

EDMONTON JUNIOR

OILERS

U18 AAA HIGH PERFORMANCE HOCKEY PROGRAM  
VIRTUAL INFORMATION SESSION



# ELITE HOCKEY STRUCTURE

## Hockey Edmonton

### Elite Stream Structure

<b>U18 AAA</b>		
TEAMS	2	1

<b>U18 AA</b>					
TEAMS	1	1	2	2	1

<b>U17 AAA</b>					
TEAMS	1	1	1	1	

<b>U16 AA</b>					
TEAMS	1	1	1	1	

<b>U15 AAA</b>					
TEAMS	1	1	1	1	

<b>U15 AA</b>					
TEAMS	2	2	2	3	1

<b>U13 AA</b>					
TEAMS	2	2	2	2	



# TWO TEAM MODEL

Hockey Edmonton and Edmonton Oilers have unveiled a pinnacle stream program that will revolutionize elite hockey development in Edmonton. This will be the 'Cadillac brand' of hockey in Edmonton that all players will feel extreme pride to earn a position with.

This program will be developed by hockey development experts, using feedback from athletes and families, and Athletic Clubs.

The Edmonton Junior Oilers will:

- Support the developmental demands and expectations of the Hockey Edmonton membership
- Increase team performance
- Increase player promotion
- Adhere to Hockey Canada's high-performance pathway



# EDMONTON JUNIOR OILERS



TEAM ORANGE



TEAM BLUE



# THE PARTNERSHIP



This partnership will include access to world-class apparel/equipment, coach/player mentors, facilities, multimedia and social media support, usage of logo, and more:

- Equipment/Apparel
- Social/Digital Media Support
- Press conference opportunities, social media tagging, commercials, etc.
- Game announcers for HockeyTV
- Development Sessions
- Signature Games at Rogers Place
- Workouts: Access to support from Edmonton Oilers facilities and staff
- Scholarship Opportunities

A background image of a hockey game in progress, showing players in blue and orange jerseys on the ice, with a crowd of spectators in the stands. The image is slightly blurred and has a dark blue overlay.

# THE HOCKEY DEVELOPMENT COMMITTEE (HDC)

The Hockey Development Committee (HDC) is a Hockey Edmonton committee responsible for developing, executing, and evaluating hockey programming, and hiring, mentoring, and evaluating hockey staff/players. This committee will also ensure a high degree of execution of the vision of the Hockey Edmonton Executive for the elite male and female streams of hockey within the Hockey Edmonton Draw Zone.

The HDC will be selected and managed by the Hockey Edmonton Executive. Additional committee members will be added as term progresses.

Current HDC members include:

- Umberto Fiorillo (Omaha Nebraska NCAA, UA Bears, NAIT, St. Edmunds)
- Craig MacTavish (Edmonton Oilers)
- Billy Moores (Edmonton Oilers, UA Bears)
- Dan Kordic (Kamloops Blazers WHL, UA Bears, FXHP, St. Edmunds)
- Stephen Zipp (Kamloops Blazers WHL, UA Bears, FXHP)
- Matt Davidson (Portland Winterhawks WHL)
- Joel Lenius (Hockey Edmonton Staff)



# HEAD COACHES



DEREK HEMSLEY  
TEAM ORANGE

# HEAD COACHES



NATHAN PAPIRNY  
TEAM BLUE



# PROGRAM GOALS

To become the most nationally acknowledged U18 AAA Hockey Program in Canada:

- Develop life skills through sport
- Respectfully challenge each athlete physically, mentally, tactically
- Celebrate others' differences and successes
- Promote athletes to the next level of play
- Prepare athletes for the next level of play
- Develop a family and team-first atmosphere
- Promote excellence in academics
- Develop a lifelong network of friends through Edmonton Junior Oilers Alumni program;
- Coach Development & Promotion
- Compete for Provincial and National championships



# TEAM FORMATION

The two teams will operate on a city-wide system, giving players the ability to be evaluated by both Coaching Staffs and the HDC in a single tryout. If released from this tryout process as a 16- or 17-year-old, an additional tryout can be applied for outside of city.

