



# GRADE 5-12 SCHOOL PROGRAM **EST. 2016**

Building Leaders | Building Athletes | Building Communities



**NOTHING IS GIVEN.  
EARN EVERYTHING.**

Building Leaders | Building Athletes | Building Communities



# PARTICIPATING SCHOOLS

COCHRANE HIGH SCHOOL

BOW VALLEY HIGH SCHOOL

ECOLE MANACHABAN MIDDLE SCHOOL



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# PROGRAM OVERVIEW



## OBJECTIVE

- To create a true high-performance option for all players in the BVTW/Jr. CHAOS stream that provides the very best development opportunities for all its players and coaches.
- To offer an affordable, realistic and local option for this high-performance program with the intention of giving players from the draw zone the ability to access the program close to home.
- To tie the Timberwolves and Junior Chaos Programs and P3 Sports Hockey Academy together to ensure that each player is accountable to academics and athletics through a singular channel.



# ACADEMY ADVANTAGES

- Professional Coaches & Trainers
- Alternative to Private Academies
- Consistent & Progressive Skill Development Programs
- Dry Land Training needs
- Guidance & Leadership for individuals and families
- Valuable life skills

# ACADEMY BENEFITS

- Professional Coaches & Trainers
- Alternative to Private Academies
- Consistent & Progressive Skill Development Programs
- Dry Land Training needs
- Guidance & Leadership for individuals and families
- Valuable life skills



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# WHO IS THIS FOR?

- This is a High-Performance Program. Student Athletes who are accepted, will typically be playing in the higher levels of their sport.
- The Culture created by the P3 Sports Academy is built on the Value based Foundation of Professional F.E.A.R.
- We are looking for Male & Female Athletes who already exemplify a degree of that Professional Focus, Effort, Attitude, and Respect and willingness to push themselves and those around them to get out of their comfort zone in their everyday lives.
- Student Athletes at the Academy will have a passion for their sport, a high motivation to set and achieve goals, and become Leaders in their Sport and Community.
- The on and off-ice Programs offered through the Academy will provide the Student Athletes every opportunity to discover themselves, their strengths and current limitations and to put a plan in place to overcome these limitations to be the best student, athlete and citizen they can be.

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# ALUMNI

## Nick De Beurs

Fort MacMurray Oil Barons, AJHL

## Ty Mueller

University of Omaha, NCAA Div 1

## Caleb Willms

Victoria Royals, WHL

## Damon Agyeman

Ontario Reign, USPHL

## Ty Bauer

Seattle Thunderbirds, WHL



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# ALUMNI

## Nick Dobson

Weyburn Red Wings, SJHL

## Jackson Bohan

Humboldt Broncos, SJHL

## Cayde Augustine

Moose Jaw Warriors, WHL

## Ethan Strang

Grand Prairie Storm, AJHL

## Rhett Parsons

Medicine Hat Tigers, WHL



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# ALUMNI

**Cayne Yacey**  
U of C Dino's Football

**Jessica Martens**  
U of C Dino's, Hockey

**William Hunter**  
UBC T-Birds, Football

**Sam Vincent**  
Spruce Grove Saints, AJHL

**Nathan Airey**  
Cranbrook Bucks, BCHL



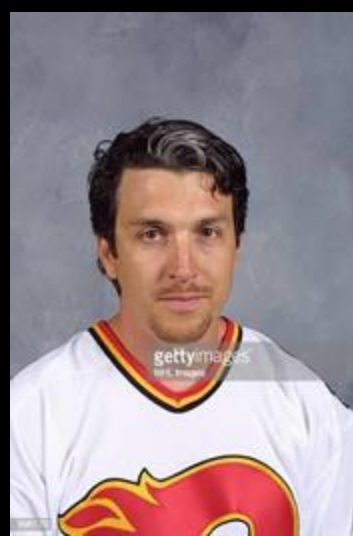
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# ON-ICE / OFF ICE TRAINING TEAM



