

RINK
HOCKEY ACADEMY



PROGRAM OVERVIEW

The RINK Hockey Academy represents an exclusive franchise within the CSSHL. We are a Hockey Canada Accredited School and run the entire school year, not just during the hockey season. This gives student-athletes the opportunity to grow on and off the ice and sets us apart from other programs. Our program offers an integrated approach to individual development and physical care beyond team play in an exceptional environment that breeds success.

We provide players from around the world a choice for the future of their hockey development. Players who choose to attend the hockey academy do so knowing that they will receive the best on-ice, off-ice and educational services for their growth as a player and person.

Players practice four to five times weekly depending on their game schedule, with games taking place in a weekend or showcase tournament format. An RHA student athlete will be on the ice more, with more skill development, than any other player in British Columbia.

We currently have six teams for the upcoming 2021-22 season: U15 Prep, U15, U16 Prep, U17 Prep, U18 Prep, and U18 Female Prep, all of which compete in the CSSHL.

PILLARS OF OUR PROGRAM

ACADEMICS

DEVELOPMENT

COMPETITION

TRAVEL

50

MIN. SEASON GAMES

160

OFF-ICE TRAINING HOURS

200

STUDY HALL HOURS

300

ON-ICE HOURS





DAY TO DAY

ACADEMICS & ATHLETICS

SAMPLE SCHEDULE

Schedule varies depending on morning class or afternoon class



Workout

7:30 - 8:50



Period 1

9:00 - 10:20



Period 2

10:25- 11:50



Lunch

11:50 - 12:30



On-Ice

12:30 - 2:20



Off-Ice

2:30 - 3:20



Departure

4:00

DAY TO DAY

The Academy’s players are exposed to much more than just on-ice and off-ice sessions. Each day, every player participates in an hour and a half of on-ice and one hour of off-ice training, in addition to a one hour skills session. Players are working on either shooting or stick handling and they are learning new aspects of the game.

Our players will start their day early, with skills training or off-ice conditioning. They will then begin their core school classes, hit the ice and finish their day. Ice and School alternate weekly. High school classes are offered in a customized curriculum to accommodate their educational needs in the half-day format. Classes are semester based and two classes are offered each semester.

STUDENT LIFE

Hockey players and parents have long written off their winters to the grind of the season. A typical day in the life of an RHA student-athlete allows for their school, hockey, and training to be completed during the day. With school in the mornings and training in the afternoon, players can expect to have all activities completed by 4:00 pm daily.

GEORGE ELLIOT ACADEMICS

Our school's partnership with the Municipality of Lake Country enables us to have facilities superior to many larger high schools, including a full community theatre, two gymnasiums, and a fitness centre. Yet, because of our relatively small enrollment (900 students), we, as a staff are able to get to know our students (Grades 7-12) individually. This unique combination makes our working relationship with the RINK Hockey Academy a perfect fit.

George Elliot Secondary School has become a model for other schools in the province because of some of its unique courses. Our "Healthy Lifestyles" program has been a huge success and has received tremendous support from the community.

DEVELOPMENT

Our student athletes are on the ice almost every day. During the week, student athletes take part in structural practices and skill development sessions. Teams work closely with its respective program's dedicated skills coach, as well as various other off-ice seminars such as video work, mental training, and nutrition.

ACADEMICS

At RINK Hockey Academy, we believe in developing "Skills for Hockey and Values for Life," so academics are of equal or even greater importance than hockey. Players at RHA attend George Elliott Secondary School, which according to the Fraser Institute, is the highest-ranked academy public high school in BC.

In addition to this, RHA employs a school liaison who works with the George Elliot counselor to assist players with their course selections, oversees players academics, and can assist with arranging teacher support to help players catch up with any school work that they miss while traveling to tournaments.