Coaching Staffs, in collaboration with the HDC, will select the two teams based on THREE key objectives:

1. Competitive equity
2. Player roles and skill sets
3. Player Development benefits

Each team will be given six “Hockey Edmonton Player Agreements” to be utilized between June 15 and July 15 (3 Forwards, 2 Defensemen, 1 Goalie). These Hockey Edmonton Player Agreements allow selected players to make a commitment before the tryouts process in September. These players are still required to participate in the tryout process. The player agreements will be accompanied with a \$3000.00 non-refundable deposit, unless the player earns a position with an AJHL or WHL program. This will be a pilot project for 2022-23 season at U18 AAA level only. All remaining positions will be filled during a thorough and fair tryout process in September.

An FAQ sheet has been developed to help members better understand team formation and tryout logistics.

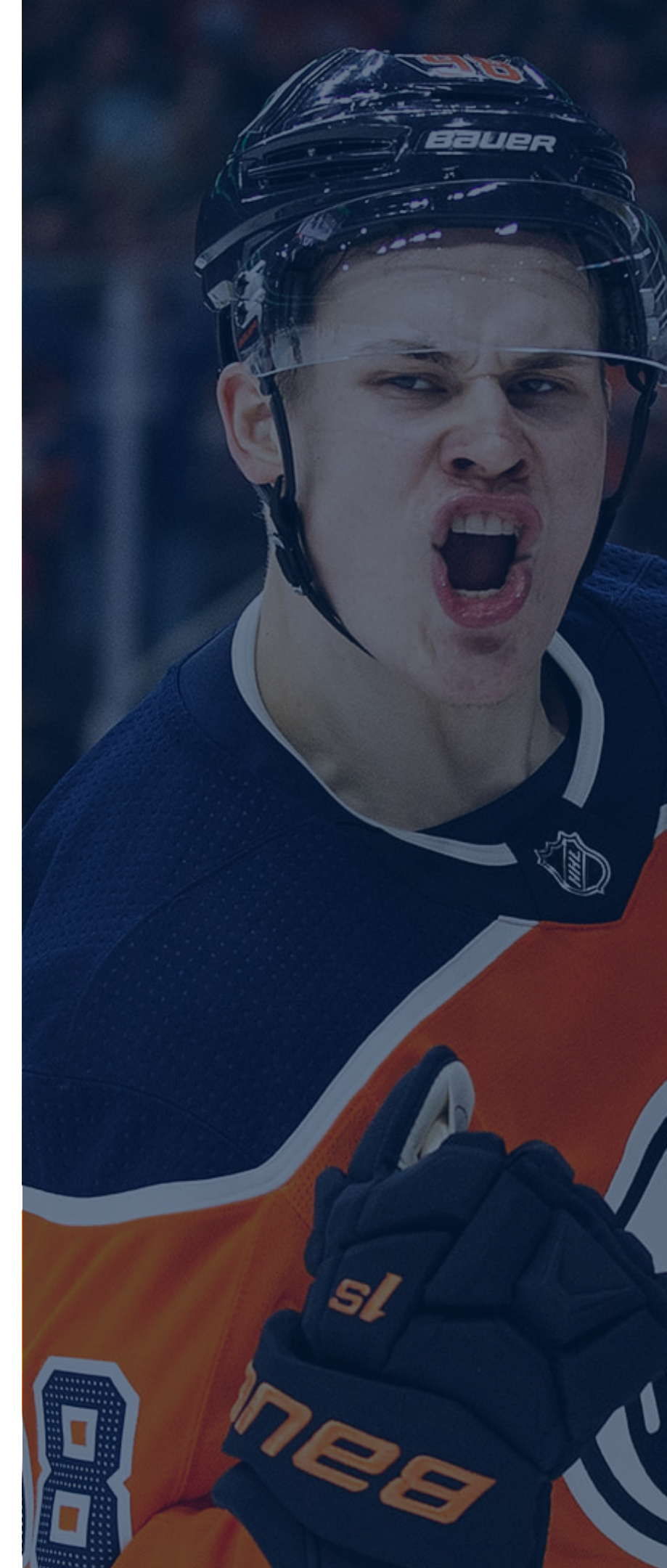


# REGISTRATION

Hockey Edmonton is the Hockey Alberta recognized Elite Draw Zone Host. Through member Athletic Clubs, Hockey Edmonton operates Male U13 AA, U15 AAA, U15 AA, U16 AA, U17 AAA, U18 AAA and U18 AA teams, and Female U15 AA, U18 AAA and U18 AA clubs. Please contact your respective Athletic Club for tryout information for all levels except U18 AAA. More information on the elite stream/AAA tryout process can be found [here](#).

