

VISIT WWW.RPMHOCKEY.COM

THE CHOICE OF PARENTS, PLAYERS & MINOR HOCKEY FOR 44 YEARS!

Breakaway



HOW IT GOES.... RPM's Spring includes 700+ players in our 3on3 League, 200 players in our weekly instructional programs and 150 students in our academies! Yes that's approx. 1200 players per week every week until the end of June! At RPM we have a lot of moving parts we work hard to make your time at RPM enjoyable and a great experience! Thank you for choosing RPM and supporting our business.

Its been a busy Spring as RPM prepares for our Summer Programs. Our Summer instructional programs are online and filling. Our Spring 3on3 League has increased to 61 teams and 700+ players - 12 more teams than last year. Teams from Maple Ridge, Pitt Meadows, Port Coquitlam, Coquitlam, Port Moody and Cloverdale are joining us this Spring! Spring Pond Hockey for individual players not on 3-3 teams has filled. Our Spring Instructional Programs (April to June) have also filled with parents now moving to our Summer Programs. Hockey academies have seen significant growth at all locations with a new location on Vancouver Island.

This August will be our 44th year providing our Summer Programs!

Why RPM? We have a unique, proven and superior approach to technical skill instruction that separates us from other providers, coaches & instructors. We will make sure your instructional needs are met safely, correctly and consistently within a caring enjoyable on ice environment from one level to the next! RPM will get you the results that you are looking for. **The fact that we have been the popular choice of Parents, Players & Minor Hockey for over 44 years says a lot about the work we do day in and day out, season after season and year after year!**



All the best, Craig Millin (owner)

An RPM Session should never let you down. We work hard to make your experience a rewarding one. Your time with RPM should be a blend of technical instruction, hard work & age appropriate fun! If we have failed in our effort we would like to know about it. Feel free to contact craig@rpmhockey.com in writing at anytime with feedback and I will do my best to address any concerns, ideas or suggestions. **Enjoy your time with RPM? Let others know...**

HOCKEY ACADEMIES - UPDATE

Our Ministry Approved integrated in-school hockey academies are online and accepting registrations at the following locations.

Please note that some of our locations are full or have very limited space. Academies are popular and fill quick.

- Riverside Secondary - Port Coquitlam - Grades 9-12 - **45 registered.**
- Centennial Secondary - Coquitlam - Grades 9-12 - **76 registered.**
- PMSS Secondary - Pitt Meadows - Grades 8-12 - **62 registered.**
- NWSS Secondary - New Westminster - Grades 9-12 - **44 registered.**
- Don Ross Secondary - Squamish - Grades 7, 8 & 9 - **34 registered.**
- Whistler Secondary - Whistler - Grades 8-12 - **40 registered.**
- SRT Secondary - Maple Ridge - Grades 8-12 - **61 registered.**
- Frances Kelsey - Mill Bay/Shawnigan Lake - Grades 8-12 - **34 registered.**

Visit RPM online for specifics www.rpmhockey.com



Hockey Academies - My son has become an excellent student by mixing academics with his sport of choice!
Thanks so much. B Howardson



DO SOMETHING EXTRAORDINARY NEXT SEPTEMBER!

Summer Hockey Programs

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Program Full?

If the program you want appears to be full and you would like to attend we will add you to a waitlist email

holly@rpmhockey.com let our office know the program & we will add you to the list. Space may come available or we may add a second program!



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2024

*All programs offered at Pitt Meadows Arenas

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Age	Program Type	Dates	Level	Time	Cost
U6-U13	New to Hockey (Beginners)	Jul 29 - Aug 2	Entry	12:15-1:15pm	\$210
U6-U9	Power Skating & Hockey Skills+	Jul 29 - Aug 2	Recreational	1:30-2:30pm	\$210
U11-U13	Power Skating & Hockey Skills+	Jul 29- Aug 2	Recreational	2:45-3:45pm	\$210
U11-U13	Forward & Defenceman	Jul 29 - Aug 2	Rep Level	4:00-5:00pm	\$230
U15-U18	Forward & Defenceman	Jul 29 - Aug 2	Rep Level	5:15-6:15pm	\$230