ACADEMICS

BUILDING VALUES FOR THE FUTURE



COMPETITION

ELEVATE YOUR GAME

TOURNAMENTS & SHOWCASES

Previously attended tournaments & trips, outside of the regular CSSHL schedule

U15
PREP

**ROCKY MOUNTAIN
CLASSIC**
CALGARY, AB

**JOHN REID
MEMORIAL**
ST. ALBERT, AB

**PAT QUINN
HOCKEY CLASSIC**
BURNABY, BC

U16
PREP

**SILVERSTICK
INVITATIONAL**
WHITBEY, ON

**WORLDS SPORT
SCHOOL CHALLENGE**
CALGARY, AB

**PRESIDENTS' DAY
INVITATIONAL**
PHOENIX, AZ

U17
PREP

**ANAHEIM DUCKS
HS INVITATIONAL**
ANAHEIM

**EDGE SCHOOL SILVER
STICK FALL CLASSIC**
CALGARY, AB

**GREATER VICTORIA
HOCKEY CLASSIC**
VICTORIA, BC

U18
FEMALE PREP

**MINNESOTA
CCM NIT**
PLYMOUTH, MN

**KITCHENER USA
CANADA CUP**
KITCHENER, ON

**JWHL
CHALLENGE CUP**
ARLINGTON, VA

THE CSSHL

The Canadian Sport School Hockey League

In 2009, five like-minded Hockey Canada Accredited Schools came together to launch the Canadian Sport School Hockey League. Their vision was to establish a league designed specifically for elite level student-athletes, give these athletes an opportunity to increase their skills on and off the ice, and provide athletes with a high level of competition as well as exposure.

The inaugural 2009-10 season featured five sport schools and eight total teams spread across two divisions. During the 2019-20 season, the CSSHL features 26 Accredited Schools and 80 teams in eight different divisions.

All programs within the CSSHL are sanctioned Hockey Canada Accredited Schools, meeting the regulations of not only Hockey Canada but their respective provincial branch.

The CSSHL continually strives to be a leader in education-based hockey in North America with Hockey Canada registered Sport Schools. The objective of the league is to provide a competitive environment for young student-athletes that share similar values of Sportsmanship, Citizenship, Academic Excellence and Hockey Development.

