**MVHS Hockey Canada Skills Academy Course Outline (HOCKEY CLASS)**

**Mr. B. Cameron**

**THE HCSA PROGRAM IS DEFINED AS:**

A Hockey Canada-licensed hockey skill development program offered within a public or private academic institution for any student registered or who may want to become registered with a local hockey association team.

The purpose of the HCSA program is to enhance a student-athlete’s confidence, self-esteem and opportunities in both academics and athletics beyond the primary, intermediate and secondary school system, while making efficient use of arena facilities during school-day hours. The intention of the HCSA program is not to develop future professional or international-calibre athletes, but rather to deliver individual technical skill development to students currently playing hockey while also offering the chance for all students to try the game at an affordable rate in a school setting.

**OVERALL OBJECTIVES OF THE HCSA PROGRAM:**

1. Enhance academic achievement through the motivation of establishing a balance of both academics and athletics within the school system.
2. Enhance individual technical and tactical skill development.

**GENERAL FRAMEWORK:**

Each week, students will be in class one day, do off-ice training one day, and spend three days on-ice (schedule may vary due to Covid). During the classroom sessions, students will perform regular hockey-related academic work (sports nutrition/ hockey pathways introduction/ hockey skill development in shooting, puck handling, skating and goaltending/ off- ice preparation etc…) and will also receive coaching and reffing certification provided by Hockey New Brunswick. Off-ice training days will include various hockey-specific training techniques using the MVHS synthetic ice room, adjoining fitness room and gymnasium facilities. On-ice sessions will focus primarily on individual skills with some emphasis on team play and hockey concepts. Finally, students will be expected to perform some kind of hockey-related community volunteerism with their local minor hockey club.

**Cost:**

A lab fee of $100 will be charged to each student to pay for various equipment, bus expenses, certification, clothing and other incidental costs

**Evaluation**:

1. Participation/ Effort/ Attitude/ Consistency in Speaking French 40%
2. Class Work: Quizes/ Tests/ Coaching Certification/ Reffing Certification 20%
3. Fitness and Skills 20%
4. Hockey-related Volunteering (20 hours) 20%

\*The course is offered in French Immersion first semester, and in English second semester\*