



HOLY REDEEMER CATHOLIC SCHOOL

HOCKEY PROGRAM



WHERE ACADEMICS, ATHLETICS, AND FAITH COME ALIVE

GRADES 5-8 25/26

INFORMATION NIGHT

Thursday,
January 30 @
7:00pm





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Welcome and Introductions
Opening Prayer
Indigenous Acknowledgement



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Our School

- Nature Pre-Kindergarten, Nature Kindergarten and Regular Kindergarten to Grade 8 classes
- Population - 270 students - Safe/Caring - Family Feeling
- Options: Computer Tech, Rec. and Leadership
- Boys and Girls Club - before/after school care
- Elk Island Athletic Association (EICS/EIPS)



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Our Program

Our program is designed to not only help young players grow and develop their skills on ice but also to cultivate strong, well-rounded individuals off the ice. Student athletes must try their best in class and behave in a reasonable manner in and outside of the classroom.



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Hockey Program

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, university, 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.





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OUR TEAM

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Ed Kucy



Academy Administrator
Principal

Dan Waschuk



Lead On-Ice Instructor

Mason Hawkes



Academy Lead Teacher

Tess Cossey



Academy Teacher

Dillon Burak



Academy Teacher

Brittany Miller



On-Ice Instructor
Master Power Skating

Robby Nolan



Goalie Instructor

Luke Tollenaar



On-Ice Instructor
U of A Men's Assistant Coach

Kennedy Ganser



On-Ice Instructor
U of A Women's Assistant Coach



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Coach Dan and Competitive Thread







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Facilities

Ardrossan Recreation Complex

- 10 minute walk for us to and from
- Student-Athletes will be transported to and from the complex

ARDROSSAN RECREATION COMPLEX


STRATHCONA
COUNTY

80 - 1 Avenue



**Holy
Redeemer**



**Ardrossan Rec
Centre**





Scoreboard
Home
Visitors
Period
Penalty
Shots on goal
Goals

77

graphy



Parents are always welcome to visit and watch!







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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.



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Recreational Outings

- Some of the recreational items this year include: - Downhill skiing, Cross Country skiings, Snowshoeing, Swimming, Curling, Ball hockey, Lacrosse, Yoga, Spin Bikes, Rock Climbing, Golf, Tennis, Corn Maze, Pickleball, Oil Kings Game, traditional PE sports and more...



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Athlete Assessments/Testing

2 times per year (On and Off Ice Reporting)

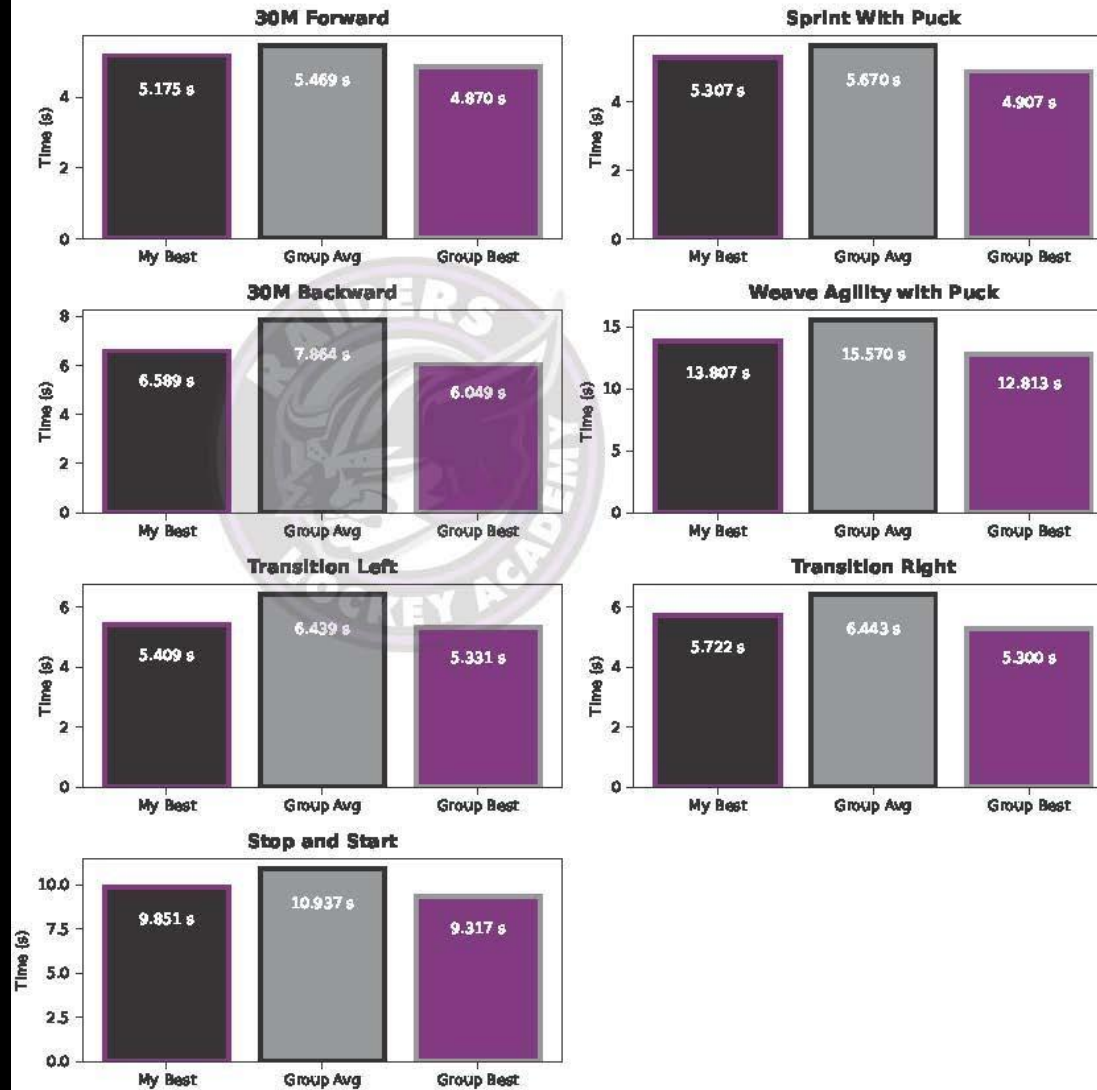
- September/October (Initial digital timing test)
- Testing – Video