OUR ALUMNI

RINK Hockey Academy - Kelowna

TYSON JOST
NHL

TYLER BENSON
NHL

ETHAN BEAR
NHL

DANIEL CARR
NHL

ART BIDLEVSKII
WHL

CHASE LANG
ECHL

DYSIN MAYO
AHL

BRETT LYON
WHL

STEVEN SEIGO
NCAA

TYLER COULTER
WHL

LIAM FINLAY
NCAA

BRANDON POTOMAK
WHL

SARAH POTOMAK
PWHPA

HALLI KRZYZANIAK
PWHPA



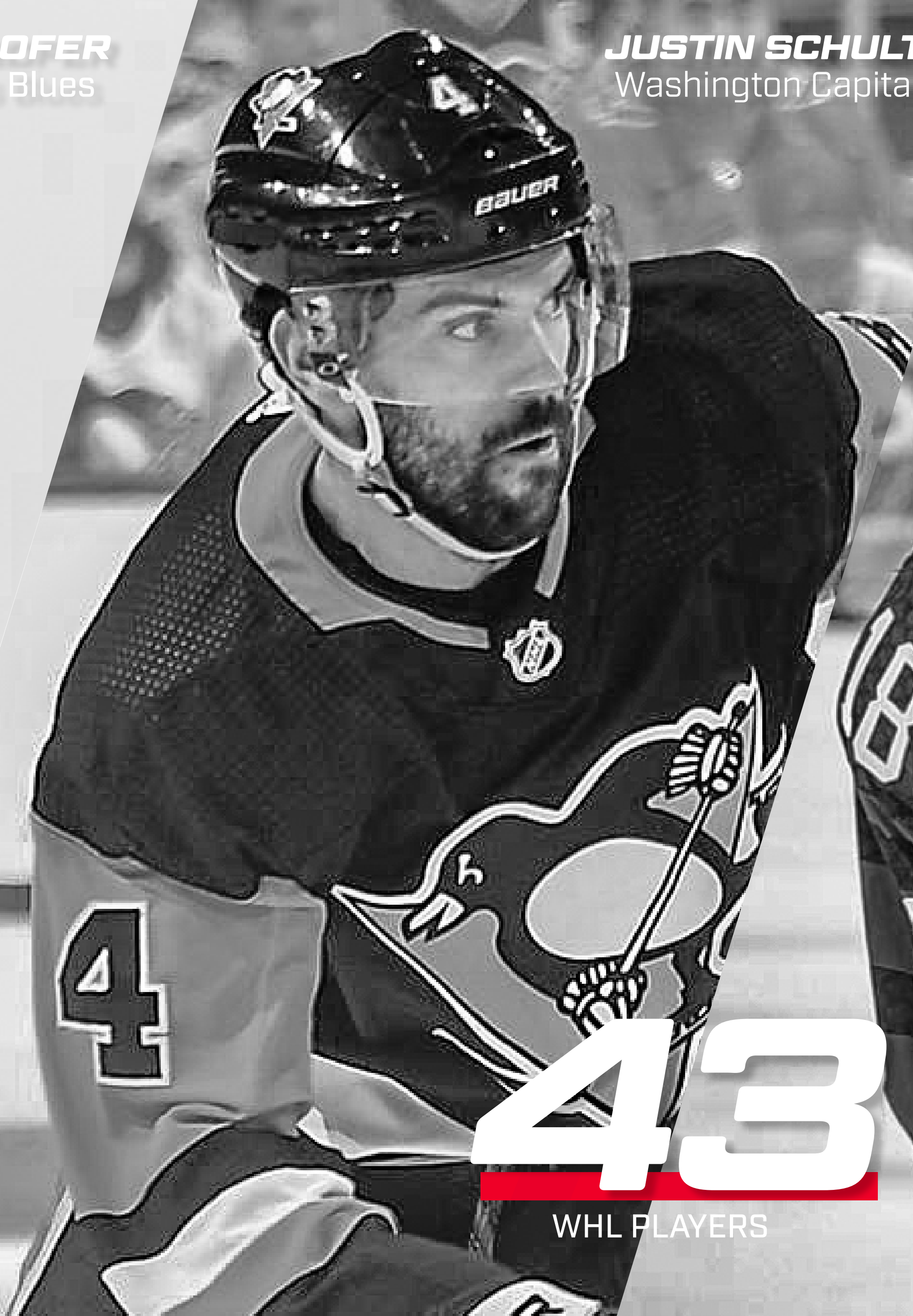
CSSHL

Canadian Sport School Hockey League





JOEL HOFER
St. Louis Blues



JUSTIN SCHULTZ
Washington Capitals



HALLI KRZYZANSKI
CAN Women's National Team

8

NHL DRAFT PICKS

43

WHL PLAYERS



ANIAK
National Team

SARAH POTOMAK
CAN Women's National Team

CURTIS LAZAR
Buffalo Sabres

JACK FINLEY
Tampa Bay Lightning

57

CJHL PLAYERS

45

SCHOLARSHIPS



TRAVEL

MAXIMUM EXPOSURE

OUR TRAVEL PHILOSOPHY

Maximize Exposure & Skill Development

One of the most memorable parts of playing RHA is the amount of travel each team gets to partake in each year. On average each team travels two weekends a month throughout the season which allows players and coaches to experience a level of camaraderie unseen at this age of hockey. Our teams not only travel and play top level competition from across North America but also will also have numerous life experiences that help them grow outside the game of hockey.

A main takeaway of our program is to best prepare players for the schedule and regiment of hockey players at the next level regardless of league. Outside of regular CSSHL play and travel, each team will get to experience three to four other tournaments or showcases that will maximize the exposure at every level including WHL, CJHL, NCAA, and more.

The majority of games in the CSSHL take place on weekends, in a showcase format. Programs in each division take turns hosting these showcase weekends, which see multiple teams in one location playing multiple games. This format cuts down on travel time, as well as missed school days. Teams will also play a small number of flex games through the season on non-showcase weekends.

**UP TO 36
LEAGUE GAMES**

**UP TO 20
NON-LEAGUE**

**3 OUT OF
PROVINCE VISITS**

USA VISITS

**UP TO 10
TRIPS PER YEAR**

**20,000 +
KM TRAVELED**

WHAT WE OFFER

Our facility will serve as a hub for both RINK Kelowna, focused on skill development and hockey programs, and the RINK Hockey Academy Kelowna and its student-athletes who call Kelowna home during the school year. The facility will feature a new gym and offices amongst other upgrades and is located at 716 Adams Court, offering athletes and clients a prime location with easy access from all regions of the Okanagan.

OFF-ICE TRAINING GYM

The gym will feature a multitude of training areas with state-of-the-art equipment allowing RINK Testify Performance to further integrate a data-driven approach to managing the performance of all RHA Kelowna teams.