U6-U9	Puck Control & Shooting	Aug 6 - Aug 10	Recreational	4:00-5:00pm	\$210
U11-U13	Puck Control & Shooting	Aug 6 - Aug 10	Recreational	5:15-6:15pm	\$210
U11-U13	Conditioning (Rep Prep Camp)	Aug 6 - Aug 10	Rep Level	6:30-8:00pm	\$310
U15-U18	Conditioning (Rep Prep Camp)	Aug 6 - Aug 10	Rep Level	8:15-9:45pm	\$310

U6-U13	New to Hockey (Beginners)	Aug 12 - Aug 16	Entry	1:30-2:30pm	\$210
U6-U9	Power Skating & Hockey Skills+	Aug 12 - Aug 16	Recreational	2:45-3:45pm	\$210
U11-U13	Skills & Drills	Aug 12 - Aug 16	Recreational	4:00-5:00pm	\$210
U11-U13	Hockey Tough	Aug 12 - Aug 16	Rep	5:15-6:15pm	\$230
U13-U15	Hockey Tough	Aug 12 - Aug 16	Rep	6:30-7:30pm	\$230
U15-U18	Hockey Tough	Aug 12 - Aug 16	Rep	6:30-7:30pm	\$230

U11-U13	Shooting Clinic	Aug 19 - Aug 23	Rec/Rep Level	12:15-1:15pm	\$210
U6-U9	Stick Handling & Shooting	Aug 19 - Aug 23	Recreational	1:30-2:30pm	\$210
U15-U18	Shooting Clinic	Aug 19 - Aug 23	Rec/Rep Level	4:00-5:00pm	\$210
U15-U18	Skills & Drills	Aug 19 - Aug 23	Rec/Rep Level	5:15-6:15pm	\$210

Age Groups

NHP New to Hockey 5-12yrs

U9 - Hockey 1-4 - 6-8yrs

U11 - Atom - 9-10yrs

U13- Pee Wee-11 & 12yrs

U15-Bantam - 13-14yrs

U18-Midget - 15-17yrs

Levels - Pls check the level of each program

New to Hockey - Beginners

Recreational - Average Players

Rep Level - Upper Ended Players



Power Skating & Puck Skills +

My son really loved your program your instructors attention to detail with respect to skating has really helped his confidence and game play. Thanks J Hewson

Hockey Tough- What a great program - RPM's Hockey Tough really delivers just the right mix of current up to date technical instruction with a touch of old school. The program requires hard work, responsibility and accountability and gets the results you are looking for. - Thanks M Carter

Summer Program Description



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Levels

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Recreational (C) - Average Players

Rep Level - Upper Ended Players

U13- Pee Wee-11 & 12yrs

U15-Bantam - 13-14yrs

U18-Midget - 15-17yrs

Beginner Programs

New to Hockey - Entry Level (3-5yrs) & (6-12yrs)

RPM will get the players started with basic skating and puck skills. We combine just the right amount of instruction with social interactive play. An excellent opportunity to gauge the interest of your player as he or she tries their hand at hockey. Make your first experience a great one! **Will prepare your player for the upcoming hockey season.**

Recreational Programs

Power Skating Hockey Skills for U9 or U11/U13

Available to Recreational & Rep Players
This program includes national level instruction in Power Skating (Can Power Skate) Instruction includes balance, edge work, tight turns, cross overs, stride, stopping, starts, backwards, backwards crossovers and pivots. This program also includes puck control, passing, shooting and controlled contact. RPM takes the power skating aspects of this program and instructs how it relates to puck skills. This school offers a comprehensive, well rounded delivery of all skills one must acquire & develop to play the game.

Power Skating Only for U9 or U11 & U13

Available to Recreational & Rep Players
This program includes national level instruction in Power Skating (Can Power Skate) Instruction includes balance, edge work, tight turns, cross overs, stride, stopping, starts, backwards, backwards crossovers and pivots.

Puck Control & Shooting for U9 & U11/U13

Available to recreational & rep players & Goaltenders
Instruction includes: Stick Handling vs Puck Control, what techniques (moves) to apply when, how and why. All the fancy moves only work if and when you can get your opponent to commit. The finish: focusing on the wrist shot, backhand, snap, slap, flip shots, breakaways, bad angle shots, deflections, driving the net and coming out from behind the net. This program connects the proper use of edges. (skating), select moves (puck control) enabling the player get past their opponent and (shooting) with speed, power, accuracy and off both legs.

