

THE CHOICE OF PARENTS, PLAYERS & MINOR HOCKEY FOR 42 YEARS!

Breakaway



VISIT WWW.RPMHOCKEY.COM



HOW IT GOES...

It's been a busy Winter as RPM prepares for our Spring & Summer...In this issue we include our Spring Instructional Programs, Spring Pond Hockey, our Academies, New to Hockey and Private Lessons. We also have our Summer Programs and Description in this issue. Our Spring instructional programs are online and filling. Our Spring 3on3 League is approaching 50 teams with over 500 players registered. New this Spring is our Pond Hockey for individual players not on teams that would like to play 3on3. This August will be our 43rd year providing our Summer Programs!

Why RPM? We have a unique, proven and superior approach to technical skill instruction that separates us from other providers, coaches & instructors. We will make sure your instructional needs are met safely, correctly and consistently within a caring enjoyable on ice environment from one level to the next!

RPM will get you the results that you are looking for. The fact that we have been the popular choice of Parents, Players & Minor Hockey for over 43 years says a lot about the work we do day in and day out, season after season and year after year!

SPRING INSTRUCTIONAL PROGRAMS & POND HOCKEY - FILLING

New to Hockey

Skating & Puck Skills - April 5 - May 10- Wednesdays 3:30-4:30pm

Skating & Puck Skills - May 17-June 21- Wednesdays 3:30-4:30pm

Hockey 1-4 (U9)

Puck Control, Passing & Shooting - April 3 - May 8- Mondays 6:00-7:00pm

Stride, Shoot & Score - May 15-June 26 Mondays 6:00-7:00pm

Atom/Pee Wee (U11) & (U13)

Puck Control, Passing & Shooting - April 14-May 12 - Fridays 4:45-5:45pm

Stride, Shoot & Score - May 26 - June 23 - Fridays 4:45-5:45pm

Instruction by Bayne Ryshak, Tanner Cunningham and Curtis Cunningham.

Visit RPM online for specifics www.rpmhockey.com

3v3 Individual
SPRING
POND HOCKEY

April 1 to June 25
5-6, 7-8, 9-10, & 11-12 years
\$350/U6 - U9 \$400/U11-U13
No games Easter or May Long



HOCKEY ACADEMIES - UPDATE

Our Ministry Approved integrated in-school hockey academies are online and accepting registrations at the following locations. Please note that some of our locations have very limited space.

Our academies are popular and fill quick.

Riverside Secondary - Port Coquitlam - Grades 9-12 - Registration Open

Centennial Secondary - Coquitlam - Grades 9-12 - Registration Open

PMSS Secondary - Pitt Meadows - Grades 8-12 - Registration Open

NWSS Secondary - New Westminster - Grades 9-12 - Registration Open

Don Ross Secondary - Squamish - Grades 7, 8 & 9 - Registration Open

Whistler Secondary - Whistler - Grades 8-12 - Registration Open

SRT Secondary - Maple Ridge - Grades 8-12 - Registration Open

Visit RPM online for specifics www.rpmhockey.com



NEW TO HOCKEY



FOR (5-12 YEARS) BEGINNERS

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. Make your first experience a great one!

April 5 - June 21 - New to Hockey - Wednesdays 3:30-4:30pm

Visit RPM online for specifics www.rpmhockey.com

PRIVATE LESSONS



Special attention where you need it the most!

Private/Semi-Private Lessons - Available for players of any age and skill level. These lessons fill quickly and are offered on a first come, first served basis. The lessons allow for individualized attention where the player needs it the most. Sessions are challenging, technical based, rewarding, and enjoyable. Instructional staff are enthusiastic, genuine, great communicators, and care about your players development.

