OUR TEAM



Academy Administrator / Principal

Seasoned school administrator with EICS for 25 years. Former CFL pro-athlete (Retired - Edmonton Eskimos and Winnipeg Blue Bombers). Former basketball, baseball and university football coach.

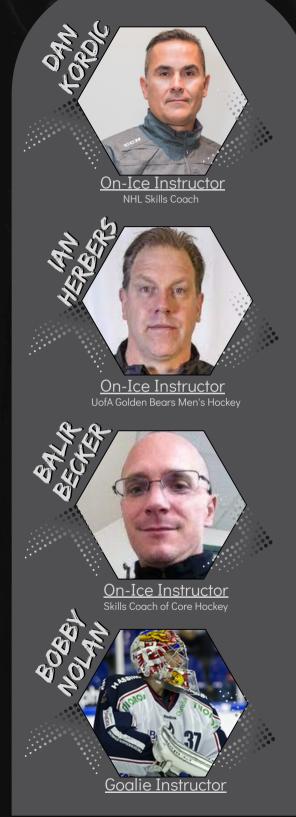


Lead On-Ice Instructor

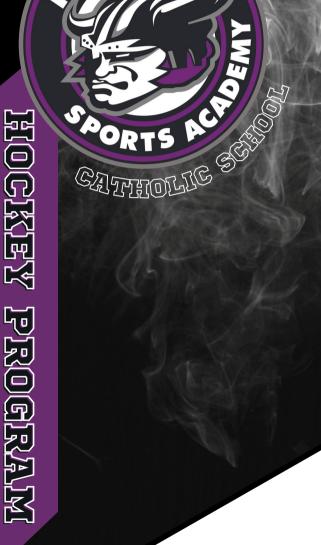
Former WHL player of 4 years. Former captain of the Grant MacEwan Men's University hockey team. Participated in Memorial Cup and ACAC all star team. Awarded top scorer and Molson Cup Three Star award during time with the Regina Pats and Saskatoon Blades. Coached UofA Golden Bears, winning National CIS Championship. 12 years of running hockey camps across Alberta as the founder and lead skills coach of











ELK ISLAND CATHOLIC SCHOOLS

780-922-4522

53117 RRD 222, Ardrossan AB sit: <u>www.hr.eics.ab.ca</u> visit:

SPORTS ACADEMY VISION

Raiders Sports Academy Programs are dedicated to empowering and inspiring each student to reach their full potential as a student, as an athlete and an individual, while cultivating a supportive and inclusive community that honours and celebrates student individual achievements, progress, and "whole-child" growth.

SPORTS ACADEMY PROGRAMS

Our Programs are designed to not only help young athletes grow and develop their skills but also to cultivate strong, well-rounded individuals.



HOCKEY PROGRAM INFO

With a focus on skill progression, we bring in a lead on-ice skills instructor, a lead-teacher, and guest coaches who currently work with junior, CIS, and professional hockey teams to lead onice instruction. Off the ice, our students will participate in age-appropriate strength and conditioning, recreational outings, and lessons on leadership and faith, all aimed at creating a well-rounded development experience.

FACILITIES







In partnership with Strathcona County, our primary facility usage takes place at the Ardrossan Rec. Centre with other secondary locations through out the year as scheduled. Ardossan Rec Centre is a ten minute walk for the students to and from.

SCHEDULE

Academy student athletes will take all core classes in the morning during academy days and full day on non-academy days. Academy programming time replaces students' CTF choices and some Physical Education and Wellness class time.

TRAINING AND DEVELOPMENT

Raiders' Sports Academy programs are scheduled every Tuesday, Thursday, and Friday afternoons.

On-ice skills training and development run twice each week on Tuesdays and Thursdays.

Fridays consist of Strength and Conditioning skills training, monthly scheduled recreational outings/activities and/or planned guest speakers.

ATHLETE ASSESSMENTS

Athlete Assessments/Testing occurs twice each year both on and off the Ice. The first occurs in September/October as a pre-test and the second occurs in May/June as a post-test metric to assess the athletes' skills progression throughout the course of the program.

PROGRAM FEES

\$250/month

(\$250 enrollment deposit required at time of registration - utilized in lieu of June payment)

TRAINING VIDEO



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TESTING VIDEO



SWAG

Academy Athletes receive:

T-SHIRT JERSEY SHORTS HOODIE

TRANSPORTATION

School of choice Transportation possible*
(based on location, enrollment numbers and need)
Fees may apply

Program Trips to Glen Allen Rec/Millenium
Place (May/June) to accomodate full year ice
availability
(included in program fee breakdown)

EQUIPMENT BAGS

AM – Bag drop off at Ardrossan Rec. (secured locker room) or at the school - No bags permitted AM busses.



End of the day

Student's may take bags home on PM bus.

(Strathcona, Sherwood Park, Fort Saskatchewan)

ADMISSION / REQUIREMENTS

Register @ Holy Redeemer

School of Choice
[Non-Catholic/Non-Boundary - phone interview with
Principal required (Religion class requirement/School of
Choice - transportation)]

Behaviour contract for all Academy students