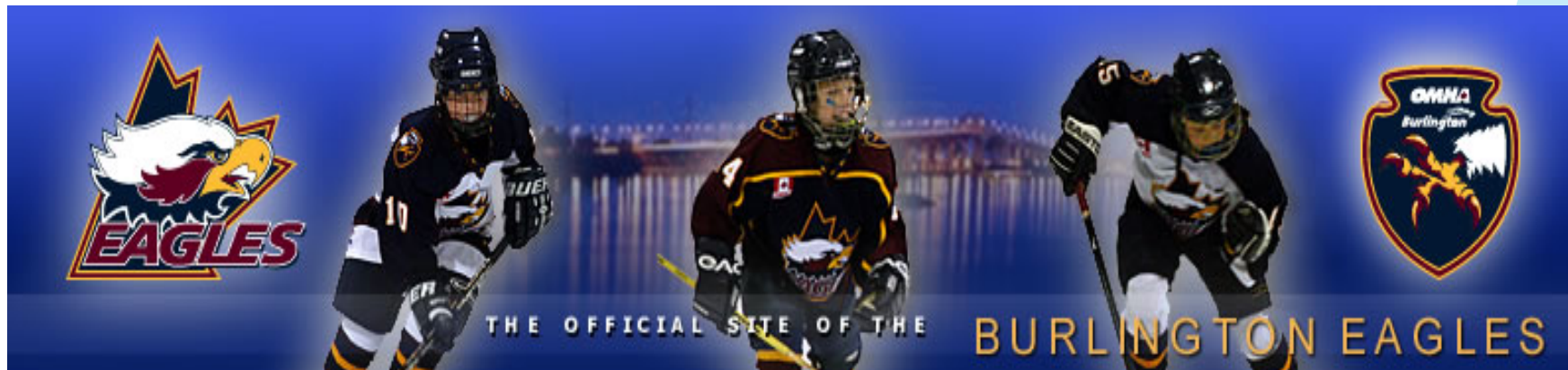




BURLINGTON EAGLES

NEXT LEVEL TRAINING



NEXT LEVEL TRAINING

INTRODUCTION



- ▶ Starting in the 2016-2017 season, The Burlington City Rep Hockey Club is transforming the way we develop our players. We are unveiling an extensive training program that gives every child and their team the chance to excel at the sport he/she loves.
- ▶ This program will involve top level coaches, the highest level local instructors that excel in their fields and most of all be far more directed at the needs of your child and his/her team.
- ▶ Your child's coach will identify the needs of his/her players and team and put together a year-long plan with the guidance of our coach consultant
- ▶ He will have the flexibility to schedule sessions when it best works for your team.

NEXT LEVEL TRAINING

INTRODUCTION



- ▶ The executives have listened to the needs and wants of the parents, players, coaches, mentors and convenors and now approved the funding to over double the money we spend as a club developing our players each year.
- ▶ Economically this is all inclusive in your registration, so there will be no further fees, fundraising, etc. The program is 100% covered with your initial registration.
- ▶ If you personally went out and trained your son or daughter this program would cost you over a \$1,000 per player out of your pocket, now it is all part of your registration.
- ▶ This will be a pilot project for one year and we will continue to work with our coaches and fine tune the program as well as receive feedback through out the process to continually strive to improve.

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WHAT DOES THE PROGRAM INVOLVE

- ▶ Sports Psychology
- ▶ Team Nutrition
- ▶ Motivation - The Journey to Excellence
- ▶ Power Skating - Technical Improvement
- ▶ Stick skill Development - Passing, Shooting, Stickhandling
- ▶ Off Ice Circuit Training
- ▶ Defense Specific Training
- ▶ Forward Specific Training
- ▶ Team Fundamental Training - Power Play, Cycling, Penalty Kill, etc.



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WHAT DOES THE PROGRAM INVOLVE

- ▶ Off Ice Strength and conditioning
- ▶ Technology to measure, score, stats, trends, IMPROVEMENTS.
- ▶ Extra Ice time
- ▶ Classroom Sessions
- ▶ Video
- ▶ Electronic Testing
- ▶ Double up Practices
- ▶ Enhanced AP System
- ▶ NCAA Information Sessions and Visits to facilities
- ▶ OHL Information Sessions and Visits to Facilities
- ▶ All these resources are available to the coaches and they will decide, the required development and implement the best program for their team, skill set and age group.



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Coaches

- ▶ We have selected a strong group of coaches for the upcoming season, they went through an extensive interview process and have committed to make the program stronger.
- ▶ We continue to support the coaches with their certification programs as they develop and want to better themselves as hockey teachers and mentors.
- ▶ We have provided them with a strong coach consultant to lean on for coach development, technical development, situational pressures and as a resource to assist with this new development program.
- ▶ We have provided them with a goalie development co-ordinator that is taking our goalie development to new levels through the leading edge of technology. He also provides guidance, support and structure to the organizations goalie coaches.



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Who's Available for the Coaches to Draw On

- ▶ The approved list of resources to draw on when the coaches develop their program is forever changing and being upgraded but to launch the program here are a list of some available resources:
- ▶ Extra Ice: Open to coaches discretion: Pond, Centre Ice, Gateway, Ice Sports, etc.
- ▶ Goalie Development: Rod Kirk, Bryce O'Hagen, local goalie schools if approved by the goalie development co-ordinator.
- ▶ Body Contact Clinics: Dino Felicetti, Paul Saundercook
- ▶ Skating Development: Michele Moore, Kelly Reed, Lisa Clarke, Jarrod Reed
- ▶ Stick Skills: Dino Felicetti
- ▶ Technical and Team Training Coach: Kevin Elkins, Ryan and Michele Moore



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Who's Available for the Coaches to Draw On

- ▶ Circuit Training/Off Ice Training - The Ice House, Twist, SST, Andrew English, Elite Performance Centre
- ▶ Journey to Excellence - Becky Kellar
- ▶ Sports Psychology and Nutrition: Rod Kirk
- ▶ There are lots of other options that we can examine and approve if they believe and support what the hockey club is trying to achieve.



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What Happens Now

- ▶ The program is officially in place. The coaches are given an open slate to develop a program for the upcoming season, using the coach consultant as a resource.
- ▶ The coaches need to submit their season plan as soon as it is prepared.
- ▶ They will be given a budget to move their team and players forward from a development standpoint, they will work with the coach consultant to prepare, approve, monitor, provide feedback and champion this pilot project. The executive will then approve the plans and provide the financial resources to support the program the coach has developed.



NEXT LEVEL TRAINING

Conclusions

- ▶ This program will be used in addition or in conjunction with your present game and practice schedule.
- ▶ We believe that the Burlington City Rep Hockey Club has been a strong organization steeped in tradition and we want to continue that success, but we also recognize the need to continue to change with the times, thus we are launching the “NEXT LEVEL TRAINING” platform to further develop our coaches , players and teams.
- ▶ We are proud that we can offer this extensive program well below what other programs of this nature offer and we are also proud that we support HOMETOWN HOCKEY and a program of this magnitude will continue to develop our Burlington Eagle players.

