

# CIA HIGH PERFORMER GIRLS HOCKEY PROGRAM

**Comprehensive on and off-ice program for Elite Hockey Players while earning school credits! Grades 4-8 & 9-12**

**AFTERNOON PROGRAM  
SEPTEMBER - JUNE (40 WEEKS)  
MONDAY - THURSDAY**

## **ON ICE**

Puck Handling, Passing, Shooting skills, Power Skating/Edge Work, Battle/Compete Drills, Forward and defence specific drills/tactics, Game situation training

## **OFF ICE**

Functional strength, Speed and agility, Energy system development, Mobility, stability and proprioception, Injury prevention, Yoga, Massage therapy

## **CLASS ROOM**

Small Group Video Analysis, Chalk Talk, Mental Preparation, 1on1 Goal Setting Meetings

## **INSTRUCTORS**

Bryan Cameron, Cody Hodgson, Samantha Skene, Alexis Woloschuk, Justin DiBenedetto, Gianmarco Aiello, Nick Crawford, Stevie Comegna, as well as several guest coaches.

**60 MINUTES IN THE GYM AND 90 MINUTES ON THE ICE DAILY!**

## **NO RESIDENCY RULE**

*Attend our affiliated public schools (Hollycrest Middle School & Silverthorne Collegiate) while living anywhere in the GTA*

# ON & OFF ICE TESTING

**On-ice testing using the latest technology, 1080 Motion Device, testing each players acceleration, top speed and stride symmetry**

<https://1080motion.com/wp-content/uploads/2016/11/1080SprintGuideIceHockey.pdf>

**Off-ice testing using Hawkin Dynamics Force Plates, testing lower body muscle symmetry and imbalances**

<https://www.nhl.com/bluejackets/news/ace-tools-of-the-trade-force-plate-blue-jackets/c-316271362>

**COST: \$9,500+HST**

**(monthly payments available)**

## **CIA HP Program Alumni**

- *Sophie Jaques – Ohio State NCAA/Boston PWHL*
- *Mckenna VanGelder - Cornell NCAA*
- *Kevin Bahl - New Jersey Devils NHL*
- *Jordan Frasca – Pittsburgh NHL*
- *Alan Quine – NHL/European Pro*
- *David Friedmann – European Pro*

**LUNCH ROOMS FOR USE BY ALL PLAYERS INCLUDING USE OF FRIDGE AND MICROWAVES**

**FOR MORE INFORMATION PLEASE CONTACT:**

**CHRIS MCNAMARA - GENERAL MANAGER**

[chris@canadianiceacademy.com](mailto:chris@canadianiceacademy.com)

**BRYAN CAMERON - HP HOCKEY DIRECTOR**

[bryan@canadianiceacademy.com](mailto:bryan@canadianiceacademy.com)

# HP GIRLS HOCKEY REGISTRATION FORM

Player's Name: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Grade: \_\_\_\_\_

Current Team: \_\_\_\_\_

Level: AA \_\_\_ A\_\_\_

Position: \_\_\_\_\_

Program Apparel Sizing:

Jersey: \_\_\_\_\_ Socks: \_\_\_\_\_

Hoodie: \_\_\_\_\_ T-Shirt: \_\_\_\_\_

Shorts: \_\_\_\_\_

Method of Payment:

Cheque: \_\_\_\_\_

Credit Card: \_\_\_\_\_

Expiration: \_\_\_\_\_

**\* Registration Requirements**

Playing Rep hockey (AA/A)

*Canadian Ice Academy, 3111 Universal Drive, Mississauga, ON  
905-625-7528*