

**Teacher: Mr. Hansen/Mr. Serediak**  
**Room: Arena and Skills Center**  
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## **Mayerthorpe Tiger's** **Hockey Option**

This program is open to students in grades 7 through 9 who are interested in training to play hockey and have some skating ability. Students partaking in this option will be meeting outcomes outlined in the Human Services Cluster of the CTF (Career and Technology Foundations) under the Recreational Leadership heading which include: developing skills useful for coaching, fitness leadership, sport performance, athletic therapy and leading recreational activities.

The Program will be delivered during block 4 for the first semester. We will be doing dryland activities in the Tiger's Skills Center and on ice at the Mayerthorpe Arena. Students will also have to be in CSA approved equipment, which includes a helmet with a cage and proper straps once we take to the ice. An extra stick would be an asset to have for the skills center.

For on ice sessions, after the 3rd block, students will walk over to the arena and change for the ice session by 2:05. Ice sessions will run till 3:07 and students will change and return to the school for bus dismissal.

Due to the large number of students enrolled, the group will be divided into two groups and will alternate days of on ice and in the dryland center.

It is the responsibility of parents to bring their child's equipment to the school on the day that they are on the ice. It may be stored at the school during the day in a locked storage room.

### **Program Components:**

#### **On Ice Curriculum to Be Possibly Covered :**

##### **Technical Skills Players:**

- Skating with the puck and without
- Stick handling
- Shooting
- Passing
- Stride Strengthening
- Positional and Team Tactics

##### **Technical Skills Goalies**

- Skating/Movement
- Angles
- Positioning
- Rebound control

## **Off Ice Curriculum to Be Covered:**

- **Goal Setting and Leadership**
- **Sports Nutrition**
- **Training in all 10 Components of Sport**
  - **Cardiovascular/Respiratory Endurance-** The ability of the body systems to gather, process, and transport oxygen.
  - **Stamina-** The ability of the body to process, store, deliver, and utilize energy.
  - **Strength-** The ability of a muscular unit, or combo of muscular units to apply force.
  - **Flexibility-** The ability of maximizing range of motion at a given joint.
  - **Power-** The ability of a muscular unit, or combo of muscular units to apply maximum force in minimum time.
  - **Speed-** The ability to minimize the time cycle of a repeated movement.
  - **Agility-** The ability to minimize transition time between one movement pattern to another.
  - **Coordination-** The ability to combine several distinct movement patterns into a singular distinct movement.
  - **Balance-** The ability to control the placement of the bodies' center of gravity in relation to its' support base.
  - **Accuracy-** The ability to control movement in a given direction or at a given intensity.
- **Basic Anatomy**
- **Practical Applications of Sport Psychology**

## **Student Expectations:**

- Respect all facilities, equipment, instructors, peers and their themselves.
- Try their best at all times.
- Be on time and be prepared for each class.
- Ice is off limits when unsupervised.

## **Assessment:**

Students will not receive a grade for this class. Evaluation will be shown through a pre and post-test. At the start of the course, students will be evaluated through several Hockey Canada like tests. At the end of the semester, students will redo the tests and results will be provided for analysis.

## **Assessment: Evidence of Student Learning:**

Valid and reliable evaluation of student learning is gathered over time through a variety of avenues.

**Observations:** What is observed about student learning through their on-going learning process.

**Conversations with Students:** What students show about their learning and understanding.

**Student Work:** What student work demonstrates about what they know and can do.

Students will have a pre and post skills test throughout the semester to determine the level of improvement. Individual video analysis will all also be done for each student.

**What should be done if a student is unable to participate in the Training Sessions?**

- A note is to be brought to class, signed by a parent, stating the student's medical condition and telling what they can or can't do. **A medical note from the doctor may be required, depending on the injury. I.e.: Concussion, broken bones, dislocation of appendages**

**By signing the document below you are indicating that you have read and understand all the components and expectations of the Mayerthorpe Jr/Sr High Schools Hockey Option and in doing so will adhere to those expectations. Please return to Mr. Hansen/Mr. Serediak when completed \*\***

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

Date Received: \_\_\_\_\_

Email: \_\_\_\_\_