



# Skills Academy Newsletter

March 2014

## Hockey Canada Skills Academy Spirit Day at St. Joan of Arc



On Thursday, Dec. 19, 2013, St. Joan of Arc School students celebrated a Hockey Canada Spirit Day. Students from kindergarten to Grade 5 participated in hockey skills stations in the gym. Students from Grade 6 to Grade 9 were transported to WinSport's Markin MacPhail Centre at Canada Olympic Park to cheer on the St. Joan of Arc Hockey Canada Skills Academy students in a hockey game against a group of St. Joan of Arc teachers, and special guests Gary Strother, chief superintendent of the Calgary Catholic School District, and former NHLer Sheldon Kennedy.

What fun our students had playing their teachers, and they were honored to have Gary and Sheldon on the ice with them! Playing with a professional hockey player is a highlight that very few students have the opportunity to experience and we thank both Sheldon and Gary for supporting this event.

The St. Joan of Arc Glee Club began the on-ice event by singing the national anthem, and we were honoured to have special guests from the CCSD Central Office in attendance - Richard Svoboda, Andrea Holowka and Peter Teppler. Thank you,

Richard for officially kicking off the event with a ceremonial puck drop at centre ice.

The game was challenging for our teachers and special guests as our Grade 7-9 students demonstrated their skills on-ice. The final score was 12-10 for the teachers, with the adults putting in a tremendous effort in the final minutes to earn the win. Special thanks to Mr. John Perrella for organizing this school spirit event!

Mrs. Makowski  
Principal  
St. Joan of Arc School





# Hockey Canada YouTube Channel

Tired of doing the same drills during your Hockey Canada Skills Academy sessions? Looking for new ideas to use in your practice? Did you know that Hockey Canada has a YouTube channel that offers a wide variety of videos demonstrating specific skills and drills that you can use in your everyday practice?

This channel offers more than 80 videos on specific themes, varying from warm-up, skating, passing and shooting, to stick-handling, puck protection and scoring, as well as specific skills for defencemen. Each video has a detailed description of the drill and gives a few key points to look for when giving specific feedback to the players.

So what are you waiting for? **[CLICK HERE](#)** and find new drills that can be useful for you and your students!

The screenshot shows the Hockey Canada YouTube channel interface. The main video player displays the Hockey Canada logo and the title "1 - Skate Warm - Up 1 - Forward". Below the player, the video title is "001a -- Skating -- Warm -- Up - Forwards / 1a -- Patinag...". The channel name "Hockey Canada" is shown with 1,079 videos and 9,897 views. A "Subscribe" button is visible with 2,526 subscribers. The video description states it was uploaded on Oct 25, 2012, and provides instructions for the drill. A "Show more" link is present. The right sidebar shows a playlist titled "Player Development - Skills" with four videos listed: "001a -- Skating -- Warm -- Up - Forwards / 1a -- Patinag...", "001b -- Skating -- Warm -- Up - Backwards / 1b -- Patinag -- Échauffement -- Arrière", "002 Puck Control Warm Up 3 / 2 -- Échauffement -- Contrôle de la rondelle 3", and "003 Puck Control Warm Up 1 / Échauffement -- Contrôle de la rondelle 1".





# Question and Answer

## with new Hockey Canada Skills Academy operator, Gene Doray from A.L. Fortune Secondary School

### **Where did you first hear about the Hockey Canada Skills Academy program?**

While I am the principal of A.L. Fortune, I am also a hockey dad, with three young boys playing minor hockey. As a result, I find myself in rinks throughout our province, and I discovered advertisements for Hockey Canada Skills Academies. I was also aware that another school within our district had made a proposal to host an HCSA to our trustees on two previous occasions, only to be turned down, so I spent quite a bit of time researching the different programs in B.C. high schools to figure out what was working, and then embarked upon our own proposal.

### **What motivated you to actually apply to get a license?**

Last year we canvassed our students to find out where their interests were, and one of the overwhelming interests was ice hockey. We ran a skills camp last year and it was a terrific success, and it provoked us to want to expand upon that offering and establish a licensed HCSA that would provide a full semester worth of instruction.

### **Did you see any change in your school after implementing this program?**

As our school has shrunk in size we have not been able to offer all of the teams that we once did, so the HCSA provided us with a program that was able to re-establish a sense of pride in our school.

I think our kids have greatly benefitted from the program and their feedback suggests that one of the biggest improvements they made was actually to their sense of self-confidence. That in itself is a huge accomplishment.

### **What was your biggest challenge in setting up your academy?**

We had to create an “un-academy” for our trustees. Our presentation to the trustees was intended to challenge their thinking about what an “academy” connotes. Visions of elitist groups, easy graduation credits and a capitalist approach to an educational program had to be swayed. My vice-principal and

I showed up to the meeting with our “Rented Mules” men’s league jerseys on and showed them that our goal for our students was one of health, improved morale, passion-based learning and equality.

We set aside money to help support students that couldn’t afford it, we took donations of equipment for students that didn’t have any, and we created the most cost-effective program in the province. The board was unanimous in its support!

### **How did you overcome it?**

See above. We also... partnered with the city of Enderby to get some fantastic prices on ice time.

### **What do you think is the best thing about this program?**

Watching students develop their skills and confidence, seeing our students feel pride in their school, and having a head instructor/teacher who finally has the opportunity to teach his passion.

### **Would you recommend another school to apply for a Hockey Canada Skills Academy? Why?**

I am a huge fan of the HCSA program, as it enables kids to develop their individual skills and supports minor hockey. I like that our off-ice program focused on leadership skills and healthy living. We wanted to balance the “me” focus of being an athlete to a “community” focus so that kids understand the importance of giving back.

Gene Doray  
Principal  
A.L. Fortune Secondary  
Enderby, B.C.



# 2014 Hockey Canada Skills Academy Seminar

July 2-4, 2014



## Highlights:

- six speakers specializing in various areas of hockey coaching and program execution
- in-class and hands-on workshops over two days
- a social night for all attendees (Wednesday, July 2)