Visit RPM online for specifics www.rpmhockey.com

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

2023



Summer Hockey Programs

*All programs offered at Pitt Meadows Arenas

WWW.RPMHOCKEY.COM

Age	Program Type	Dates	Level	Time	Cost
U6-U13	New to Hockey (Beginners)	Jul 31 - Aug 4	Entry	12:15-1:15pm	\$210
U6-U9	Power Skating & Hockey Skills+	Jul 31 - Aug 4	Recreational	1:30-2:30pm	\$210
U11-U13	Power Skating & Hockey Skills+	Jul 31 - Aug 4	Recreational	2:45-3:45pm	\$210
U11-U13	Forward & Defenceman	Jul 31 - Aug 4	Rep Level	4:00-5:00pm	\$230
U15-U18	Forward & Defenceman	Jul 31 - Aug 4	Rep Level	5:15-6:15pm	\$230

U9-U13	Power Skating Only	Aug 8 - Aug 12	Recreational	2:45-3:45pm	\$210
U6-U9	Puck Control & Shooting	Aug 8 - Aug 12	Recreational	4:00-5:00pm	\$210
U11-U13	Puck Control & Shooting	Aug 8 - Aug 12	Recreational	5:15-6:15pm	\$210
U11-U13	Conditioning (Rep Prep Camp)	Aug 8 - Aug 12	Rep Level	6:30-8:00pm	\$310
U15-U18	Conditioning (Rep Prep Camp)	Aug 8 - Aug 12	Rep Level	8:15-9:45pm	\$310

U6-U13	New to Hockey (Beginners)	Aug 14 - Aug 18	Entry	1:30-2:30pm	\$210
U6-U9	Power Skating & Hockey Skills+	Aug 14 - Aug 18	Recreational	2:45-3:45pm	\$210
U11-U13	Power Skating & Hockey Skills+	Aug 14 - Aug 18	Recreational	4:00-5:00pm	\$210
U11-U13	Hockey Tough	Aug 14 - Aug 18	Rep	5:15-6:15pm	\$230
U15-U18	Hockey Tough	Aug 14 - Aug 18	Rep	6:30-7:30pm	\$230

U6-U9	Puck Control & Shooting	Aug 21 - Aug 25	Recreational	12:15-1:15pm	\$210
U11-U13	Shooting Clinic	Aug 21 - Aug 25	Rec/Rep Level	1:30-2:30pm	\$210
U11-U13	Skills & Drills	Aug 21 - Aug 25	Rec/Rep Level	2:45-3:45pm	\$210

Take Both the Shooting Clinic & Skills & Drills for only \$350

U15-U18	Shooting Clinic	Aug 21 - Aug 25	Rec/Rep Level	4:00-5:00pm	\$210
U15-U18	Skills & Drills	Aug 21 - Aug 25	Rec/Rep Level	5:15-6:15pm	\$210

Take Both the Shooting Clinic & Skills & Drills for only \$350

Age Groups

NHP New to Hockey 5-12yrs

U9 - Hockey 1-4 - 6-8yrs

U11 - Atom - 9-10yrs

U13- Pee Wee-11 & 12yrs

U15-Bantam - 13-14yrs

U18-Midget - 15-17yrs

Levels - Pls check the level of each program

New to Hockey - Beginners

Recreational - Average Players

Rep Level - Upper Ended Players

Summer Program Description



WWW.RPMHOCKEY.COM

Age Groups

NHP New to Hockey 5-12yrs

U9 - Hockey 1-4 - 6-8yrs

U11 - Atom - 9-10yrs

U13- Pee Wee-11 & 12yrs

U15-Bantam - 13-14yrs

U18-Midget - 15-17yrs

Levels

New to Hockey - Beginners

Recreational (C) - Average Players

Rep Level - Upper Ended Players

Beginner Programs

New to Hockey - Entry Level (3-5yrs) & (6-12yrs)

RPM will get the players started with 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. Make your first experience a great one! All CSA Hockey Equipment required.