## U18 AAA | Tryout through Hockey Edmonton:

- Hockey Edmonton's Edmonton Junior Oilers (2 teams)
- Each player is guaranteed two tryout skates
- All eligible U18 AAA players must pay the \$300 tryout fee
- If any player who has paid the fee makes a Junior Club, the tryout fee will be refunded
- If returning from a Junior Club tryout, the player will enter the into the current tryout process
- If injured before/during the tryout process, the HDC will determine a solution in the best interest of the athlete to ensure a fair tryout opportunity



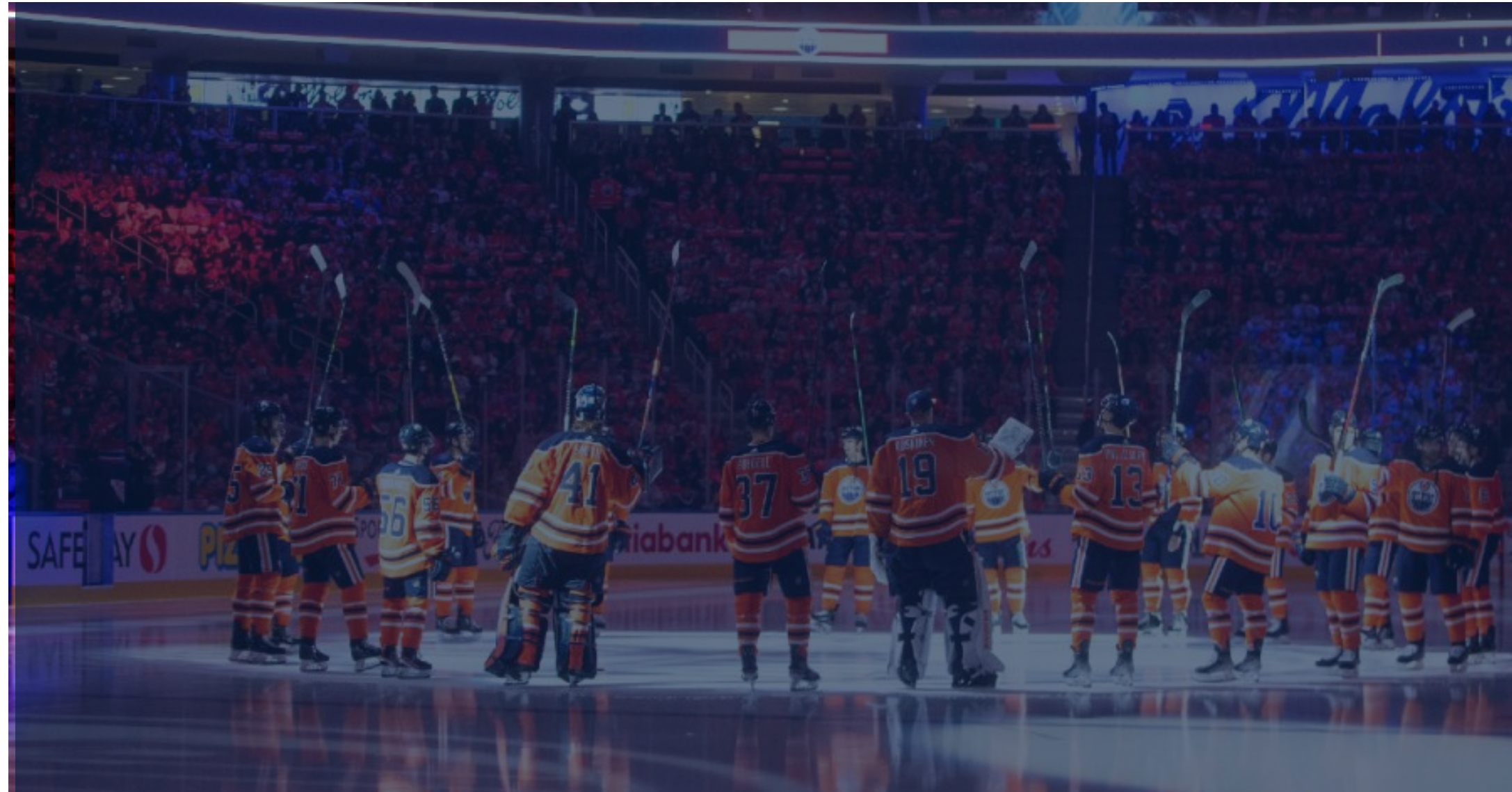


# TEAM LOGISTICS

Both teams will be located exclusively out of Bill Hunter Arena, along with our EFAC Programs for practices, video sessions, meeting, and games. Both teams will have a consistent weekly practice/game schedule and team facilities at Bill Hunter Arena:

- **Practices:** Tuesday, Thursday, and Friday evenings (between 5:15-8:15pm)
- **Games:** Wednesday, Saturday, Sunday

All U18 AAA teams will have access to video room, coaches' office, equipment storage at Bill Hunter Arena. Signage and advertisements will also be incorporated. HockeyTV and play-by-play announcers will be utilized. InStat will be utilized for video/statistical review, and each player will have access to their own InStat account.





# DEVELOPMENT PROGRAM

Both teams will again follow the U18 AAA Development Program, as created for the 2018-19 season.

A full season schedule, outline of service providers, and team budget will be accessible to players/families before the start of the season.

Programming, Budget, Facilities and Schedule, should be identical between two teams.

## U18 AAA Hockey Program

### PHYSICAL

- (2) Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions.
- (20) Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
  - Club Code of Conduct and Health Protocols – Athletic Club responsibility.
