

# NEW WEST HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company,  
New Westminster Secondary & School District 40



New  
Westminster  
Schools



## NEW PARENT - ZOOM MEETING

February 6 2024 at 7:00 pm

Meeting ID: 863 9889 2672

Passcode: 736483

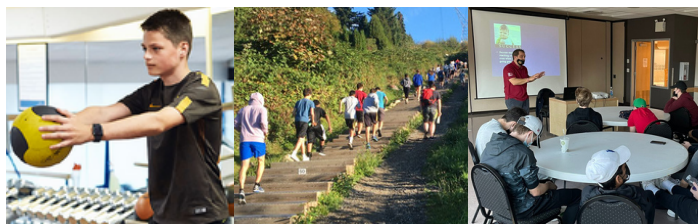
CHARACTER • INTEGRITY • TRADITION

## ABOUT THE ACADEMY

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

RPM & New Westminster Secondary have developed a program & curriculum that provides students with 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, help 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.



## HIGHLIGHTS:

Academy Format - Semester Based - September to January

**A typical week for all of our Academy players includes:**

- 3 hours on ice - Skill-Based Instruction
  - Power Skating
  - Puck Skills
  - Tactical & Game Play
- 2 hours - 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 motivation and goal setting.



## ACADEMY COST

The total price for the academy is \$1,420. Please note a \$284 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1420 (-\$284 Deposit) As a convenience to parents RPM will accept a payment plan of \$284 per month (Sept 1-Dec 1).

**Once you have registered online at [www.rpmhockey.com](http://www.rpmhockey.com), you must also notify the school that you would like to participate in the program.**

## 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

**REGISTRATION OPENS FEB 7, 2024 @ 8:30AM**  
**REGISTER AT [WWW.RPMHOCKEY.COM](http://WWW.RPMHOCKEY.COM)**

## CONTACT US

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**BUILDING GREAT KIDS IN THE CLASSROOM,  
ON ICE AND IN THEIR COMMUNITY!**