



Welcome to the DSBN Hockey Canada Skills Academy Course

Message to Students and Parents:

Thank you for your interest in the DSBN Hockey Canada Skills course.

We are very excited to provide students with this unique opportunity to combine formalized hockey training in an academic setting, keeping in mind, the overall goal of educating and inspiring students to achieve well in both areas. Many studies have confirmed that student learning tends to excel when the topic is directly related to student interest. Hopefully, this philosophy will enhance the overall "school experience" for every student.

Program Routine

The program will run Monday through Friday and will consist of On-Ice skill development (Gale Center) and Off-Ice personal fitness, classroom theory, concussion awareness and healthy living.

On-Ice

The On-Ice skill development component will take place on Tuesday's and Wednesday's from 9am to 10:45am at the Gale Center.

Off-Ice

On Monday, Thursday and Friday students will attend Westlane Secondary School from 8:30 am to 10:45 am to participate in the "off-ice" portion of the course. This will include classroom activities, personal training and participation in various sports.

All magnet students (students from A.N.Myer and Stamford) will be transported to and from their home school to participate in the program

Students who are not "Magnet" students will have to provide their own transportation to Westlane. However, students will be transported from Westlane to the Gale Center during the On-Ice days.

Sample Template of Weekly Routine

Period	Monday	Tuesday	Wednesday	Thursday	Friday
1 (8:30-9:40)	In Class (Video, health, sport review)	On-Ice Starts at 9am	On-Ice Starts at 9am	Fitness Gr. A Fitness Gr. B Plyometrics	In Class (Video, health, sport review)
2 (9:45-10:45)	Fitness Gr. A Plyometrics Gr. B Fitness	On-Ice	On-Ice	Various Sport	Ball Hockey

Cost

Although cost is something that we would like to avoid, the reality is ice-time, transportation and training equipment need to be covered. Luckily, Westlane and the DSBN have been able to bring the cost down as much as possible to make the program more affordable and one of the cheapest in Canada.

This year's cost will be \$300 for the semester which includes 34 Ice Times (approx. 60 hours of ice). We would appreciate payment as soon as possible as the ice-time bills must be paid.

If you would prefer, you can make two payments of \$150 (March and April).

We do not want cost to hinder a student's ability to enrol in the course. Please contact if you have any questions or would like to discuss other payment options.

****Please make cheque payable to Westlane Secondary School****

How to Apply

Please connect to the following application form:

<https://docs.google.com/a/dsbn.org/forms/d/1KdEaFo6BR4RXoD8EaZ-ZHmpwHAA-BlauDp2fmMTkjLU/edit>

Contact

If you have any further questions or concerns, please feel free to contact:

Teacher: Scott Ellis

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