackay

250-809-1580

780-882-2420

breakawayhockeygp@gmail.com



LOVE LIFE HOT YOGA

KELDA ANDERSON

WHY YOGA FOR YOUTH SPORTS?

- Injury Prevention – Supports healthy joints, reduces overuse injuries and strengthens stabilizing muscles.
- Performance – Improves balance, agility, vertical jump, flexibility and explosive movement.
- Mindset – Builds confidence, focus and resilience during high-pressure moments.
- Recovery – Speeds up healing, reduces soreness and keeps athletes performing at their best.

HOW IT WORKS

- Custom sessions designed for your sport, age group and team goals.
- 1 x per week recommended (in-studio or off-site)
- Led by Kelda Anderson, owner of Love Life Hot Yoga and parent of a competitive athlete.

TEAM PRICING

- 1-4 sessions: \$208 per class
- 5-7 sessions: \$175 per class
- 8 + sessions: \$150 per class

NEXT STEP

Book your team's dryland yoga sessions today!

Contact Information:

Kelda Anderson

kelda@lovelifehotyoga.ca

780-402-9405

www.lovelifehotyoga.ca



FAMFUEL

ERIKA WALSH - TEAM NUTRITION

Biography/Information:

As an experienced educator with over 15 years of teaching and a passion for health and wellness, I founded famFUEL to help youth and families build healthy habits through fun, hands-on meal prep sessions. My goal is to make nutrition accessible, while teaching skills that last a lifetime. I have also have certification in food handling training.

FamFUEL is a local service in Grande Prairie-Our services include:

- Meal prep for teams and individuals.
- Meal prep coaching services.
- Team nutrition services.
- Virtual and in-person classes.

Cost: U11 & 13

30–45-minute Nutrition Talk with activities, meal prep together as a team \$250-450/Session. Includes groceries, price subject to change.

Cost: U15 & UP

30–45-minute Nutrition Talk with activities, meal prep together as a team \$250-450/Session. Includes groceries, price subject to change.

Contact Information:

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ROOTED HEART YOGA & ART STUDIO

SHELLEY HOFFOS

Our comprehensive yoga courses at Rooted Heart Yoga & Art Studio are perfect for those looking to deepen their knowledge and practice. We offer multi-week courses on various topics, such as yoga for beginners, advanced asana techniques, and yoga philosophy. Each course is structured to provide in-depth learning and personal growth, guided by our skilled and knowledgeable instructors. Enroll in one of our courses today to embark on a transformative journey.

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