

# RIGGERS HOCKEY ACADEMY PROGRAM OVERVIEW



*"You never lose. You either win or learn"*





## ABOUT THE HOCKEY SUPER LEAGUE

The Hockey Super League was established in the winter of 2017 giving youth players an alternative option to Minor Hockey in Alberta. The Hockey Super League was created to provide an opportunity for players to participate in a privately-operated program that's goal is to develop high level hockey players and create leaders both on and off the ice. The HSL is not a registered league with Hockey Canada or Hockey Alberta, we are independent of these organizations. We believe that hockey is defined by the people who play game. We are not restricted by borders or boundaries. We are a fully insured organization that feels that athletes should not have to uproot their academic commitments to pursue a hockey program that aligns with their own developmental goals.

<http://hockeysuperleague.ca/content/about-hockey-super-league>

## RHA Program Overview

Riggers Hockey Academy is an elite hockey development program based in Leduc, Edmonton and surrounding areas. We have been operating successfully for many seasons working with young athletes. We base our program on skill, development and character building. RHA's development program consists of intensive skill development sessions with the industries top developmental programs. Power skating instruction with the industries best skating instructors; off ice strength and conditioning sessions with certified strength and agility coaches; as well as certified and experienced coaching staff of all former elite hockey players.

Our program is based out of Leduc, Alberta. Since 2015 Riggers Hockey Academy has been running elite hockey development programs for all age groups. Our goal is to team your elite athlete with others of the same skill level and allow them to progress together.



## RHA Program Outline

30-week program runs from September – March

- ✓ 9 showcases for HSL teams
- ✓ 20 practice weeks focusing on high-end development
- ✓ 3-4 ice slots per week

## HSL Outline

HSL fees extra and include:

- ✓ Player insurance included
- ✓ Entire season schedule at the start of year
- ✓ Jerseys, Socks, Helmet, Gloves, Pant Shells, Hockey Bag, Shorts & Shirt
- ✓ 9 showcases including playoffs

## Coaching Strategy and Philosophy

### Learning Life Skills

#### 1. Discipline

Want to become an elite hockey player? Here are examples of what's involved:

- Attend every weekly game and practice
- Play other sports. Be a complete athlete.
- Eat healthy food
- Try to sleep for at least 8+ hours per night
- Study the game by watching and reading about it

While you may not be able to do all these things, if you play hockey, chances are you do *some* of these things. Routinely sleeping well and eating healthy create a sense of **discipline**. Each item in the list trains you to develop a habit and stick to it through times of temptation and distress – the very nature of discipline itself.

Although you may only be doing those things to become a better hockey player, when it comes time to apply discipline skills in other areas of your life, you'll find it much easier to manage.



## 2. Respect

From U7 all the way to professional hockey, every league has a strict ethics code that all its players must follow. Essentially, each league has a code detailing how to treat people with **respect**. Congratulating players on scoring a goal, greeting your teammates each practice and

fist-bumping the opposing team after a game all contribute to building a sense of respect in a player. Also, a team's coach serves as an authority figure for the players. Listening to and learning from a coach helps to develop a player's character and sense of respect for their elders and those in authority.

## 3. Teamwork

**Hockey isn't an individual sport – it's played as a team.** At any age and skill level, a hockey player will have at least a dozen teammates that they must learn to work with. Every goal scored, and every game won is a result of months of practice building team synergy. Using that synergy, players can make snap decisions about where to pass the puck and when to rely on their teammates. *"Be the kid that every other kid wants to play hockey with."*

Throughout life, everyone will face situations where they must apply **teamwork** to accomplish a goal. Those situations can range from a group presentation at school to completing a project at work, and even to moving a heavy object with a few friends. Learning to rely on others, divide a workload evenly, and play to the strengths of teammates are the keys to successful teamwork. And all of that can be learned by playing hockey.

## 4. Communication

Let's face it: no hockey team is successful without excellent **communication** among its coach and players. The ability to express ideas in a way that anyone can easily understand them is a much tougher skill to acquire than you might think.

Hockey gives players the opportunity to communicate with a diverse group of teammates, which often change from season to season. When expressing ideas or concerns to a coach, or planning plays with teammates, efficient communication is important. Over the course of a hockey season, team members become used to talking with one another, and they learn how to adapt their communication style to suit specific levels of understanding. Yes, proper communication is a core aspect of successful teamwork. However, it also contributes to building strong relationships, working more efficiently, and ensuring that nobody is confused or unsure about the topic at hand.



## 5. Humility

Right along with teamwork and communication comes **humility**.

There's a reason why hockey leagues track "assists" in games and not just "goals." Scoring goals in hockey is a team effort, regardless of who last touched the puck before it went in the net. In fact, almost every play made during a hockey game is a team effort – whether it results in a goal or not, or whether it succeeds or fails.

Humility is probably the most debatable life lesson to be learned in hockey. It's also dependent on the coach, their teaching method, and whether goals and other accomplishments are praised as an individual or group effort. Our coaches will do their best to instill humility in our team.

Hockey can be a formative tool for all its players in surprising and often unthinkable ways. Every practice and every game contribute to the development of skills that can be applied for years to come. After each season, players will no doubt find themselves with more discipline, respect, teamwork skills, communication, and humility, among many others.

Hockey should not only be viewed as a source of competition and fun, but also as a source of personal development and an outlet for lifelong growth.

## SUCCESS

Given a certain level of physical ability, success in sports is mostly 'mental' and it involves:

- 1- **FOCUS** – Conscious intention on the task at hand. Attention to detail, knowing your jobs and executing
- 2- **DETERMINATION** - Firmness of character. Doing whatever it takes for your team to succeed
- 3- **EMOTIONAL CONTROL** Controlling your emotions before they take over you. Staying balanced in the moments, not getting too high or too low. Playing with discipline

**Real success results from the mind and body working together**

*"WINNING ISNT EVERYTHING, BUT MAKING THE EFFORT TO WIN IS." - VINCE LOMBARDI*

*"HARD WORK BEATS TALENT, UNLESS TALENT WORKS!" -WAYNE GRETZKY*

When we play with the three keys to winning, each shift will see continued success. We must be the hardest working, grittiest, most determined team on the ice every practice and game.

The only thing YOU can control are YOUR OWN actions. Lead by example and trust that your teammates will play with these keys every practice and game.

The keys to winning are not only applied in hockey, but also to your life outside of the rink.