

A background image of a hockey player in a white jersey and black helmet, skating on ice and splashing water. A large yellow circle is overlaid on the right side of the image.

# **Grizzly Hockey Academy**

Program Overview  
2022-2023

**CONTINUOUS EFFORT IS THE KEY  
TO UNLOCKING YOUR POTENTIAL**

# Program Overview 2022-2023



## FEES

### JUNIOR HIGH

\$800  
2 on ice sessions (3  
hours per week)  
All fieldtrips included

### ELEMENTARY

\$300-\$800  
2 on ice sessions (2  
hours per week)  
All fieldtrips included

## REGISTRATION

To register please contact  
the office at Gibbons  
School at 780-923-2240 or  
gibbons@sturgeon.ab.ca.

For any other questions  
about the program, contact

## MISSION

The Gibbons Grizzly Hockey Academy is designed to promote both hockey skills and life skills. It is the program's intention that students will continue to develop their hockey skills in a highly structured, motivating, safe and challenging environment.

Developing on-ice skills, time management, independence, organization and academics are the key factors that will be stressed in cultivating the total athlete.

Not only will the program improve the student athlete's hockey skills, it will provide the necessary tools needed to be successful in moving forward with their life.

## ELIGIBILITY

### GENERAL ATTRIBUTES

- Demonstrate academic and hockey skills (must be able to skate)
- Must exhibit a passion for hockey

### ACADEMIC

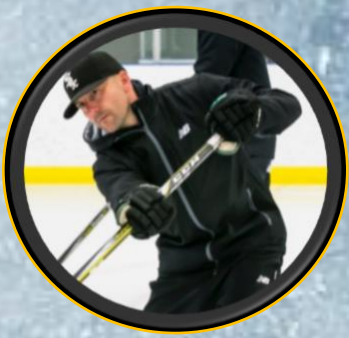
- Good academic record
- Good study habits
- Independent learner
- Must exhibit discipline, commitment and dedication

### HOCKEY

- All skill levels are welcomed, but must be able to skate
- Coachable, discipline, committed and dedicated
- All applicants will be taken into consideration, some exceptions may apply.







## Mr. Knight

### Elementary Hockey Academy Director

I am truly looking forward to joining the Grizzly Hockey Academy at Gibbons School. Hockey has played a significant role in my life and I intend to share my passion for hockey with the students at Gibbons School. I've been coaching hockey since my first year in the AJHL. I have over 30 years experience coaching. My hockey journey started in Morinville, then on to Fort Saskatchewan for U 18 AAA, to the AJHL in Fort McMurray and Sherwood Park, and finally the ACAC at Concordia University College. In addition, I spent a vast majority of my 20 years with Edmonton Public Schools as an instructor with The Hockey Program. As well, I have worked for and instructed with Hockey Alberta. So, I'm beyond excited for the 2022-2023 school year to begin.



## Mr. Yasinski

### Junior High Hockey Academy Director

I am so excited to join the Grizzly Hockey Academy in Gibbons this upcoming school year. Being able to teach in the classroom as well as on the ice has always been a dream of mine. I've grown up on skates and every life lesson has come from a rink. I intend to share all my knowledge with the students of Gibbons School. I grew up in Fairview and ended up playing in the NWJHL for my hometown for 4 years. During my playing career, I have assisted with community teams and have lent a helping hand with their practices. This is my second year of teaching and I am ecstatic to bring my enthusiasm and knowledge of the game this school year.

## ON-ICE SESSIONS

We will focus on various fundamentals and incorporate drills/activities that help challenge the student athletes. The fundamentals that will be focused on are:

- Skating
- Shooting
- Passing
- Puck handling
- Checking
- Offensive/Defensive Tactics
- Goaltending skills

**\*\* Professional goaltending coaches will be hired for instruction 1-2 sessions each month. Goaltenders will only pay half the program fee.**

## OFF-ICE SESSIONS

Off-ice sessions will focus on helping train the student athlete as well as expose them to a variety of sports and experiences. These sessions will also be used to bring in experts in various fields to help the student athletes understand the "bigger picture" behind hockey:

- Mental Training
- Sports Medicine
- Fitness and Nutrition

The activities that will be incorporated into the program (but are not limited too) are:

- |                        |                       |
|------------------------|-----------------------|
| • Fitness Facilities   | • Soccer              |
| • Badminton            | • Basketball          |
| • Curling              | • Volleyball          |
| • Cycling              | • Lacrosse            |
| • Ball Hockey          | • Yoga                |
| • Whitemud Aerial Park | • Vertically Inclined |