Skills & Drills for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders
RPM provides just the right blend of technical skill instruction and fast paced flow drills. Lots of skating, puck movement, shooting using our most popular flow drills. An excellent opportunity to get back on ice and ready yourself for the upcoming season.

Defenceman Program for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders
Program includes backwards skating and acceleration, pivots, shooting from the point, reading the play, understanding passing and rushing lanes, headmanning the puck, how to play 1-1, 2-1, 3-1 and 3-2, controlled contact and blocking shots!

Shooters Program for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders
Technical Instruction includes: wrist shot, backhand, snap, slap, flip shots, break aways, bad angle shots, deflections, driving the net and coming out from behind the net. This program connects the proper use of edges to enable the player to shoot with speed, power, accuracy and off both legs.

Rep Level Programs

Rep Prep Conditioning Camp for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders
Conditioning Camp is available for those players preparing for their tryouts! RPM provides you with a fast paced on ice environment that includes conditioning and lots of flow, not only will we get you in game shape, we will have you ready to compete. This conditioning Camp is placed the week prior to most minor hockey try-outs we will have you ready to do your best! RPM presents drills that are common with association tryouts and we will offer helpful hints as to what the evaluators look for. Our goal is to help you showcase your skills.

Rep Defencemans for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders
Offers REP LEVEL Defenceman the opportunity to 'fine tune' their skills. Program includes backwards skating, acceleration, pivots, shooting from the point, reading the play, understanding passing and rushing lanes, headmanning the puck, how to play 1-1, 2-1, 3-1 and 3-2, controlled contact, gap control, angling and blocking shots! This program has a restricted class size, lower student/instructor ratio, providing additional individual attention.

Rep Power Forward for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders
Offers the REP LEVEL player the opportunity to refine their skills, designed to focus on the 'unique' needs of the hockey forward. Players will learn how to fore-check, back-check, control check, cycle, pivot, tight turn, beat the player 1-1, face-off, avoid physical checks, angle and gap control. We will also instruct 'sniper' concepts that will give you the skills to establish yourself as power forward with the 'finish' of a goal scorer. This program has a restricted class size, lower student/instructor ratio, providing additional individual attention.

Hockey Tough for U11/U13 & U13/U15 & U15/U18

Available to Rep Level Players & Goaltenders
Hockey Tough is about imposing your will on your opponent. Outworking your competition, channeling your best effort on a daily basis. Realizing that if you put in the Effort... you will reap the Reward. Whether you are trying to protect the puck, clear your zone, vying for position, beating your opponent to a loose puck - hockey is a game comprised of individual and group battles. On Ice is a combination of technical, tactical, flow and conditioning. Hockey Tough teaches you all the little things you need to know that no one ever teaches you. Hockey Tough will focus on further developing a players compete level and refines their skills. Content includes small area skills, puck protection, controlled contact, 1 on 1 and 2 on 1. Players will be grouped according to size and ability. If your goal is to play at the next level this program is a must.



NEW TO HOCKEY



FROM THIS TO THIS IN NO TIME AT ALL...



CAN-POWERSKATE

FOR (5-12 YEARS) BEGINNERS

Our New to Hockey Program is available for entry level players. The age groups in this program are combined & taught separately, based on skills and ability. A popular program combining just the right amount of instruction and fun making a players first experience a rewarding one.

Will prepare your player for the upcoming hockey season.

July 29 - Aug 2 12:15-1:15pm

Aug 12 - Aug 16 1:30-2:30pm

Visit RPM online for specifics www.rpmhockey.com

RPM ALUMNI



Some of our alumni above - Just a note to be our alumni you have to have spent your development years with RPM not simply a 1 week hockey school. The players above attended numerous RPM Programs throughout their youth. Some started with us at 5-6 years of age and remained with us until they went to Junior Hockey or College.

Character Integrity Tradition



1980 1986 1990 2000 2021



RPM established 1980

WHY RPM?

Do you love hockey? Would you like your child(ren) to acquire the hockey skills (Correctly, Safely and Consistently) enabling them to play and enjoy the great game of hockey? RPM has been the popular choice of players, parents and minor hockey for over 44 years! We help young people acquire the skills and confidence to play hockey at the level they choose. In addition to instructing players RPM is relied upon to teach minor hockey coaches! We offer upper ended enriched learning/training for coaches within minor hockey.