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# SPECIALTY COACHES

**Brad Werenka**

Former NHLer

**Jeff Compton**

Victoria Royals, WHL

**Cory Sarich**

Former NHLer

**Darren Rommerdahl**

Skills Coach, Calgary Flames

**Danielle Fujita**

Skating Coach, Calgary Flames

**Mike Brodeur**

Former NHL Goalie

**Mike Kennedy**

Former NHLer

**Alec Miller**

Tournaments/Events & Goaltending Coordinator



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# SPECIALTY COACHES

- Brad Werenka is a former NCAA Div1 and NHL Defenseman with the Edmonton Oilers, Pittsburgh Penguins and Calgary Flames. Brad has been keeping current in the hockey world Coaching AAA and consulting with WHL and NHL teams in the analytics space. Brad is one of the brighter minds in the hockey world and looks forward sharing his knowledge of the defensive side of the game as a Defensive Specialty Coach at the P3 Hockey Academy.
- Cory Sarich – former NHLer and Stanley Cup Champion, Cory is now working with the Calgary Flames Defenseman as a Skills Coach. He will also be a Defensive Specialty Coach at the P3 Hockey Academy.
- Jeff Compton – Jeff is an Assistant Coach and in charge of skill development and strength and conditioning with the Victoria Royals in the WHL. Jeff also works with NHL players in the off-season both on and off the ice. Aside from being a skating and skills expert, Jeff is also an expert on developing Hockey IQ and decision making. His unique and broad Coaching expertise will be available to our P3 Athletes as a Specialty Coach in each of these areas
- Darren Rommerdahl – Darren is the Head Skills Coach for the Calgary Flames, working with NHL and AHL players and prospects year-round. Darren will be joining our Coaching team as a Specialty Coach focusing on offensive tactics and scoring



# SPECIALTY COACHES

- Mike Kennedy – Michael Kennedy is a Canadian former professional ice hockey centre who played in the National Hockey League from 1994–95 to 1998–99 for the Dallas Stars, Toronto Maple Leafs and New York Islanders. Kennedy was drafted 97th overall by the Minnesota North Stars in the 1991 NHL Entry Draft.
- Aled Miller – Alec works as a Goaltending Coach for the Bow Valley Timberwolves AA hockey program out of Cochrane, AB
- Danielle Fujita – Danielle is the Skating Coach for the Calgary Flames. She is one of the most sought after and highly touted Skating Coaches in the area. We are happy to have her join our team as our Skating Specialist.
- Mike Brodeur – Mike has been with us for sometime now and this year his role has changed to focus specifically on the development of our Goalies at the P3 Hockey Academy. Another former NHL'er Mike is one of the more desired Goalie Coaches in Western Canada.





# ON ICE TRAINING

ON ICE  
TRAINING



# ON-ICE TRAINING



Culmination of all skills to game play and decision making

Stride & shot analysis

On-ice testing

Game relatable offensive and defensive skills & tactics





# P3 TRAINING

Health & Safety Protocol  
Expectations  
Personalized Performance App



# P3 TRAINING

Vision training

Reaction training

Injury prevention training (flexibility, mobility & movement)

MENTAL HEALTH SUPPORT

Learn to train for power, explosiveness, strength, etc. (using the foundational pieces learned throughout the year.)





# CLASSROOM

## COVID PROTOCOL

We are waiting for any protocol from the School



# MIDDLE SCHOOL WEEKLY SCHEDULE

**GRADE 5 & 6 = P.E. 2 Days/week**

**GRADE 7 & 8 = OPTION – 2 days/week**



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Monday

Tuesday

Wednesday

Thursday

Friday

P3 Training Session  
P3 On Ice Session

P3 On-Ice Session  
P3 Training Session



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# U-11 HOCKEY ACADEMY



## **STANDARD PROGRAM COST: \$2472**

60 SKILL DEVELOPMENT ICE TIMES  
THEMED SKILL DEVELOPMENT PLANS  
PROFESSIONAL COACHING  
PROFESSIONAL VIDEO ANALYSIS  
SKATING  
SHOOTING

## **PREMIUM ACADEMY COST: \$2772**

\$500 Voucher for P3 Summer Program to be used by August 31, 2022  
(\$200 Savings to overall fee)

# U-13 HOCKEY ACADEMY



## PRE-SEASON (SEPTEMBER 1-OCTOBER 15)

2 skill sessions per week

### FOCUS:

Culmination of all skills to game play and decision making

Stride & shot analysis

On-ice testing

## IN-SEASON (OCTOBER 15-MARCH 15)

3 skill sessions + 1 dry land session every 2 weeks

### FOCUS:

Game relatable offensive and defensive skills & tactics

Dry Land – Vision training, reaction training, injury prevention training (flexibility, mobility & movement), MENTAL HEALTH SUPPORT

## OFF-SEASON (APRIL-JUNE)

1 skill session + 1 dry land per week (April), 2 dry land per week (May/June)

### FOCUS:

Fundamental on-ice skills

Dry Land – Learn to train for power, explosiveness, strength, etc. using the foundational pieces learned throughout the year.