  - Outlined Medical Process & Return to Play Guidelines – Athletic Club responsibility.
  - Hockey Canada Medical Forms completed – Athletic Club responsibility.
  - Emergency Action Plans – Athletic Club/Coaching Staff responsibility.
  - **FULL-TIME** Athletic Therapist (all events) – Athletic Club responsibility.

### MENTAL

- (6) Mental Development Sessions (October, November, December, January, February, March recommended):
  - Team First, Goal Setting, Preparation, Simulation/Imagery, Overcoming Adversity, Focus.
- Hone Athletics App access (or equivalent): <https://honeathletics.com/>
- Access to Sports Psychologist (individual need basis).

### TECHNICAL

- **FAIR PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- (20) (1-hour) Individual/Team Tactic, Position Specific Sessions (1 per week) – ice provided by Hockey Edmonton.
- (20) (1-hour) Technical Skill Development Sessions – **Players only** (1 per week) – ice provided by Hockey Edmonton.
- (20) (1-hour) Technical Skill Development Sessions – **Goalies only** (1 per week) – ice provided by Hockey Edmonton.
- (20) (1-hour) Team Systems Practices (1 per week) – ice provided by Hockey Edmonton.
- (30) Game Regular Season games (additional Exhibition/Playoffs games).
  - **Male AEHL** website: <https://www.u18aaa.ca/>
  - **Female AFHL** website: <https://www.u18femaleaaa.ca/>
- (4) Tournaments – Maximum.
- (18) Team Video Review Sessions (3 per month) – at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice) – Coaching Staff responsibility.
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

### LIFE SKILLS

- (2) WHL/AJHL/NCAA/U Sports Information Sessions – Coaching Staff responsibility.
- (2) Team Identity/Vision/Rules Session (October and January) – Coaching Staff responsibility.
- (2) Parent Information Sessions (October and January) – Coaching Staff responsibility.
- (2) Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