RPM will get you the results that you are looking for. The fact that we have been the popular choice of parents, players & Minor Hockey for over 44 years says a lot about the work we do day in and day out, season after season and year after year!

Why RPM? We have a unique, proven and superior approach to technical skill instruction that separates us from other providers, coaches & instructors. As bio mechanic specialists we have a thorough knowledge of the progressions required to further develop all skills. We have strong communication skills, lead by example and have a genuine interest in working with young people. The RPM method - In simplest terms we have players understand how their body must move to execute the desired physical response - to perform a particular skill.

Your Player will learn

- what they need to do,
- how they need to do it
- why they need to do it a certain way.

The RPM process...will ensure that your player will...

- Execute all skills correctly.
- Then correctly & powerfully.
- Then correctly, powerfully & quickly.
- Then correctly, powerfully & quickly with the puck.
- Finally, correctly, powerfully, quickly with the puck in tactical/game situations.

Learn, apply, refine, re-work, repeat...success is in the details.

What you don't want from a provider, coach, instructor is someone who 'wings it' with all flash and no substance, no skill correction, random drills that serve no purpose and get no results other than developing a players bad habits and filling a 60 minute on ice session with too many participants and giving you that standing around stack and rack unsafe on ice feeling.

Don't be fooled by imposters, wannabes & those passing themselves off as certified, qualified professional instructors with extensive hockey backgrounds while some are the vast majority are not.

As a prospective client discuss with the provider, coach, instructor their qualifications, certification, their experience, ask about on ice content, safety protocols, on ice instruction - what is actually taught, how its taught and who is teaching and most important the instructor/participant ratios.

Why RPM? We will make sure your instructional needs are met safely, correctly and consistently within a caring enjoyable on ice environment from one level to the next!



CANPOWERSKATE

POWER SKATING WHAT'S IT ALL ABOUT?

WHY POWER SKATING? and how it differs from minor hockey.

The best way to go fast is to first go slow....

Have you ever watched an on ice session where the players are told to skate hard, skate faster, harder faster go go go and so on....Parents often ask the coaches to "skate them hard", "make them work", "get them tired".

It's not about filling a 60 minute on ice session with random end result drills with kids flying thru those drills out of control, getting tired and simply layering bad habits and poor technique - layer upon layer. The RPM power skating program is a technique based program. The purpose is to teach players how to perform the skating skills correctly!



The goal to become not just fast, but powerful, stable, explosive and efficient.

In simplest terms our method is to have players understand how the body must move to execute the desired physical response. Our instruction allows players to understand:

- **what they need to do**
- **how they need to do it**
- **why they need to do it a certain way.**

Players need to slow the process and technique down to fully understand and appreciate what is being asked of them. RPM breaks down each of the skating skills into smaller parts working towards the proper execution of each technical skating skill. Once the skills are achieved we will look to further refine the skill by adding pucks, reduced space, more challenging drills and implementing tactical/game play.



There are 2 types of on ice drills:

1) Process Oriented Drills (POD) the detail, progressions and a breakdown of how to perform skating skills bio-mechanically)

2) End Result Drills - these drills serve little purpose other than having the players perform a skating skill there are no progressions, no skill breakdown and no detail.

Many practices are full of end result drills. A quick case in point example frontward crossovers - the end result drill would be to have players skate all 5 circles believing they are learning crossovers when in fact they are simply showing how they skate crossovers. To actually teach crossovers you need to isolate inside and outside edges and pay careful attention to body posture and stick placement. Unfortunately end result drills miss the breakdown, detail and progressions.

RPM instructional staff are qualified CanPower Skate Instructors We instruct to the national standards and implement Canada's National Power Skating Program. RPM staff take the time to break the teaching technique down into progressions and specific skill components.

Our Program: At the end of the day what is it you are paying for? Fast paced drills which are all flash and no substance performed incorrectly without a proper understanding of how to do the skills properly? Or technical instruction that is taught correctly and will allow your player to establish a strong skating base to further develop all other hockey skills.

Most people would agree that Skating is the single most important skill a player must develop. In fact all other hockey skills are built upon strong skating skills. It doesn't matter if you are a beginner, recreation, rep level or professional player. Your devotion to improving your skating is a lifelong commitment.