ADMINISTRATIVE & COACHES AREA

The offices will provide the RINK Kelowna and RINK Hockey Academy Kelowna staff a year-round home base from which to operate. The offices will further enhance the RINK Kelowna's ability to deliver world-class programs and camps to clients in the Kelowna area and broader Okanagan region.

OUTDOOR ACTIVITY SPACE

The outdoor space will allow for multi-sport training as well as a larger area for our athletes to complete their training as weather permits.

OFF-ICE SKILLS AREA

The skills area will have shooting bays filled with targets and training tools to allow multiple facets of puck skills to be worked on at once.

PHYSIO & ATHLETIC THERAPY

The treatment area will feature a number of private treatment beds to provide athletic therapy to athletes in our programs as well as elevate the level of care and maintenance student-athletes receive throughout the duration of the season.

VIDEO CLASSROOMS

The classrooms will primarily be used for team meetings, seminars, video sessions, team building, and study hall.

A white line-art map of Kelowna, British Columbia, is overlaid on a dark background. The map shows the city's layout, including major roads, the lake, and surrounding areas. The text is positioned in the upper left and center of the image.

RINK
KELOWNA
716 ADAMS CT.

OUR FACILITY

THE HOME OF HOCKEY DEVELOPMENT





ON-ICE

EARN YOUR STRIPES



PLAYER DEVELOPMENT

Our focus at RINK Player Development is to provide each athlete with the tools they need to better themselves both on and off the ice. Identifying the strengths and weaknesses of each player and the goals they wish to achieve throughout the year help our RINK Professionals develop the optimal season plan.

Within the RHA Program, each team will have its own designated skills coach who will work with the players and coaches throughout the year. We offer a variety of different options, such as position specific sessions, before and after practice position, individual option days, and skill sessions built into team practices. Along with video breakdown of practices and games, this 360-degree model best helps to develop a better athlete and prepares each player for the next level.

***POSITION
SPECIFIC***

***INDIVIDUAL
SKILL PLANS***

***INDIVIDUAL
OPTION DAYS***

***SKILLS IN
PRACTICE***



GOALIE DEVELOPMENT

At RINK Goalie Development we focus on an individualized approach to each goaltender's development. Our goal is to improve each goalie's game by building on their strengths, and helping to strengthen their weaknesses within their own personal style.

Within the RHA program, you will see the most comprehensive version of what RINK Goalie Development has to offer. Each team will have its own personal goalie coach, which allows for a great relationship between coach and athlete. It also allows the coach to analyze the goalie's game at the most detailed level.

***1 ON 1
SESSIONS***

***SKILLS
SESSIONS***

***TEAM
PRACTICE***

***GAME
ANALYSIS***



RINK Kelowna hosts revolutionary hockey training, focusing on skill development. With our small group training players will get more correctional feedback, more touches of the puck, more shots, more repetition, develop faster reaction time and will see more improvement in their game.

With skill development as a primary objective, full ice practices can work on individual, team tactics and team play while position specific skills are developed in small group practices.

OUR DEVELOPMENT PHILOSOPHY

Our skills sessions will be highlighted by;

HABITS

Our team of professionals focuses on instilling habits in our athletes that will lead them to the next level. Individual skill development happens with a focus on small, incremental, and focused practice daily. Through individual skill plans provided for pre and post practice, we instill the habits for our players to take the lead on their individual development as they move forward in their career.

DETAILS

It's the little things that make the difference as players climb the ladder in their development. Our team of professionals focus on the details that allow our athletes to succeed within the team systems. We provide the framework and progressions that allow team members to understand the details of their game, and lead to overall team success.

PROGRESSIONS

As team members' careers progress and advance, the individual skill demands vary as they progress both from a team standpoint and individually. We take on a progressive approach from a team standpoint working with team coaches to develop seasonal skill plans based on the systematic framework and character of their team.



