

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

Breakaway



VISIT WWW.RPMHOCKEY.COM

FUN, FAIRPLAY & FRIENDSHIPS

3-3 SPRING HOCKEY LEAGUE



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 INDIVIDUAL POND HOCKEY



Don't have a 3 on 3 Team? We've got your 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. Referee, scorekeeper and jerseys included.

U11-U13 6-9 skaters per team

U6-U9 6-12 skaters per team

Shooter Tutors will be used in lieu of goalies.

No games Easter or May long weekend.

HOCKEY ACADEMIES

RPM will host new parent meetings for our September 2023 Hockey Academies in January & February. Please familiarize yourself with our meeting dates and when registrations will be accepted.

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 Opens Feb 3

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

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

SRT Secondary - Maple Ridge - Grades 8-12 - Parent Meeting Feb 28 - Registration Opens Mar 1

Visit RPM online for specifics www.rpmhockey.com



WINTER INSTRUCTIONAL PROGRAMS



Joining us late? No problem we will pro rate your registration fees.

Winter Instructional Programs include:

- Feb 14 - March 7 Hockey 1-4 (U9) - Tuesdays 3:30-4:30
- Feb 16 - March 9 New to Hockey - Thursdays 3:30-4:30
- Feb 17 - March 10 Atom/Pee Wee (U11) & (U13) - Fridays 3:30-4:30

Instruction provided by Bayne Ryshak, Tanner Cunningham and Curtis Cunningham.

— Visit RPM online for specifics www.rpmhockey.com

SPRING INSTRUCTIONAL PROGRAMS

Spring Instructional Programs include:

- April 3 - June 26- Hockey 1-4 (U9) - Mondays 6:00-7:00pm
- April 5 - June 21- New to Hockey - Wednesdays 3:30-4:30pm
- April 14 - June 23 - Atom/Pee Wee (U11) & (U13) - Fridays 4:45-5:45pm

Instruction provided by Bayne Ryshak, Tanner Cunningham and Curtis Cunningham.

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

NEW TO HOCKEY



NEW TO HOCKEY - FOR (3-5 YEARS) & (6-12 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!

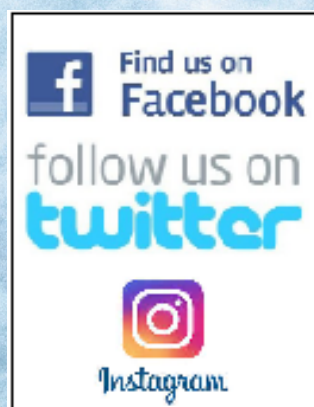
April 5 - June 21- New to Hockey - Wednesdays 3:30-4:30pm

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Staff Profile - Craig Millin

Craig is the founder/owner of RPM having started RPM in 1980. Craig has an extensive background in teaching and coaching. Craig has coached at all levels including hockey 1-4 thru to Midget AAA. A nationally certified Power Skating Instructor Craig has been largely responsible for the on ice curriculum and delivery of all RPM programs and Hockey Academies for over 42 yrs. In 2004 Craig worked with the Ministry of Education to establish board approved academic hockey academies throughout the Province of BC. RPM is a large operation that includes 45 on ice and off ice instructors in-season development to several minor hockey associations, seasonal instructional programs, 40 summer hockey schools, 10 hockey academies and a very popular Spring 3-3 League. Craig's hockey background includes junior Hockey and Professional.



POWER SKATING - WHAT ITS 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.

Minor hockey 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. That is why RPM has been the choice of players, parents and minor hockey for over 42 years!

Craig Millin is a nationally certified Power Skating Instructor.



CANPOWERSKATE

RPM - the choice of parents, players & minor hockey for over 40 years!