

Notre Dame Hockey Academy

AREAS OF INSTRUCTION:

ON-ICE COMPONENT *(approximately 36 ice sessions)*

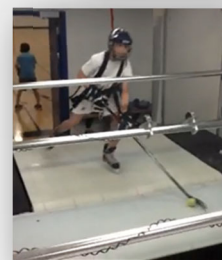
- Skating fundamentals and Power Skating - 7 sessions with Platinum Star
- Skill Testing
- Puck handling skills on and off the ice
- Power skating
- Passing and shooting situation skills
- Correct checking techniques, Offensive/Defensive play, team tactics



OFF-ICE TRAINING *(7 Sessions - Ed Stiles at FLC)*

OFF-ICE COMPONENT *(twice a week—April to June)*

- “SAC” class (speed-agility-conditioning)
- Nutrition
- Neuromuscular Training
- Goal Setting (Dawg Books)
- Self evaluation and reflection
- Physical Education and Health activities will be included
- Cross training: lacrosse, ball hockey, swimming, bowling, golf, baseball, curling, sledge hockey, wheelchair basketball, dance, co-operative games, etc.
- Skating Tread



EQUIPMENT

Academy students must provide their own CSA approved equipment. A Notre Dame hockey jersey will be provided for each student and is required for all ice sessions. All students receive an Academy jersey which are to be worn when participating with the Academy.

FACILITIES

On-ice training to take place at the Kinplex and possibly other arenas within the city. Off-ice training at Notre Dame Academy gymnasium and Family Leisure Centre with Ed Stiles.

INSTRUCTORS:

Chad Gans—Teacher/Instructor



chad.gans@mhcbe.ab.ca

- Played for the University of Alberta Golden Bears (1998-2001).
- Played four seasons in the W.H.L. (1993-1996).
- Instructor with the Hockey Canada skill development camps.
- Instructor with Hockey Alberta Intro to Coaching.
- High Performance I Certified
- Theory Levels I, II and III
- Alberta Cup Assistant Coach 2009, 2010
- Midget AAA Assistant Coach 2009/10, 2010/11, 2011/12, Coach 2013/14, 2014/15



INSTRUCTORS:

Chad Kletzel—Teacher/Instructor

chad.kletzel@mhcbe.ab.ca



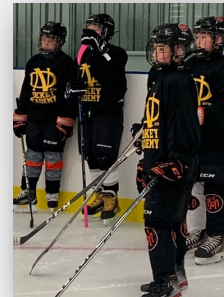
- Scout & Training Camp Coach - Spokane Chiefs (WHL)
- Assistant Coach - Kootenay ICE (WHL)
- Lead Instructor (St. Francis Junior High Hockey Academy/CCH)
- Lead Instructor at hockey camps (Shultz/HPH/Hi-Tek/Black Elk/University of Lethbridge)
- Head Coach (Bantam AAA/Midget 15's/Midget AAA)
- Numerous Hockey Canada Certifications

Slater Dykema—Instructor

slater.dykema@mhcbe.ab.ca



- Played hockey with the MHMHA from Timbits to Midget AAA
- Played Junior A in the AJHL for the Drumheller Dragons earning awards such as “Hardest working”, MVP and “Unsung Hero”
- Owner of Platinum Star



Nathyn Mortlock—Instructor

nate.mortlock@mhcbe.ab.ca

- Played Junior A in the AJHL for Grand Prairie Storm
- Played 3 years in WHL for Regina Pats and Kootnay Ice

Matt Wong—Instructor

- Goalie Coach
- Medicine Hat Tigers (current)
- Brooks Bandits (past)
- Drumheller Dragons (past)

Ed Stiles—Fitness Training

- BPE, CEP
- 15 years of training