IRINK
HEAVY PERFORMANCE

LEINSTEIN
HARTSCH

1:52

LEINSTEIN
HARTSCH

De Kansen

Boston Pizza

OFF-ICE

PROVE YOURSELF



OUR TRAINING PHILOSOPHY

Off-Ice Training will be highlighted by:

WELLNESS MONITORING

Utilizing Kinduct, our athlete management software, we have the ability to obtain internal load data from athletes on metrics such as mood, energy, sleep duration, sleep quality and level of exertion for off-ice & on-ice training sessions. Data is collected to better understand how external loading (such as on-ice & off-ice training, school, life stress) is impacting the individual athlete. Once this data is collected, we analyze and organize the data into reports so our coaching staff, skill coaches and performance coaches can make adjustments to programming to ensure stress is being managed and applied effectively to ensure individual improvement.

PERFORMANCE MONITORING

This area involves numerous pieces of technology and high quality equipment that are unique to our program. Our specialized training equipment along with our athlete management software, Kinduct, puts us in a great position to ensure that key performance indicators (KPI) related to success in the sport of hockey are improving. Rather than testing at prescribed intervals, we implement a system of ongoing KPI collection to enable performance coaches to gauge improvement, manipulate training variables and shift program emphasis pending measurement results.

ATHLETIC PROFILING

Intake and assessment is a major part of the Testify process. Understanding the strengths and weaknesses of each individual athlete is an important first step in building an integrated hockey training plan. Our profiling system is a statistically weighted system that includes numerous on-ice and off-ice performance tests. The results from these assessments are compared to our large database of performance test results to identify where the individual ranks among their peers in qualities such as speed, change of direction, power, strength and fitness. This profile is then analyzed & discussed with all the people involved in that player's development (tactical coaches, skill coaches and performance coaches) and an integrated training plan is developed.

RECOVERY

Testify Performance is fortunate to have a network of multi-disciplinary professionals that possess a wide-range of expertise and education backgrounds. Practitioners such as Chiropractors, Athletic Therapists, Physiotherapists, Naturopathic Doctor, Performance Coaches and Yoga instructors provide a wealth of information and skills that will help our athletes perform at their highest level. Weekly recovery sessions include yoga, breathing & meditation workshops, active recovery work and durability work. All sessions take into account the unique postural and movement demands of the sport of hockey along with the uniqueness of our student-athletes schedule & situation.

KELOWNA, BRITISH COLUMBIA

Welcome to the Okanagan

THE HEART OF THE OKANAGAN

Set in British Columbia's wine country, good food and drink are central to Kelowna, as is golfing, skiing and boating on the lake. Go wine or cider tasting, shop at an orchard fruit stand, cycle, hike, and snowshoe. Active adventurers will enjoy a visit to Myra Canyon on the reclaimed Kettle Valley Railway, where you can cycle through tunnels and over trestles, alongside a steep canyon rock face. Check out our energetic downtown and beautiful waterfront boardwalk. Go on a tour of the many local Okanagan wineries, restaurants, craft breweries, cideries, and distilleries. Hit the trails by bike, visit the historic Myra Canyon Trestles, or hike to the top of a mountain. Relax by the lake at one of the many beaches or take to the water for endless lake activities. Looking for farm fresh food? Visit the farms, orchards, markets, or many local restaurants for delicious seasonal products grown right here. Looking to play a round? Golf your way through 19 golf courses. Kelowna is a must-play destination for every golf enthusiast!

TOURISM

In the summer months living in Kelowna feels like you're on an extended vacation because of the large number of tourists that visit the many beaches and wineries Kelowna is known for. According to Tourism Kelowna, almost two million people visit Kelowna each year. As such, the service industry is a major employer here, bringing in over a billion dollars a year into the Okanagan economy. Because such a large part of the economy depends on tourism, the people you'll meet will often be friendly and kind, similar to people you see working in the service industry. Located in the stunning Okanagan Valley, Kelowna, British Columbia is a place that anyone would be proud to call home. The diverse neighbourhoods are filled with exciting activities, incredible views, delicious food, and of course, there are some of the best vineyards in the country.

RECREATION

Activities like boating, hiking, biking, golfing and skiing are popular and keep people nicely spread around the valley. Kelowna's known for its internationally recognized and award-winning vineyards and wineries, so there's a lot of pride for the local wine industry. You'll rarely find a wine made outside of the Okanagan when you're at a local gathering. Kelowna is right on the waters of Okanagan Lake. The lake rarely freezes, meaning boaters, fishing, and water enthusiasts can enjoy the area year-round. During the warmer months, you'll find an abundance of people boating, kayaking, paddle-boarding, as well as enjoying the sun and sand that the lake offers. Many homes in the area provide a beautiful view of the lake, it really is the best thing to look at while enjoying your morning cup of coffee.

