

During our regular on ice sessions we have at least three highly trained coaches on the ice. We have assembled a diverse coaching staff to meet the needs of our student-athletes.

COACHING STAFF

Jamie Fiset – Teacher/On Ice Assistant and Goalie Coach. Assistant Coach Ridge Meadows Flames PIJHL, and Goalie Coach U16 and U17 High Performance Programs.

Craig Sherbaty – On Ice Lead Instructor. Coach for Hockey Canada Skill Camps, Specialty Clinic Coach for BC Hockey and Head Coach Surrey Minor Hockey.

Barry Wolffe – On Ice Assistant Coach. Assistant Coach Langley Chiefs BCHL.

Chris Difrancescantonio – On Ice Assistant Coach. Assistant Coach Langley Chiefs BCHL.

SPECIAL GUEST COACHES

We also invite several special guest coaches and speakers throughout the year. Again, our objective is to give our student-athletes a rich hockey experience.

Russ Weber – Vancouver Thunderbirds Bantam AAA coach, BC Hockey U16 Provincial Head Coach.

Mike Gerrits – Scout Vancouver Canucks NHL.

Bill Zaharia – Scout Spokane Chiefs WHL.

LANGLEY SECONDARY SCHOOL
HOCKEY ACADEMY



For more information visit our website
www.langleysecondarieschool.com/hockeyacademy

Langley Secondary School

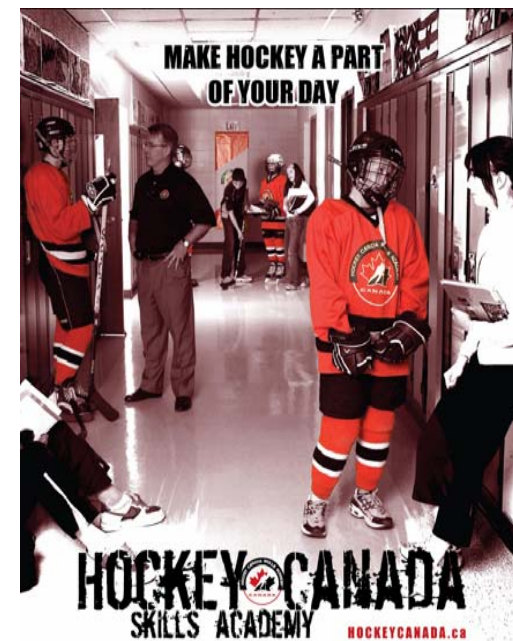
Email – jfiset@sd35.bc.ca

Phone – 604-534-4171

HOCKEY CANADA SKILLS ACADEMY

OPEN TO ALL
LANGLEY AND AREA
HOCKEY PLAYERS
FROM GRADES 6-12

*Earn school credits while
improving your game*



Hockey Class Is In Session

WELCOME

We are a nationally recognized and fully sanctioned Hockey Canada Skills Academy (HCSA) program. We focus primarily on skill development. We divide our time between on ice sessions, dryland athletic training, and classroom seminars. We train and educate our student-athletes in a 10 month program (Sept. – June). We have a block of Hockey Academy each day. Our on ice sessions are at the Langley Twin Rinks and our off ice sessions are at Langley Secondary School. We focus on developing “complete” student-athletes by targeting three domains: technical, physical and cognitive.

1 . Technical Skills – We focus on skating, passing, puck control, shooting, defensive and offensive movements, checking and special teams formations.

2 . Physical – We focus both on hockey specific movements, and on developing greater athleticism. We learn other non-hockey sports in order to develop greater athleticism. Balance, agility, strength, conditioning and co-ordination are areas of emphasis.

3 . Cognitive – We educate our student athletes to develop realistic Yearly Training Plans. We also focus on helping our students develop a stronger mental game. Additionally, we expect all of our students to participate in leadership activities.

HOCKEY FOR LIFE

In addition to becoming better hockey players we educate our players about other hockey related careers – for example, physiotherapy, coaching, business and leadership.

WHO CAN JOIN?

The HCSA program is open to all students, we accept male and female students, elite and beginning players – we accept student-athletes who have a passion for hockey and wish to learn more about the game.

You do not need to attend LSS to enroll in the Hockey Academy. In 2008-09 we had students from WGSS, BSS, DW Poppy, HD Stafford Middle, James Kennedy Elementary and Langley Fine Arts. We are the only Hockey Academy in Langley that can accept cross boundary students.

COURSE PLANNING

Players interested in pursuing a college career need to be aware of NCAA requirements. Our school counselors are aware of those requirements and can help our students choose the best educational path while balancing the demands of training.

PROGRAM COST

The cost of the program is approximately \$1400 for the year. Please contact Mr. J. Fiset for more information.

YEARLY PLAN

September-October - Skating and Stickhandling
October-November – Passing
November-December – Shooting
December-January – Checking, Review and Testing
February – Defensive Zone Play and Regroups
March – Offensive Zone Play and Entries / Skating and Stickhandling
April – Situational Checking / Passing and Shooting
May – Review and Testing
June—Fitness, Training and Minor Games

*Note - The curriculum has different focuses depending on skill level. There are “streams” for beginner, intermediate, and advanced players. We also have a special curriculum for goaltenders.

INTERNATIONAL STUDENTS

We also accept International Students. Please contact Mr. J. Fiset for more information.

Langley Secondary School
604-534-4171

www.langleysecondary.com/hockeyacademy