

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

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!

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

Winter Programs @ Pitt Meadows Arenas

Our Winter Programs	Day	Time	Next Session
Hockey 1-4 PSHS	Tuesdays	3:30-4:30pm	January 12
Atom/Pee Wee Power Skating	Thursdays	3:30-4:30pm	January 14
Tiny Blades & New to Hockey	Fridays	3:30-4:30pm	January 15

Note: Parents and Players can register and join us at anytime and 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

RPM getting it right for over 30 years!

We've had some pretty good hockey players come thru RPM over the years...players who made RPM part of their regular development... these guys didn't just attend a one week hockey school they made RPM an integral part of their development thru their minor hockey years.

The hockey academy allowed me to refine my skills while playing Major Midget. Patrick Weircoch NHL 2008 Ottawa Senators



"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

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

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

New Parent Meeting @ Pitt Meadows Secondary
 February 2 8:00pm PMSS Room 1031

Accepting New Applicants for Sept. 2016

Students receive academic credits www.rpmhockey.com

Contacts:
 Steve Kater (Teacher) steve_kater@sd42.ca 604-465-7141
 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!

Skill Based (SBI) vs Drill Based Instruction (DBI)
 Parents often associate a great on ice experience with lots of movement, little standing around, hard work and the player coming off the ice sweating with everyone saying what a great on ice session... but was it? What specifically did the kids learn? Was there skill breakdown, skill correction, progressions? Did the session have a particular focus? or a bunch of drills selected at random?

All hockey skills are delivered in one of two formats: **Skill Based Instruction (SBI)** or **Drill Based Instruction (DBI)**.



SBI focuses on the technical detail - the physical mechanics, techniques & actions required to actually perform the particular skill.

DBI focuses on the players going thru a variety of on ice drills. Skating circles does not teach crossovers....skating the length of the ice does not teach the child skating. That is simply the child showing you how well he/she can skate crossovers or skate the length of the ice. They are simply performing a drill.

Therein lies the entire problem with hockey development...and most on ice practices.

The minor hockey system is full of on ice environments using drill based instruction (end result drills)

The drill based approach does not help the child to improve his/her specific skills - unless each of those hockey skills are stripped down to the technical detail and mechanics required to perform the skill.

Skill instruction is not about selecting drills and filling a 60 minute on ice session nor is it fast moving, parent pleasing drills performed incorrectly re-enforcing bad habits year after year! It's about teaching the technical detail of how to perform each & all skills correctly!

Rather than have players skate the five circles doing their best attempt at a crossover The Skill Based approach takes the crossover and works backwards through the mechanics required to physically perform the crossover. The focus is in the detail the bits a pieces that when combined allow for the correct execution of a particular skill.

Balance, weight in their skates, use of their inside and outside edges, strong edges vs soft edges, upper body posture, stick placement are some of the mechanics the child must acquire before performing the crossover correctly without those mechanics in place the child performs the crossovers and circles incorrectly and will continue to do so until the skill based provider or coach addresses the detail.

That is the fundamental difference between RPM and most other providers and coaches-we approach skill development from skill based perspective not drill based.

Next time you are at the rink listen to the on ice instruction...do you hear (drill based) go, go, go, faster, faster, harder, harder or do you hear (skill based) snap that toe, strong inside edge, stick down in front, full extension..full recovery...weight on the balls of your feet...ect When it comes to player skill development find a **skill based** instructor, provider or coach. Avoid drill based providers who use drills to fill a 60 minute practice.

off the mark.com by Mark Parisi



Quote of the Month

"We attended two schools this year David Roy's Power Skating program and RPM we were delighted to see that the Power Skating Program offered by RPM was virtually identical to that offered by David. We had no idea that level of expertise was available in the Lower Mainland. R. Kretchmare