### OTHER

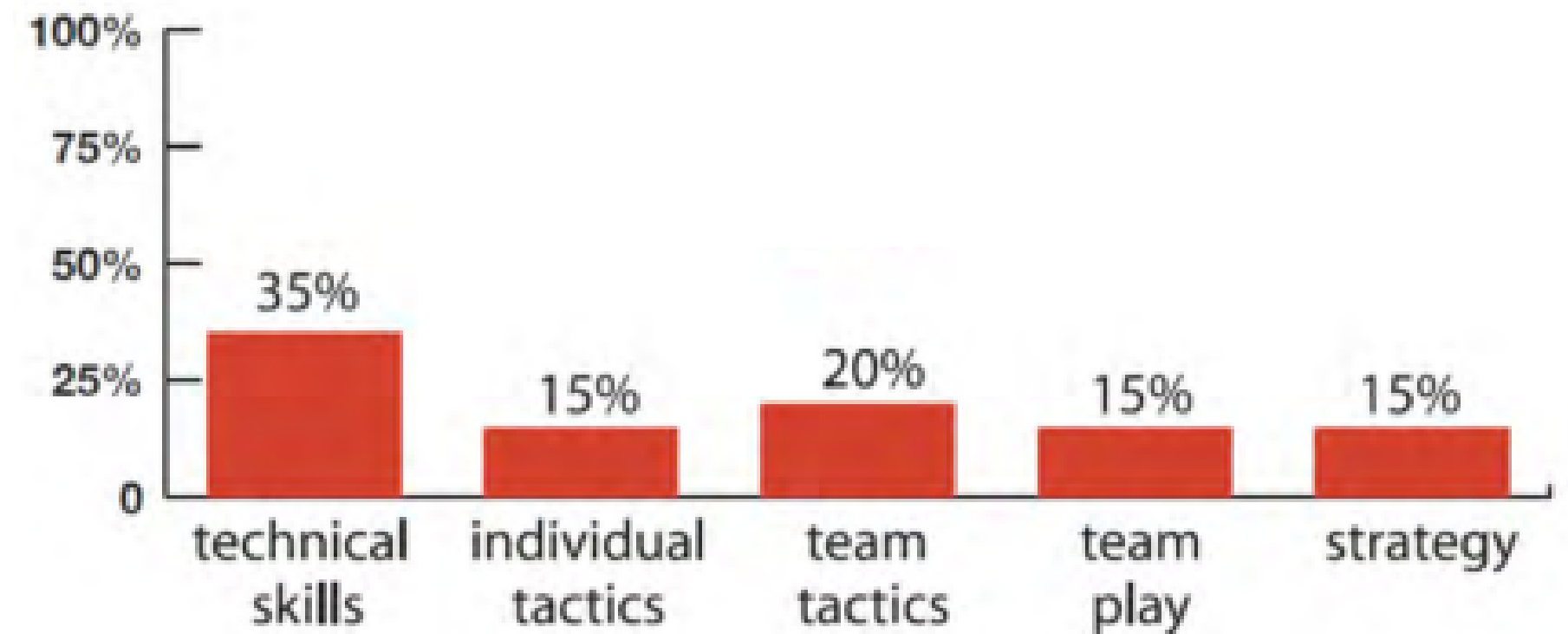
- Team Scouting/Promotion support/resources – Coaching Staff responsibility.
- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).



# TECHNICAL TRAINING



**PLAYER DEVELOPMENT PYRAMID**



**U18 RECOMMENDATIONS**

# TECHNICAL TRAINING

## SKATING

- Strong On Feet
- Stride
- Edges
- Transition And Pivots
- Change Of Direction
- Acceleration/Crossovers
- Stability
- Power
- Agility
- Quick Feet
- Evasive Turns
- Escapes
- Skate The Game
- NZ Speed

## INDIVIDUAL OFFENSIVE PLAY PUCK CONTROL

- Control
- Carry With Speed
- Protection/In A Crowd
- Driving To The Net
- Stick Fakes
- Body Fakes
- Dekes
- Moves In Combination
- Creativity
- Deception

## INDIVIDUAL OFFENSIVE PLAY PASSING/RECEIVING

- Puck Management Skills
- Passing
- Look Offs
- Receive And Control Consistently
- Pick up Bad Passes
- 1st Pass Threat
- Finding Seams

## INDIVIDUAL OFFENSIVE PLAY SHOOTING

- Being An Option
- Quick Release
- In Stride
- Change Puck Angle
- Shot Choice
- Shot Mentality
- Find Shooting Lane

## TEAM PLAY OFFENSIVE SKILLS

- Head Up
- Puck Protection
- Puck Management
- Quick Transition
- Smart Puck Support Principles (Under Pressure)
- Entries
- Retrievals
- Hinging
- Delays
- Cycling
- Net Drives
- Anticipation

