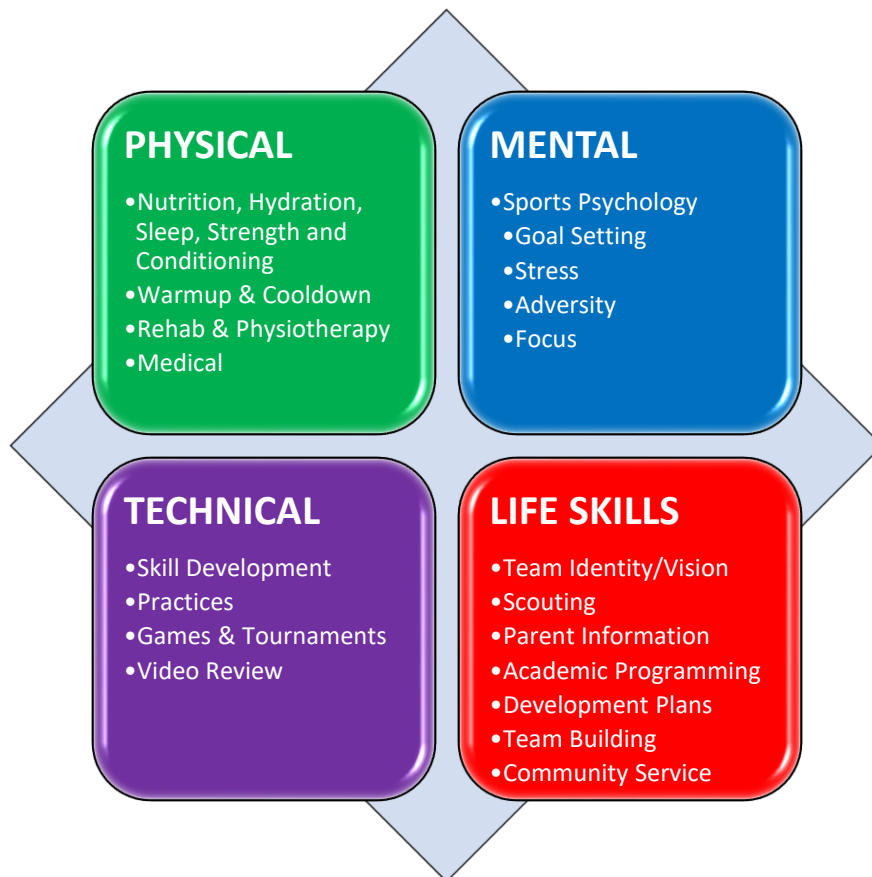


MALE MIDGET AAA – High-Performance Hockey Program

The Hockey Edmonton Male Midget AAA High-Performance Hockey Program has become the pinnacle of Elite Hockey in Edmonton, AB. This Hockey Program is intended to provide male athletes with a revolutionary high-performance development opportunity, within a city-wide drafted framework. All three Edmonton Male Midget AAA teams will operate within the same Hockey Program framework.

Hockey Edmonton will utilize the best Coaching Staffs in Alberta, the best mentors, the best off-ice instructors, the best skill development instructors, the best mental trainers, and the best medical practitioners, within one High-Performance Program. These exceptional development personnel will be announced annually during the Spring and will be structured seamlessly into this Hockey Program that puts the athlete and their development first. In addition to the exceptional development personnel, players will be provided with revolutionary materials, equipment, opportunities, and seminars to further advance their development as a student-athlete. Events within the Hockey Program will be scheduled with consideration and consistency, permitting the athlete to better rest, prepare, nourish, succeed in academics, and strategize other life activities/commitments.

The Hockey Edmonton Male Midget 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 this new Hockey Program that will rival CHL, U Sports, and NCAA programming; and ultimately better prepare Edmonton’s Midget AAA athletes for a successful lifestyle and career in hockey:



PHYSICAL

- Player Nutrition, Hydration, Sleep, Workout Information Sessions.
- (2) Fitness Testing Days.
- (20) Team Workout Sessions (1 per week) – at centralized selected gym.
- (20) Team Agility, Quickness, Plyometrics Sessions (1 per week) – before/after practice at arena.
- (6) Spin Sessions (1 per month) – at centralized selected studio/facility.
- (6) Yoga Sessions (1 per month) – at centralized selected studio/facility.
- Fitness Training App (6 months) – to be utilized to guide players' individual non-team workouts, sleep, rest, hydration, etc.
- 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** (centralized, 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: <http://amhl.ab.ca/index.php>
- (3) Tournaments – **Maximum.**
- 20 Team Video Review Sessions (1 per week) – **Minimum.**
- Contract with VidSwap (full player/staff access).
- Live Streamed Games.

LIFE SKILLS

- (1) Team Identity/Vision/Rules Session (September) – executed by Coaching Staff.
- (2) Parent Information Sessions (September and January) – executed by Coaching Staff.
- (3) Individual Player Development/Progress Sessions & Reports (September, December, March) – executed by Coaching Staff.
- (4) 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).
- (1) How to Get Scouted (WHL/NCAA/AJHL) Information Session (October).
- Academic Advisor service available.
 - Team Mentorship Program (Coach & Player).

EXTRAS

- Designated Game Facilities & Practice Facilities (location rotation for City-wide athletes).
- Team Apparel & Team Equipment.
- Travel and bussing agreement in place.
- Team Snap accounts.

Hockey Program logistics/development personnel will continue to be developed and announced throughout Spring/Summer.