KELOWNA

THE HEART OF THE OKANAGAN VALLEY

NEXT STEPS

YOUR FUTURE IN THE PROGRAM

THE NEXT STEPS

Your future in the Program

THE APPLICATION PROCESS

Our RHA application will be sent digitally to anyone who inquires. The application can be filled out on our website at rinkhockeyacademywinnipeg.ca.

The application includes information such as previous seasons stats, GPA and teams of interest. The application will then be reviewed by the corresponding levels coaches.

ADDED TO THE ROSTER

Upon acceptance into the program, a coach from the corresponding team level will reach out and add you to the roster. The registration process will include a player questionnaire that will help our coaches determine what players you wish to mirror and what skills you would like to work on.

ORIENTATION

Your coach will introduce you to your team, tour the facility and provide you with your RHA gear. Each student-athlete will be outfitted with hockey bags, backpacks, tracksuit, seasonal jackets, gloves, and hockey pants.

Testify Performance will commence base-line testing. Each student-athlete will be tested and given a complete athletic profile to determine where their strengths and weaknesses lay. Testify Performance will take each athlete into account and design programming from there.

*The RINK Hockey Academy is not permitted to reach out to student-athletes as per the CSSHL guidelines. Athletes & parents must inquire about playing RHA themselves.

BILLETING

At the minor hockey level, teams frequently take advantage of billeting for young players for tournaments and team exchanges. This is an affordable and beneficial experience for players.

There are rewards in it for everyone. For the billet families, it means opening up their homes to young hockey players giving them an opportunity to share experiences within the billet family unit and for the player being billeted it is a chance to share different cultural and social experiences. For all of us, it is a time to make new friends, share ideas, laugh and live in a different family situation. Host families will also receive a monthly payment, up to \$800, for hosting a billeted player.

HOST FAMILIES

Host families are expected to provide a safe, clean and healthy home for billeted players. Your role as a host is to be a mentor, friend and provide a safe environment. Billeted families will be expected to report to a team coordinator on a monthly basis to discuss the players' stay. Billeted players must be provided a private bedroom, and be incorporated as "part of the family" in a billeted home.

BILLETED PLAYERS

There are certain expectations that a billeted player is required to uphold. When billeted in someone's home, be polite and courteous at all times. Be considerate and offer your assistance to your host family. Follow any house rules but do not be afraid to speak with your coaches or parents if you are unsure about anything. Always keep your host family informed of your whereabouts and movements. A curfew will be put in place; you may only attend functions that are permitted by your host family and organization.





At the heart of the RHA program we strive to provide a world-class experience that develops 360-degree Student Athletes with unrivaled training, coaching, programs, and resources.

The RINK Hockey Academy is designed to build skills for hockey and values for life. Each year kids come to us raw with lots to learn and leave with a foundation for success built upon accountability, discipline, and integrity. Our staff takes great pride in helping young student athletes get the most of their experience with us and emerge on the other end both a better person and a better athlete.

At the core, the RHA Program is one word. Trust. A trust from parents that their child is in good hands. A trust from kids that our staff has their best interest at heart. And a trust from our staff that they will go above and beyond to do what is right for each individual.

A MESSAGE FROM OUR GOVERNORS

BRAD RICE

Governor, Co-Founder of RINK Hockey Corp.

“The RHA program is a leader in education based hockey. Our staff deliver an innovative approach to hockey development and continue to be on the leading-edge of what student-athletes can expect when attending our program. We will continue to invest in the infrastructure necessary to ensure a world-class sport school experience and enable personal development.”

RYAN CYR

Governor, President of RINK Hockey Corp.

“Our goal is growth. To grow as athletes, as students and to grow as a people. It gives parents a choice to combine education and hockey, while setting the standard within the industry. Our program provides next-level preparation for young hockey players, that is unrivaled by any other program.”

CLICK HERE

APPLY NOW

TO BE APART OF THE HOME OF HOCKEY DEVELOPMENT

WWW.RINKHOCKEYACADEMY.CA/APPLY



Everything in this booklet is subject to change as per the RINK Hockey Corp.