## INDIVIDUAL DEFENSIVE SKILLS

- Angling
- Stick On Puck
- Defensive Side Positioning
- Shot Blocking
- Boxing Out
- Fronting
- Controlled Skating
- Tracking
- Transition From Defense To Offense

## TEAM PLAY/DEFENSIVE SKILLS

- Timing And Support
- Spatial Awareness
- Situational Gap Control
- Read and React
- Communication

## INTANGIBLES

- Dedication To Being An Elite Athlete
- Be In Every Battle
- Resiliency
- Work Ethic
- Communication Skills
- Emotional Control
- Does "Whatever It Takes"

## HOCKEY SENSE

- Ability To Make Decisions That Affect The Play
- Understand The Tactics Necessary To Compete At This Level
- Adaptability



# PHYSICAL TRAINING



All off-ice training will be executed at Archetype Gym in a state-of-the-art high-performance training center, with NHL and WHL level performance coaches.

One day per week (20 weeks):

- 2 testing sessions (2 coaches per session)
- 18 hockey specific workout sessions (2 coaches per session) – periodized in-season training program working on hockey specific workouts for elite level hockey players. Focusing on footwork, lateral movement, multidirectional training, strength, recovery, injury prevention, etc.

ARCHETYPE



# PHYSICAL & MENTAL TRAINING

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True Movement is an essential part of our training program. Its main focus is to stabilize, mobilize, and build strength without compression. Implementing True Movement® in season will allow players to maintain strength, and to help offset the compression that games and other trainings can play a part in. Resetting movement patterns, post game recovery, pre game activation, as well as rehabilitation exercises, are all components that encompass the True Movement Method®.



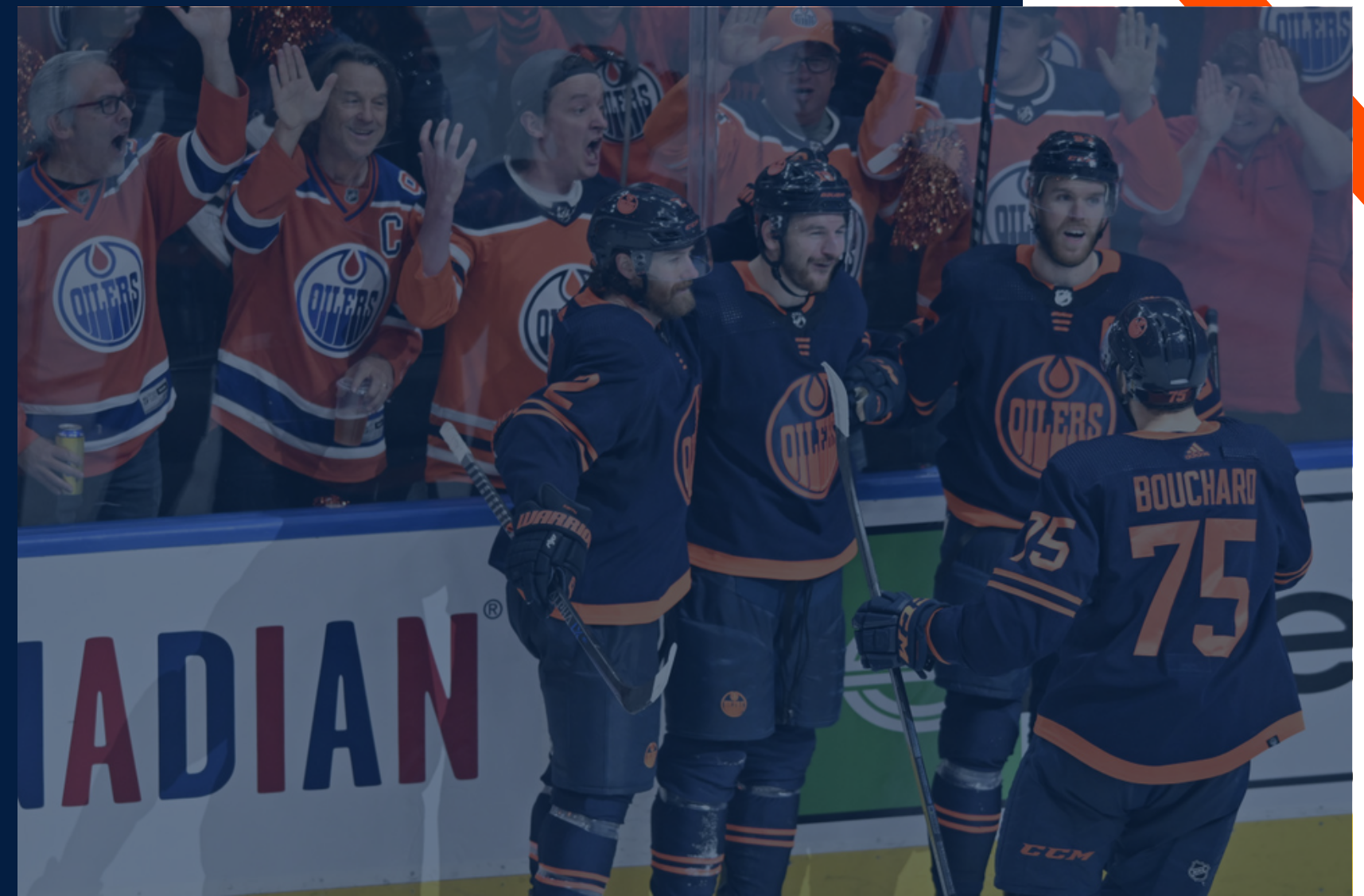
HONE is an initiative of Mindful Athletics, an organization dedicated to supporting athletes' mental health. HONE will help expand our players' in-person mental health services into the digital space, and help our teams accomplish better mental health and sports performance. HONE's unique, anonymous survey methods provide a simple way for athletes and coaches to co-create a better sporting environment.





