

# OUR TEAM

ED  
KUCY



Academy Administrator / Principal

Seasoned school administrator with EICS for 27 years. Former CFL pro-athlete (Retired - Edmonton Eskimos and Winnipeg Blue Bombers). Former basketball, baseball and university football coach.

DAN  
WASCHUK



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 Competitive Thread.

TESS  
COSSEY

MASON  
HAWKES

DILLON  
BURAK



Holy Redeemer Academy -  
Lead Teachers

BRITNEY  
MILLAR



On-Ice Instructor  
Master Power Skating Instructor

KENNEDY  
GANSEY



On-Ice Instructor  
UofA Golden Bears Womens Assisfant Coach

LUKE  
TOLLENAAR



On-Ice Instructor  
UofA Golden Bears Assistant Coach

ROB  
NOLAN



Goalie Instructor



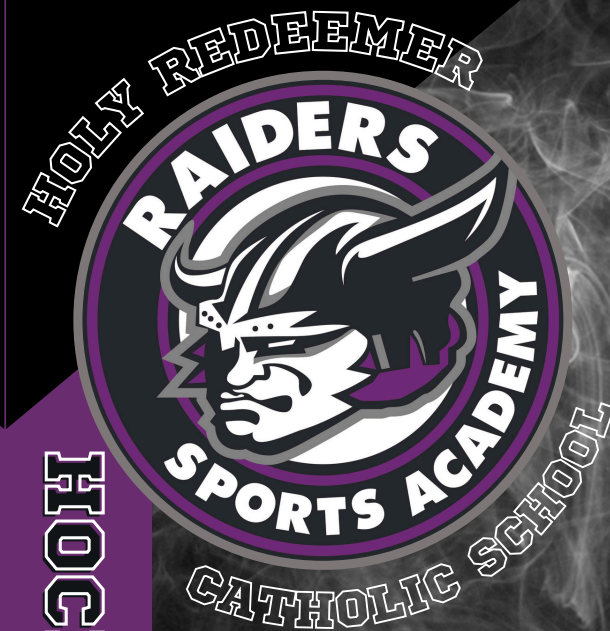
REGISTER  
TODAY



**CONTACT US**

780-922-4522

53117 RRD 222, Ardrossan AB  
visit: [www.hr.eics.ab.ca](http://www.hr.eics.ab.ca)



HOCKEY PROGRAM

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## SPORTS ACADEMY VISION

"We are dedicated to empowering and inspiring every student to reach their full potential academically, athletically, and personally, while fostering a supportive and inclusive community that honours and celebrates individual achievements, progress, and holistic growth."

## SPORTS ACADEMY PROGRAM

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



## HOCKEY PROGRAM INFO

Our program focuses on skill progression both on and off the ice. We bring in lead on-ice skill instructors, experienced teachers, and skilled coaches with backgrounds in junior, CIS, and professional hockey to guide on-ice instruction. Off the ice, students engage in:

- Age-appropriate strength and conditioning to build physical fitness.
- Recreational outings that foster camaraderie, fun and relaxation.
- Leadership and faith lessons to nurture personal growth and character.

## FACILITIES



In partnership with Strathcona County, our primary facility is the Ardrossan Recreation Centre, conveniently located just a ten-minute walk for students. Additional secondary locations are utilized as scheduled throughout the year. All students will be bused to and from the facility through out the year.

## SCHEDULE

Academy student-athletes will take all core classes in the morning on academy days and attend full-day classes on non-academy days. Academy programming will replace students' CTF (Career and Technology Foundations) options, Physical Education, and Wellness class time. The academy day schedule may vary based on school timetabling needs.

## TRAINING AND DEVELOPMENT

Programs are held every Tuesday and Thursday afternoon, beginning with two groups on-ice and two groups off-ice.

- On-Ice Skills Training: One hour, conducted twice weekly with a focus on skill development and performance enhancement.
- Off-Ice Sessions: Include strength and conditioning training, monthly recreational outings or activities, and guest speaker presentations.



## ATHLETE ASSESSMENTS

Athletes participate in comprehensive on-ice and off-ice assessments twice annually: pre-season (September/October) and post-season (May/June). These evaluations serve as critical benchmarks to monitor individual skill progression and assess overall program effectiveness. Individualized reports, aligned with the school academic calendar, will provide athletes with specific feedback and performance data from on-ice and off-ice testing

## PROGRAM FEES

\$250/month

- A non-refundable enrollment deposit of \$250 is required after your program acceptance (April to June).
- This deposit will be applied towards your June program payment and secures your program spot.

TRAINING VIDEO



TESTING VIDEO



## SWAG

(New Swag - every year)

### ALL ATHLETES WILL RECIEVE:

T-Shirt, Jersey, Shorts, academy picture

### OTHER ITEMS - MAY VARY YEARLY

Hoodie, 1/4 Zip, Toque, Academy puck, Crew Neck Sweatshirt, TBD

## TRANSPORTATION

School of choice Transportation available\*  
(\*based on location, fees may apply\*)

Program Trips to Fort Saskatchewan (April/May) to accommodate ice availability -  
Based on interest  
(included in program fee breakdown)

## EQUIPMENT BAGS

AM - Bag drop off

➤ At the school directly into the Hockey Academy Trailer -  
No bags permitted on AM busses.

PM - Bag return

➤ Transported to school via truck/trailer.

End of the day

➤ Students may take their bags home on the PM bus only.  
(Strathcona, Sherwood Park, Fort Saskatchewan)

## ADMISSION / REQUIREMENTS

➤ Register for Holy Redeemer on EICS website

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

➤ Completed Intent Google Form

➤ Behaviour contract for all Academy students