- Individualized reports aligned with the school reporting calendar in January and June (Post-Training)

Student Example

September 2024

Holy Redeemer Testing Results



RAIDERS HOCKEY ACADEMY PLAYER DEVELOPMENT REPORT

Student Example

Category	Assessment
Skating	Excellent skater with great speed, agility, and balance. Handles quick directional changes with ease and uses their edges effectively in all drills. They are a reliable skater and set an example for their peers in technical execution.
Shooting/Passing	Very effective in passing and shooting, demonstrating consistent precision and power. Uses proper technique to deliver crisp, accurate passes and quick shots. They are reliable and effective in all drills and stand out in their execution.
Puck Handling	Very good hands, with consistent execution and creativity. Can handle the puck effectively under pressure and in tight spaces. Their ability to protect the puck and make plays is a strong asset in practice.
Coachability	Highly receptive to coaching, always seeking to refine their game. Quickly implements feedback and looks for ways to improve their technique further. Their attitude and effort stand out as key strengths during practice.
Work Ethic/Hockey IQ	Highly engaged and always striving to improve during practice. Shows strong understanding of drills and adapts well to different practice scenarios. Their consistent effort and focus make them a key contributor to practice success.

Prepared for: Student Example
Evaluation Date: January 29, 2025
Coaching Team: Coach Mason | Coach Dan



Student Example

Plank (2 min max)	Sit-Ups (1 min max)	Push Ups (30 max)	1 Lap Around Track Time (538 m)	Dash Time (100 m)
2.00 min.	44	30	29.31 sec.	7.29 sec.

Explanations of exercises

Plank:

Is a core-strengthening exercise that involves holding your body in a straight line, similar to a push-up position, while supporting yourself on your forearms and toes.

Sit-Ups:

Core exercise that focuses on strengthening the abdominal muscles by lifting your upper body from a lying position. Helps build core strength and improve overall stability.

Push Ups:

A bodyweight exercise that primarily targets the upper body and core muscles. It involves lowering and raising your body by bending and straightening your arms while maintaining a straight body line.

1 Lap Around:

Timing running around a track holds several important benefits- such as, performance, goal setting, understanding pacing, encouraging healthy habits, and building confidence.

100 Meter Dash:

Timing a 100m dash is a vital component of training, providing critical insights into athletes speed, technique, and overall development. It helps in setting benchmarks, improvement, and preparing for in game scenarios.



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Schedule

- Academy student athletes will take all core classes in the morning (academy days) and full day on non-academy days.
- Academy will replace students CTS choices, Physical Education and Wellness class time.
- Schedule to be confirmed based on student enrollments and school timetable process.



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Student-Athlete Behaviour Contract

- All Hockey Academy students are required to make every effort to meet academic responsibilities as well as the hockey programs obligations.
- ● The use of profane or abusive language by either instructors or student-athletes in on/off-ice training sessions, or any other program functions, event or activity will not be tolerated.
- ● When on program training sessions or field trips, student-athletes are expected to dress appropriately.
- ● Student-athletes assume the responsibility for care of the equipment they use.
- *Student-athletes are reminded that their highly visible status at school and in the community demands exemplary behavior.
- ● **The behaviour contract will be used to determine group placement throughout the year.**



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Group Placements

- Initial placement based on intent form information, background, progress
- Frequent group changes will be made to reflect coaches on-ice observations and best fit, coachability and attitude
- Once groups are set - coaches review group placements **monthly** to discuss best fit, attitude, coachability and the student-athlete behaviour contract
- The office and the student-athletes homeroom teachers will be communicated with to review student academics, behaviour, etc. within the school and program.
- **Students first, Athletes second**
- *(One time a year groups will be completely changed, for approx. 1 month) based on timed test for the power skating unit and development)*



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Fees and Swag

- \$250/month (with a \$250 enrollment deposit used in lieu of June payment)
- All Academy athletes will receive:
 - T-Shirt, Shorts, Jersey, Picture
 - Other items may vary yearly: Hoodie, ¼ Zip, Toque, Academy Puck, Crew Neck Sweatshirt, T.B.D.