Re-Test on and off the ice

# U-13 HOCKEY ACADEMY



STANDARD PROGRAM COST \$2781

51 ice times

30 training sessions

PREMIUM PROGRAM \$3081

\$500 Voucher to P3 Summer Program to be used by August 31, 2022

(\$200 savings to over all program)

## **TIMBERWOLVES, CHAOS & CAHL**

Academy participation is not mandatory to make the team

Non-Academy program standard will be consistent with past years

Practice times un-changed



# U-15 HOCKEY ACADEMY



## PRE-SEASON (SEPTEMBER 1-OCTOBER 15)

2 skill sessions per week

### FOCUS:

culmination of all skills to game play and decision making

Stride & shot analysis

On-ice testing

## IN-SEASON (OCTOBER 15-MARCH 15)

3 skill sessions + 1 dry land session every 2 weeks

### FOCUS:

Game relatable offensive and defensive skills & tactics

Dry Land – Vision training, reaction training, injury prevention training (flexibility, mobility & movement), MENTAL HEALTH SUPPORT

## OFF-SEASON (APRIL-JUNE)

1 skill session + 1 dry land per week (April), 2 dry land per week (May/June)

### FOCUS:

Fundamental on-ice skills

Dry Land – Learn to train for power, explosiveness, strength, etc. using the foundational pieces learned throughout the year.

Re-Test on and off the ice

# U-15 HOCKEY ACADEMY



## STANDARD PROGRAM COST \$2781

51 ice times

30 training sessions

## PREMIUM PROGRAM \$4321

P3 ELITE off season training & Cross Fire  
Conditioning Camp

\$700 Savings

## TIMBERWOLVES, CHAOS & CAHL

Academy participation is not mandatory to  
make the team

Non-Academy program standard will be  
consistent with past years

Practice times un-changed



# HIGH SCHOOL HOCKEY ACADEMY GRADE 9-12



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# HIGH SCHOOL WEEKLY SCHEDULE



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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**P3 Training Session**

**P3 On-Ice Session**

**B.O.L.D.  
Bachelor of Leadership  
Development  
(Alternate Weeks)**

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# HIGH SCHOOL HOCKEY ACADEMY

## PRE-SEASON (SEPTEMBER 1 -OCTOBER 15)

2 skill sessions + 1 Dry Land (Week 1), 1 skill session + 1 Dry Land (week 2)

### FOCUS:

culmination of all skills to game play and decision making

Stride & shot analysis

On-ice testing

## IN-SEASON (OCTOBER 15-MARCH 15)

1 skill sessions + 1 dry land session + 1 classroom (Week 1), 1 skill session + 1 dry land (week 2)

### FOCUS:

Game relatable offensive and defensive skills & tactics

Dry Land – Vision training, reaction training, injury prevention training (flexibility, mobility & movement), MENTAL HEALTH SUPPORT & TRAINING

## OFF-SEASON (APRIL-JUNE)

March/April = 1 skill session + 1 dry land, 1 classroom per week (Week 1), 1 skill session + 1 dry land (Week 2)

May/June - 2 dry land + 1 classroom per week (week 1), 2 dry land per week (week 2)

### FOCUS:

Fundamental on-ice skills

Dry Land – Customized program built by NHL & WHL Strength & Conditioning experts

Re-Test on and off the ice

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# HIGH SCHOOL HOCKEY ACADEMY

## STANDARD PROGRAM COST

\$2997.50 + GST

45 ice times

45 dry land training

20 classroom sessions

Grade 9 to 12 Students

Gives option for Havoc and Avalanche players to develop in Cochrane

## PREMIUM PROGRAM \$4447.50

P3 ELITE off season training & Cross Fire

Conditioning Camp

\$700 Savings

## TIMBERWOLVES, CHAOS & CAHL

Academy participation is not mandatory to make the team

Non-Academy program standard will be consistent with past years

Practice times un-changed



# HIGH SCHOOL COURSES & CREDITS AVAILABLE

- Academy Classes will serve as an “Option/Elective” for Student Athletes.
- Grade 9 – Phys. Ed, Sports Performance
- Grade 10 - C.A.L.M. (3 Credits), Phys. Ed. (5 Credits),  
• Sports Performance (7 Credits)
- Grade 11 – Phys. Ed. (5 Credits), Sports Performance (10 Credits)
- Grade 12 – Phys. Ed. (5 Credits), Sports Performance (up to 10 Credits)

**Up to 45 Credits Total**

**\*\*Sports Performance Options are available in Package**



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# U18 BOW VALLEY TIMBERWOLVES ACADEMY



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**This program is designed to offer the training necessary to ensure all BVTW U18 Players have the best possible opportunity to achieve their goals of advancing their hockey careers beyond U18 and to play at the highest level possible.**



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# WEEKLY SCHEDULE



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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**P3 Training Session**

**P3 Training Session**

**Team Practice**

**P3 On-Ice Session**

**P3 Training Session**

**Team Practice**

**Video/Classroom**

**Video/Classroom  
Mental Health  
Exercise  
(when schedule  
permits)**

# U18 HOCKEY ACADEMY

## WHEN TO REGISTER:

This program is connected to the U18 AA Timberwolves and will begin once the team is finalized and run October 2022- June 2023. It will run after school hours and the High Schools are offering Credits, considering this a 'Special Projects' course.

