

Breakaway



Character-Integrity-Tradition

Welcome to Breakaway!

Our quarterly newsletter designed to provide you with up to date information regarding our programs and services.

April to June 2016

Spring 3-3 League

We have room for more teams & individuals Did you know... In 2015 we had 70+ teams and over 1000 kids!

Welcome to RPM's 3 on 3 Spring Hockey League - operating April to June 2016 at the Planet Ice Maple Ridge, Pitt Meadows Ice Arenas and Planet Ice Coquitlam. 3 on 3 Hockey is fun & fast with plenty of action, it develops both individual and team skills and has end to end play with few stoppages! It is a great workout and the emphasis is on fun, fairplay & friendships. 3 on 3 offers player's an alternative, a place where kids can be kids, play the game they love the way it is meant to be played...all out! If you want to spend your Spring playing hard, developing your skills, making new friends and having a blast, RPM's 3 on 3 is for you! Boys, Girls & Co-ed teams are welcome! Divisions are tiered based on ability. RPM's 3 on 3 League is played on a full regular sheet of ice. Roster size is limited to 6 skaters (atom-midget) or 9 skaters (Hockey 2-4), so everyone gets lots of ice time! **Registration Deadline March 11**

Visit us at www.rpmhockey.com select Leagues for specifics or Contact holly@rpmhockey.com

Spring Programs @ Pitt Meadows Arenas

Our Spring Programs	Day	Time	Next Session
Hockey 1-4 PSHS+	Mondays	6:00-7:00pm	April
Atom/Pee Wee Power Skating+	Fridays	4:45-5:45pm	April
Atom/Pee Wee High Performance	Wednesdays	6:00-7:00pm	April
Bantam/Midget High Performance	Thursdays	9:00-10:30pm	April
Tiny Blades & New to Hockey	Wednesdays	3:30-4:30pm	April

Red - Rep Level Programs
Note: Parents & Players can register and join us at anytime we will pro rate their registration fees. online at www.rpmhockey.com

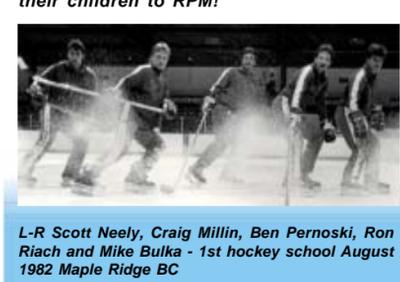
Academy Volunteers! You may notice that we have several young volunteers assisting RPM Staff during this program. These volunteers are from the Pacific Rim Hockey Academy they are not paid staff they are students who assist and support our instructional staff. These volunteers earn academic credits for volunteering, work experience and grad transitions. Their involvement is part of our Academies Personal Growth and Leadership Mandate.

Private Lessons All Ages

RPM offers players the opportunity to further develop their technical skills in private one on one lessons. Privates can provide you with that special attention where you need it the most! Location - Pitt Meadows Arenas Tues, Thurs or Fri - 3:30-4:30pm

From the Archives August 1983

As we enter 2016 RPM is now 35 years old! We've been around longer than most of our Instructors! Our early students now bring their children to RPM!



"I thought you were excellent, and I loved the rapport you had with the kids...I thought the very individualized attention, instruction and feedback on shooting was great!" M Millar

Academics & Hockey

Maple Ridge/Pitt Meadows Bantam/Midget Hockey Players Grade 8-12

How about hockey as part of your normal school day...inside the school timetable...doesn't interfere with minor hockey oh and did we mention you get academic credit for your participation.

Do something extraordinary next September!

Maple Ridge/Pitt Meadows Hockey Academy Year 12!

Available to Students grade 8 to 12 (Bantam & Midget Players)

A Few Openings Left!

Accepting Applications for September 2016

- * Students receive academic credits
- * Offered inside the school timetable
- * Skills & Tactics
- * Off ice Conditioning Classroom
- * Special Events
- * Doesn't interfere with minor hockey

Contacts:
 Craig Millin (Academy) craig@rpmhockey.com 604-476-0464

Offered in partnership with:

Building great kids...in the classroom, on and off ice and in their community!

www.rpmhockey.com

What It Means to Be "Coachable"

It's your first day at practice. There's excitement about meeting new teammates and coaches. Young players want to make a good impression, and the natural thought is to score a flashy goal or make a big save to get everyone's attention.

Sure, coaches and teammates want to see standout talents on their teams. However, there's no quality more important for a coach to see than a player who wants to learn. Being a coachable hockey player is the fastest route to becoming a better hockey player.



Be Prepared
 Providence College women's hockey head coach Bob Deraney knows a coachable player when he sees one. According to him, players who want to be on the ice, learn from mistakes and approach every practice and game as a chance to improve are the players most likely to succeed. There's no formula for success that universally applies to every player. Each is different with varying strengths and weaknesses, and being coachable helps players identify those shortcomings and improve them.

One of the biggest hallmarks of a coachable player is someone who clearly invests time before the game or practice getting ready.

"(A coachable player is) someone who shows up prepared, practice or game," Deraney said. "They are ready to get better and be the best they can be. They're smiling and energetic, and they look in the eye when they speak with them. They're the kind that wants to be the first one there and last to leave, and always wants to do one more. Their No. 1 priority is being a good teammate, encouraging and challenging their teammates to be the best they can be."

Winning Attitude and Resilience
 One important aspect of youth hockey is the relationship between players and coaches and how that helps young players get better. It's not all about winning games at the youth levels, but having a winning attitude is paramount in development.

Having a winning attitude and mindset enhances development, fuels passion for the game and makes your teammates better. That all starts in practice, and coaches love to see players with that demeanor.

"When you make a mistake and you're upset with yourself, don't let people know by banging your stick or shaking your head," Deraney said. "The best thing to do is own it and come back harder on the next play or shift."

Be a Good Teammate
 The same is true when teammates make mistakes or struggle to pick up a new concept. Coachable players understand that not everyone is going to get it right the first time - and the support from teammates means a lot. When teammates work hard for each other, they have more success. Coaches need to see players that understand the learning process, commit to getting better in all areas of the game and strive to become a cohesive team.

The attitude that separates good hockey players from great hockey players all ties back to the idea of being coachable and striving to improve every day.

"The difference between a good player and a great player is that a good player thinks he or she is good and a great player always believes they can be better," Deraney said. "A great player is an athlete who is never satisfied."

3 of RPM's Best....



RPM Alumni

'I Miss you guys and the RPM skates, I am forever grateful for all of the help you gave me along my journey'.
 Brenden Dillon #4
 San Jose Sharks



Quote of the Month

I have to let you know that this has been an excellent way for Trent to start a new school. He has blended in nicely with the new school system. He was able to use the academy as a way to meet new friends and quickly understand the school environment. He has furthered his hockey development beyond our expectations. He likes the coaches and the academy and it keeps him wanting to get up every morning and get to school!