# ELITE STREAM (AAA) SUPPORT

- U17 AAA games will be in Bill Hunter Arena (on weekends) to increase relationship between programs and divisions of play
- Player Development opportunities will be offered to U15 AAA and U17 AAA players/teams throughout the season
- Coach Mentorship opportunities will be offered to other community and elite stream coaches
- These will also be executed out of Bill Hunter Arena



# ID CAMPS

AT GARRISON ARENA

SPRING ID CAMP: May 30 to June 1, 2022

SUMMER ID CAMP: July 25 to 27, 2022

*\*Registration will open June 24*





# BUDGETS

Both U18 AAA teams will operate on identical budgets and receive the same development program, equipment, apparel, etc. Consistency with budget and programming is ideal. We are aiming for a per player budget of \$8000-8500.

Each athlete and family will be presented with a detailed budget at the start of the season.

All fees will be collected by Hockey Edmonton.

Extra fees could however include Mac's Tournament and playoffs. These fees/budgets will be approved by Hockey Edmonton.

# KEY DATES

DATE	EVENT
April 11, 2022	Coach Applications Posted/Received
April 20 to 21, 2022	Round 1: Coach Interviews
April 25, 2022	Round 2: Coach Interviews
May 2, 2022	Coaches hired/posted
May 13, 2022	<i>Hockey Edmonton - Special Meeting</i>
May 16, 2022	<i>Hockey Edmonton - U18 AAA Program finalized</i>
May 23, 2022	Edmonton Junior Oilers - Press Conference/Announcement
May 30, 2022	SPRING ID CAMP
May 31, 2022	
June 1, 2022	
June 13, 2022	Edmonton Junior Oilers - Virtual Information Session
June 15, 2022	Edmonton Junior Oilers - Tryout Registration Opens
July 25, 2022	SUMMER ID CAMP
July 26, 2022	
July 27, 2022	
September 6, 2022	<b>TRYOUTS:</b> Round 1 begins
September 11, 2022	Top 60 posted
September 12, 2022	<b>TRYOUTS:</b> Round 2 begins
September 12 to 18, 2022	U18 AAA Preseason Tournament
October 1, 2022	AEHL U18 AAA Season begins
October 1, 2022	Showcase Weekend
October 15, 2022	Hockey Edmonton player return deadline
November 1, 2022	Hockey Alberta player return deadline

OTHER AJHL CRITICAL DATES [HERE](#)



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