Recreational Programs

Power Skating Hockey Skills for U9 or U11/U13

Available to Recreational & Rep Players

This program includes national level instruction in Power Skating (Can Power Skate) Instruction includes balance, edge work, tight turns, cross overs, stride, stopping, starts, backwards, backwards crossovers and pivots. This program also includes puck control, passing, shooting and controlled contact. RPM takes the power skating aspects of this program and instructs how it relates to puck skills. This school offers a comprehensive, well rounded delivery of all skills one must acquire and develop to play the game.

Power Skating Only for U9 or U11 & U13

Available to Recreational & Rep Players

This program includes national level instruction in Power Skating (Can Power Skate) Instruction includes balance, edge work, tight turns, cross overs, stride, stopping, starts, backwards, backwards crossovers and pivots.

Puck Control & Shooting for U9 & U11/U13

Available to recreational & rep players & Goaltenders Instruction includes: Stick Handling vs Puck Control, what techniques (moves) to apply when, how and why. All the fancy moves only work if and when you can get your opponent to commit. The finish: focusing on the wrist shot, backhand, snap, slap, flip shots, breakaways, bad angle shots, deflections, driving the net and coming out from behind the net. This program connects the proper use of edges (skating), select moves (puck control) enabling the player get past their opponent and (shooting) with speed, power, accuracy and off both legs.

Skills & Drills for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders RPM provides just the right blend of technical skill instruction and fast paced flow drills. Lots of skating, puck movement, shooting using our most popular flow drills. An excellent opportunity to get back on ice and ready yourself for the upcoming season.

Defenceman Program for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders Program includes backwards skating and acceleration, pivots, shooting from the point, reading the play, understanding passing and rushing lanes, headmanning the puck, how to play 1-1, 2-1, 3-1 and 3-2, controlled contact and blocking shots!

Shooters Program for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders Technical Instruction includes: wrist shot, backhand, snap, slap, flip shots, break aways, bad angle shots, deflections, driving the net and coming out from behind the net. This program connects the proper use of edges to enable the player to shoot with speed, power, accuracy and off both legs.

Rep Level Programs

Rep Prep Conditioning Camp for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders Conditioning Camp is available for those players preparing for their tryouts! RPM provides you with a fast paced on ice environment that includes conditioning and lots of flow, not only will we get you in game shape, we will have you ready to compete. This conditioning Camp is placed the week prior to most minor hockey try-outs we will have you ready to do your best! RPM presents drills that are common with association tryouts and we will offer helpful hints as to what the evaluators look for. Our goal is to help you showcase your skills.

Rep Defencemans for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders

Offers REP LEVEL Defenceman the opportunity to 'fine tune' their skills. Program includes backwards skating, acceleration, pivots, shooting from the point, reading the play, understanding passing and rushing lanes, headmanning the puck, how to play 1-1, 2-1, 3-1 and 3-2, controlled contact, gap control, angling and blocking shots! This program has a restricted class size, lower student/instructor ratio, providing additional individual attention.

Rep Power Forward for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders

Offers the REP LEVEL player the opportunity to refine their skills, designed to focus on the 'unique' needs of the hockey forward. Players will learn how to fore-check, back-check, control check, cycle, pivot, tight turn, beat the player 1-1, face-off, avoid physical checks, angle and gap control. We will also instruct 'sniper' concepts that will give you the skills to establish yourself as power forward with the 'finish' of a goal scorer. This program has a restricted class size, lower student/instructor ratio, providing additional individual attention.

Hockey Tough for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders

Hockey Tough is about imposing your will on your opponent. Outworking your competition, channeling your best effort on a daily basis. Realizing that if you put in the Effort... you will reap the Reward. Whether you are trying to protect the puck, clear your zone, vying for position, beating your opponent to a loose puck - hockey is a game comprised of individual and group battles. On Ice is a combination of technical, tactical, flow and conditioning. Hockey Tough teaches you all the little things you need to know that no one ever teaches you. Hockey Tough will focus on further developing a players compete level and refines their skills. Content includes small area skills, puck protection, controlled contact, 1 on 1 and 2 on 1. Players will be grouped according to size and ability. If your goal is to play at the next level this program is a must.