Any U18 athlete interested in Academy (regardless of the team they make) AND off-Season Summer training should register in the High School program and may choose the Premium program for a \$700 discount.

Those who make the U18 Timberwolves will be transferred into the Special Projects group.

IF you only plan to join the P3 Academy once you make the U18 Timberwolves team - wait to register and the Special Projects course will start once the team is finalized.

**Summer Training Discount available for all U18 Timberwolves**

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# U18 HOCKEY ACADEMY



## IN-SEASON (OCTOBER 15-MARCH 15)

1 skill sessions + 1 dry land session + 1 classroom per week

Hockey Resume's to Junior Programs

### FOCUS:

culmination of all skills to game play and decision making

Stride & shot analysis

On-ice testing

Game relatable offensive and defensive skills & tactics

Dry Land – Vision training, reaction training, injury prevention training (flexibility, mobility & movement), MENTAL HEALTH

## POST-SEASON (APRIL-JUNE)

1 skill session + 3 dry land sessions per week

### FOCUS:

Fundamental on-ice skills

Dry Land – Customized program built by NHL & WHL Strength & Conditioning experts

Re-Test on and off the ice



# U18 HOCKEY ACADEMY

## STANDARD ACADEMY COST

\$3500

45 ice times

60 dry land training

25 classroom sessions

All sessions to take place after School, ideally 4:30-

5:45 ice slot. Players will receive credits

upon completion of a 'Special Project' as it pertains

to their hockey season, hockey career, or post-career

aspirations.

\*\*All U18 Timberwolves players attending Academy will receive \$500 off P3 Elite Summer training in 2023.

## TIMBERWOLVES

2021-22 U18AA cost \$2,850

Academy participation is not mandatory to make the team

Non-Academy program standard will be consistent with past years

Practice time moved to 4:30pm or 4:45pm instead of evenings



# ACADEMY LOGISTICS



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# LOGISTICS

- School Liaison(s) – 1 teacher per school to Liaise between P3 Sports Academy and their School.
- Evaluations – P3 Coaches work with the Teacher(s) and School Administration to assign grades for all aspects of the Academy.
- Dressing Room Management & Protocol – Players must be out of the Room within 15 minutes of exiting ice. There will be 2 shower stalls available for you out of the 5. Change, clean up quickly!
- Rooms must be left spotless, last ones out do a scan of the room for tape, garbage, etc.



# LOGISTICS



## TRAVEL

- For classes that start prior to the school day or during first period, parents are required to drop the Athletes off and they will be bussed or walk back to the school following the session.

## EQUIPMENT

- Athletes will have storage rooms set aside at CA to be able to leave their equipment during the week.
- Storage Room will be secured at all times
- Must not be left in dressing room
- Shower Protocol

## SCHEDULING

- High School – P3 Sport Academy Class would begin before school and run into Block 1 to allow for Travel time back to school for block 2
- Middle School – P3 Sport Academy Class will take place in either Block 4, 5 or 6, incorporating the Lunch Hour to accommodate Travel



# CHECK POINTS

## QUARTERLY CHECK POINTS

- Academics
- Goal Tracking
- Physical & Mental



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# APPAREL

## ONLINE ORDERS – P3 ADIDAS HOCKEY APPAREL

- Hoodie (Grade 5 & 6)
- 1 T-Shirt
- Academy Jersey to Keep
- Duffle Bag (Grade 7-12)



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# PROGRAM ADDITIONS

- Vector Life Coaching
- I Got Mind

## OLYMPICS SERIES

- Guest Speakers - Olympians
- Friendly Multi-Sport & Event Competitions

## LEADERSHIP CHALLENGE RETREAT

- Coordinating with School
- Rocky Mountain YMCA



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# APPLICATION **PROCESS** & ELIGIBILITY



# ELIGIBILITY

- Tryout Skate (if necessary)
- Personal Interview
- Academic Review – Includes 2 Teacher References.
- Character Review – Includes 2 References from current and past coaches.
- Athletic Review – May include Tryout and/or practice or game review
- \*\*Forms available here tonight or online.



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**JANUARY**

**FEBRUARY**

**MARCH**

**APRIL**

**MAY**

**JUNE**

**Open House**

**Application Deadline &  
Tryouts**

**Personal Interviews**

**Acceptance  
Letters**

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# FACILITIES

## SLS FAMILY SPORTS CENTRE & COCHRANE ARENA

- 4 Ice Surfaces
- P3 Training Centre
- P3 Skills Center
- P3 Multi-Purpose Room
- Classrooms
- Studios
- Virtual Reality Training
- Vision & Reaction Training



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# QUESTIONS? THANK YOU!

1-403-932-4259

[admin@p3sportsinc.ca](mailto:admin@p3sportsinc.ca)

[p3sportsinc.ca](http://p3sportsinc.ca)