

Do something extraordinary next school year!



13th year!

Centennial & RPM Hockey Academy 2021

in partnership with District 43

Registration Opens Jan 29, 2021 @ 8:30am
Online @ www.rpmhockey.com

Questions? Join Zoom Meeting

Topic: Centennial Hockey Academy

<https://sd43-bc-ca.zoom.us/j/7318461801>

Time: Thursday Jan 28 @ 7pm

Meeting ID- 7318461801

Character-Integrity-Tradition



This program is available for students in grades 9 to 12.

RPM & Centennial Secondary (Coquitlam) have developed a program & curriculum that provides students the opportunity to balance their educational requirements while developing their hockey skills.



RPM provides personalized instruction that educates and develops students in both the physical and mental aspects required to excel in hockey. The school and RPM, in consultation with students and parents helps design a personalized teaching plan catered to meet each player's individual needs. Students are tested both on and off the ice monitoring their individual improvements.

Due to Covid restrictions the academy may be modified to ensure we follow Safety Guidelines & Protocols.



The academy meets all academic requirements.

Centennial Hockey Academy Highlights

Academy Format - Semester Based - September to January

A typical week for all of our Academy players includes:

3 hours on ice-MWF - Skill Based Instruction

- Mondays - Power Skating
- Wednesdays - Puck Skills
- Fridays - Tactical & Game Play
- **2 hours-T/TH Sport Specific Conditioning/Events or Classroom**

Sport Specific Conditioning utilizes a variety of training devices and techniques and may also include out trips.

Theory instruction provides players with skill breakdowns, progressions, individual and team tactics, practice planning, proper nutrition, strategies for high-level performance and motivation and goal setting.

Academy Cost - \$1320

Please note a \$264 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1320 (-\$264 Deposit) As a convenience to parents RPM will accept a payment plan of \$264 month (Sept1-Dec1) **Register online at www.rpmhockey.com select Academies. Note you must also notify Centennial that you would like to take Hockey Academy.**



Accepting Applications

- Academy -Ministry Approved
- 2nd year Bantam & Midget Players (grade 9-12)
- Obtain Academic Credits
- On Ice Development
- Off Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational
- Special Events
- Work Experience
- Offered inside the normal school timetable
- Students can play minor hockey & school sports
- Professional/Certified Instruction

Questions? Contact:

Keith Peterson - kpeterson@sd43.bc.ca

Craig Millin - craig@rpmhockey.com

Holly Rogers - holly@rpmhockey.com

Centennial Secondary

Hockey Academy

Academy Administration

My son he has become an outstanding student by mixing school with the sport he loves.

Putting Mitch in the Hockey Academy was the best thing I ever did for his hockey development .

He not only brings home great marks, but he also looks forward to going to school every day.

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