



Skills Academy Newsletter

January 2014

Huskies Hockey Academy Ontario 2013 Tour another Huge Success!

by Nathan Brandvold



This year 12 students and 3 chaperons from the Huskies Hockey Skills Academy at Inuksuk High traveled south to Ottawa and the communities of Pembroke, Deep River and Renfrew, Ontario for a seven-day tour from December 6th to December 13th.

Similar to the two previous Alberta tours in 2008 and in 2009, the Ontario 2013 tour was a mix of on-ice and off-ice sessions with different hockey academies. It also included watching different levels within the game in addition to touring a few postsecondary campuses within the area.

After visiting and participating with the Fellows High School, Mackenzie Community School and St. Joseph's High School, Huskies Hockey Academy Instructor Nathan Brandvold was happily surprised at the amount resources and support the southern students were receiving. "Terry, Keith and Stacey are all excellent coaches. They all went out of their way to make our visits positive." Nathan went on to mention, "both the students and staff at the different schools were very welcoming and open to learning not only about Nunavut but also the Inuit culture."

Learning, sharing and community are all important elements of Inuit culture and this tour

provided lots of opportunities. Grade 11 students, Teresa Qiatsuk and Alexia Galloway Alainga performed 4 traditional throat songs while trip chaperon's Samantha McDermott and Nathan Brandvold collaborated on the delivery of a presentation and discussion about life in the north.

Alexia described the overall feeling of the southern students after the throat singing to be one of "surprise." When asked she felt the throat singing created a lot of "interest in the Nunavut culture" and some of the students even "wanted to learn how."

During the trip, the Huskies Academy students toured Algonquin College, Carlton University and spent an afternoon with the students and staff of the Nunavut Sivuniksavut program.

The tour organizer and teacher, Nathan Brandvold, believes the "the true value of the tour beyond the hockey and sharing of the Inuit culture, is the campus tours and getting the students to begin planning their learning paths beyond high school."

Grade 12 student, Chris Suvega Ikkidluak, described the campus tours as being "big eye openers." When asked what he enjoyed the most about the overall tour he said that "the overtime

game between the Leafs and Sens" and using the off-ice passing and stick-handling equipment with St. Josephs High School were both a lot of "fun."

Similarly, Alexia Galloway-Alainga said she "liked it all - meeting new people, playing with them and going to the different schools was very interesting."

The tour again was another huge success and a great example of how the hockey skills academy programs are integrating learning and positive experiences through the sport of hockey within the school environment.

The students and staff on this year's tour wanted to take this opportunity to thank Keith, Terry, and Stacey and their schools for hosting and the corporate sponsors: First Air, Uqsuq Corporation, Iqaluit Amateur Hockey Association, Hockey Nunavut, Hockey North, Nunastar and the Hilton Garden Airport Inn Ottawa for your valuable contributions to the trip.



W.C Miller Collegiate HCSA Student Member of Team Manitoba for 2013 U18 National Championship



Kate Friesen is currently in her 4th year of the W.C. Miller Collegiate Hockey Canada Skills Academy in Altona, MB.

The 5'6" defenceman is currently in Grade 11 and plays for the Pembina Valley Female Midget AAA Hawks.

Team Manitoba beat Team Atlantic to earn 5th place in the 2013 National U18 Championship

Kate was also a member of the Hawks two season ago when they won the Esso Cup.

Hockey is Alive and Well in N.E. Calgary

In September 2012, the Calgary Catholic School District approved another Hockey Canada Skills Academy course at Blessed John XXIII School in Calgary's northeast neighbourhood of Falconridge. The initial goal of the course was to develop hockey skills in a safe and fun environment, while also providing a unique introduction to the game for students from a non-traditional hockey community. It was our hope that the academy's focus on combining academic and athletic outcomes would have a positive benefit on the school and create a strong group of leaders within the school population.

As a school located in a section of the community that has not traditionally had high levels of participation in organized hockey, we were overwhelmed with the interest and excitement that was generated. There were some obstacles in the early stages, such as finding equipment for new hockey players and designing on-ice sessions for a group of athletes with a wide range of abilities. However, we were able to succeed with the help of equipment donations and financial contributions from various sources such as Baytex Energy Corp, the Calgary Italian Sportsmen's Bursaries, and Hayley and Jane Wickenheiser, as well as support from the local minor hockey community. Before long, we were able to offer a program that not only met the needs of our elite players, but also gave our new skaters the skills they needed to become recreational hockey players.

Beyond providing an opportunity for our students to hone their skills on the ice, the Hockey Canada Skills Academy course quickly developed into an important motivator for some of our at-risk youth. Over the course of the first year, we saw those students arrive at school on time with increased

frequency and watched their attendance and academic performance improve. The program also became a great opportunity for our stronger hockey players to take on leadership roles in working with those students who were new to the game. By promoting the values of hard work, responsibility, leadership and cooperation, we were able to make the academy a great benefit to our Catholic school community.

The beginning of the 2013 school year provided another unique opportunity for our students to see those values in action. When the Hockey Canada Skills Academy at nearby St. Rose of Lima School was in danger of closing because of declining numbers, we decided to put those Catholic values into action and invited the remaining students to join us on the ice. This has allowed those students to continue their participation in the academy without having to leave their school. At the same time, it has created a greater link between the two schools and has further cemented the importance of Catholicity and cooperation among all of our students. It is our hope that the program will continue to grow and provide participants with an opportunity to develop both hockey and life skills.

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Gatorade Sports Science Institute (GSSI)



Photo: Jana Chytilova / HHOF-IHF Images

You have all probably heard of Gatorade, the world leader in sport drinks but did you know that Gatorade has a lot more to offer than just a sport drink. In 1985, Gatorade founded the Gatorade Sports Science Institute (GSSI), a place committed to helping athletes optimize their health and performance through research and education in hydration and nutrition science.

GSSI scientists study the effects of nutrition on the human body before, during and after exercise. GSSI scientists collect data from thousands of professional and amateur athletes around the world. One great feature of the Gatorade Sports Science Institute is that they share their findings for free on their website: www.gssiweb.org.

Thanks to this website, you now have free access to roughly 200 scientific articles about hydration and nutrition science. One highlight of these free articles is that they are always summarized so you don't have to read the entire article to discover the findings of that specific research. Another great feature of this website is the "Ask the Experts" section that allows you access to videos of experts answering specific questions about sport performance.

If you are planning on incorporating a nutrition or sport performance element to your HCSA program, this website is a great place to start!