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Admission and Requirements

- Non-Catholic/Non-Boundary phone interview with Principal (Religion class requirement -School of Choice – Transportation)
- Behaviour contract for all Academy students
- Priority (HR students, EICS students, External)



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Equipment Bags

AM – Bag drop off at Holy Redeemer to the Academy Heated Trailer

AM – Bags are not allowed on the EICS Strathcona County busses

PM – Bags will be transported back to the school by truck/trailer.
Students can take their bags on the bus home (Strathcona County and Sherwood Park)

Special Sherwood Bus is available - Bags are allowed on the bus
AM and PM to and from school.





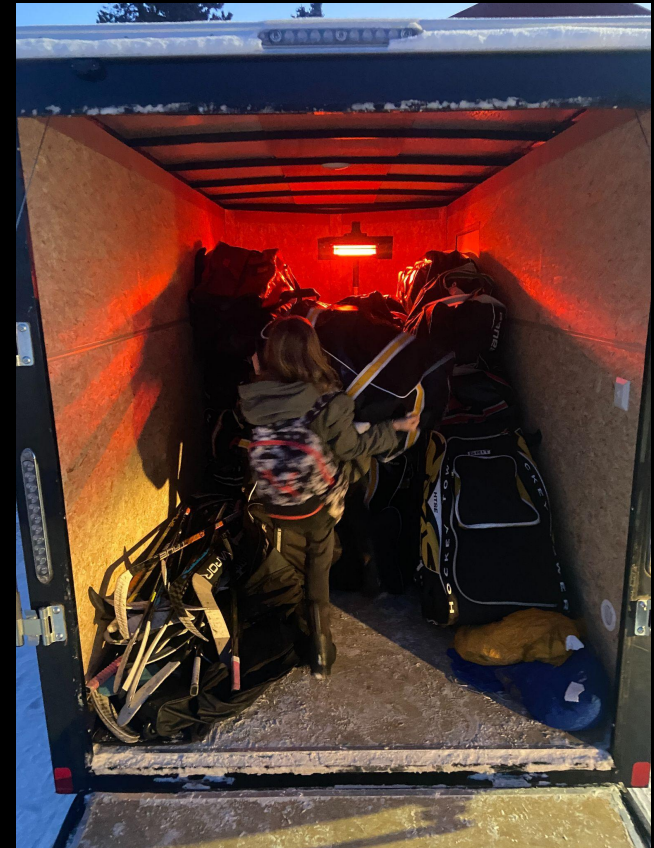
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Trailer
Loading -
Heated





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Transportation

- Transportation to and from available from Sherwood Park - Pick up and drop off locations: St. Theresa and Holy Spirit (this may vary, based on student-athlete addresses each year)
- Program Trips - into Fort Saskatchewan in May for ice availability (included in fees)
- June students will focus on Dryland training and other PE activities for the final two weeks before exams week.



Photo Gallery - Posted Online



Countryside UAV & Photography

Photography

Countryside UAV & Photography

Countryside UAV & Photography

Countryside UAV & Photography

Countryside UAV & Photography





JOHNSON

98

STRATE

55

photography



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Raiders Academy 2023-2024 Team Picture



RAIDERS

RAIDERS HOCKEY ACADEMY 2024-2025



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Boys and Girls Club - Before or After School

- Available Before and After School at Holy Redeemer and Sherwood Park
- Times available 6:30 a.m. - 8:30 a.m., After school until 6 p.m. or later if pre-arranged.
- Boys and Girls Club Bus available to Sherwood Park - Pick up at HR



School Boundaries (School of Choice Transportation Fees)

- If you drive student(s) to/from school – No transportation fees
- Holy Redeemer Boundary – Within 2 km (Gr. 7-8) or 1 km (Gr. 5-6)
EICS - no transportation is required - (\$360/year if required)
- Outside 1 or 2 km, based on grade, there is a \$180/year fee
- Outside Holy Redeemer boundary but within EICS Boundary –
\$360/year
 - (Contact EICS –Transportation to see if there is an EICS boundary in your area)

How To Register

Click on the QR Code found at the back of your brochure

EICS Students

Step 1 - Complete this Google Form.

Step 2 - Go to School Engage - Parent Portal and select our school for next year.

Non-EICS Students

- Complete Google form and

- Go to the EICS website and register your child(ren) to **Holy Redeemer - In the Language and Options box please write - Sports Academy**

Our Holy Redeemer office team will contact you to confirm your information and registration in the program.





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GRADES 5-8 25/26

Register today at www.eics.ab.ca

Thank you!

School tour available after presentation

Questions and Answers...



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