



# Breakaway

THE CHOICE OF PARENTS, PLAYERS & MINOR HOCKEY FOR 43 YEARS!

# Winter/Spring



## How it Goes....

RPM has its Winter & Spring Instructional Programs in place, along with our **Pro D Day/Stat Instructional Clinics - January 24 & February 19**. Our **September 2024** Hockey Academies have confirmed meeting dates for our New Parent Information Nights in January/February 2024 (see below). For Parents/Players interested in our academies these meetings are a must. As we move thru the Winter RPM will gear up for our Spring Programs, Our 3-3 Spring League entering its 20th year and our 3-3 Individual Pond Hockey. RPM offers a comprehensive service tailored to meet the specific needs of players, parents and hockey conscious communities. Join us this Winter & Spring 2024.

**\*All programs offered at Pitt Meadows Arenas**

## Winter Instructional Programs

**2024**

[WWW.RPMHOCKEY.COM](http://WWW.RPMHOCKEY.COM)

**New! Combo Programs & Discounts - RPM provides our clients with discounts for those wanting to select and commit to multiple programs.**

Visit RPM at [www.rpmhockey.com](http://www.rpmhockey.com) to review specific program content and to register. Email [holly@rpmhockey.com](mailto:holly@rpmhockey.com) let her know the program(s) you have registered for and we will adjust the price prior to completing the transaction.

Age	Program Type	Day	Dates	Level	Time	Cost
U6-U9	Stride, Shoot & Score	Tuesdays	Jan 9 - Feb 6	Recreational	3:30-4:30pm	\$200
U6-U9	Power Skating & Puck Skills+	Tuesdays	Feb 13 - Mar 12	Recreational	3:30-4:30pm	\$200
U11-U13	Stride, Shoot & Score	Thursdays	Jan 11 - Feb 8	Recreational	3:30-4:30pm	\$200
U11-U13	Power Skating & Puck Skills+	Thursdays	Feb 15 - Mar 14	Recreational	3:30-4:30pm	\$200

## Pro D Day Clinic - Instruction

Age	Program Type	Day	Dates	Level	Time	Cost
U6-U13	Stickhandling Clinic	Monday	Jan 24	Recreational	12:45-1:45pm	\$40
U11-U13	Stickhandling Clinic	Monday	Jan 24	Recreational/Rep	2:00-3:00pm	\$40
U6-U13	Shooting Clinic	Monday	Feb 19	Recreational	1:00-2:00pm	\$40
U11-U13	Shooting Clinic	Monday	Feb 19	Recreational/Rep	2:15-3:15pm	\$40

## HOCKEY ACADEMY 2024 - NEW PARENT MEETINGS

RPM will host new parent meetings for our September 2024 Hockey Academies in January & February.

Please familiarize yourself with our zoom meeting details & dates. Our academies are popular and fill quick.

Riverside Secondary - Port Coquitlam - Grades 9-12 - Parent Meeting **Jan 22 @ 7pm** - Registration Opens **Jan 23**

Centennial Secondary - Coquitlam - Grades 9-12 - Parent Meeting **Jan 25 @ 7pm** - Registration Opens **Jan 26**

PMSS Secondary - Pitt Meadows - Grades 8-12 - Parent Meeting **Jan 30 @ 7pm** - Registration Opens **Jan 31**

SRT Secondary - Maple Ridge - Grades 8-12 - Parent Meeting **Feb 1 @ 7pm** - Registration Opens **Feb 2**

NWSS Secondary - New Westminster - Grades 9-12 - Parent Meeting **Feb 6 @ 7pm** - Registration Opens **Feb 7**

Don Ross Secondary - Squamish - Grades 7, 8 & 9 - Parent Meeting **Feb 7 @ 7pm** - Registration Opens **Feb 8**

Whistler Secondary - Whistler - Grades 8-12- Parent Meeting **Feb 8** - Registration Opens **Feb 9**



Visit RPM online for specifics [www.rpmhockey.com](http://www.rpmhockey.com)

# Spring Instructional Programs

**New! Combo Programs & Discounts** - RPM provides our clients with discounts for those wanting to select and commit to multiple programs.

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Age	Program Type	Day	Dates	Level	Time	Cost
U6-U13	New to Hockey	Thursdays	Apr 3 - May 8	Recreational	3:30-4:30pm	\$240
U11-U13	New to Hockey	Thursdays	May 15 - Jun 19	Recreational/Rep	3:30-4:30pm	\$240

Age	Program Type	Day	Dates	Level	Time	Cost
U6-U9	Puck Control, Passing & Shooting	Mondays	Apr 1 - May 6	Recreational	6:00-7:00pm	\$240
U6-U9	Stride, Shoot & Score	Mondays	Feb 13 - Mar 12	Recreational	6:00-7:00pm	\$240

Age	Program Type	Day	Dates	Level	Time	Cost
U11-U13	Puck Control, Passing & Shooting	Fridays	Apr 5 - May 10	Recreational/Rep	4:45-5:45pm	\$200
U11-U13	Stride, Shoot & Score	Fridays	May 17 - June 21	Recreational/Rep	4:45-5:45pm	\$240

## NEW TO HOCKEY - BEGINNERS 2 GROUPS - (3-5 YEARS) & (6-12 YEARS)

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



Make your first experience a great one!

The Spring & Summer is prime time for RPM's New to Hockey program getting new players ready for the upcoming hockey Season in September! RPM will get the players started with the 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. Visit RPM online for specifics [www.rpmhockey.com](http://www.rpmhockey.com) See Spring Programs listed above.

FUN, FAIRPLAY & FRIENDSHIPS

## 3-3 SPRING HOCKEY LEAGUE (TEAMS)



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! 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 and having a blast - 3-3 is for you!

Registration Deadline Feb 28

## 3-3 SPRING POND HOCKEY (INDIVIDUALS)



Don't have a 3 on 3 Team? We've got you covered! Pond Hockey allows you to play fun 3 on 3 games each week even if you don't have a formal team. Show up each week, warm-up, split up into teams (teams will vary weekly) and play games.

U11-U13 6-9 skaters per team & U6-U9 6-12 skaters per team

Ages	Day	Dates	Time	Cost	Day
5 to 6	Saturday	Apr 6- June 22	1:10-1:50pm	\$350	no session May 18
7 to 8	Saturday	Apr 6- June 22	1:50-2:30pm	\$350	no session May 18
9 to 10	Sunday	Apr 7- June 23	11:35-12:15pm	\$400	no session May 19
11 to 12	Sunday	Apr 7- June 23	12:15-12:55pm	\$400	no session May 19

No games Easter or May long weekend.

Shooter Tutors will be used in lieu of goalies.

Referee, scorekeeper and jerseys included.



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.

