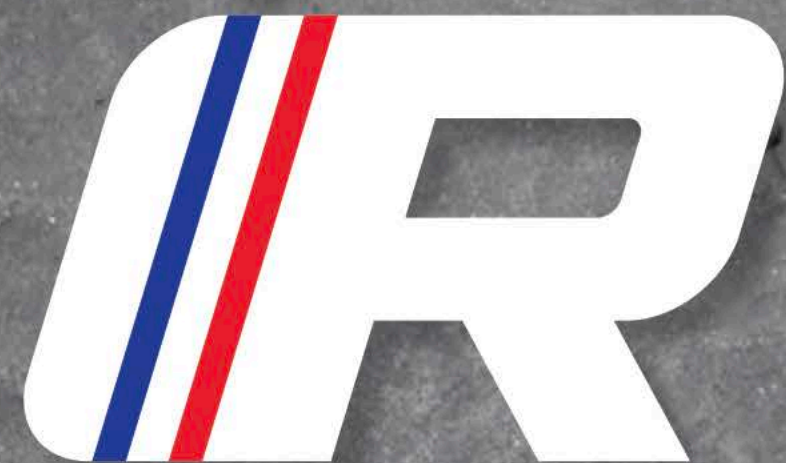


**RINK**  
**HOCKEY ACADEMY**





## ***RINK HOCKEY ACADEMY KELOWNA***

The RINK Hockey Academy represents an exclusive franchise within the CSSHL. It operates as a Hockey Canada Accredited School for the entire school year, not just the hockey season, distinguishing itself from other academies by offering student-athletes the opportunity to develop both on and off the ice. The academy's integrated approach to individual development and physical care extends beyond team play, fostering an environment conducive to success.

The academy provides players in British Columbia with a comprehensive option for their hockey development. Those who attend the hockey academy can expect the best on-ice, off-ice, and educational services aimed at fostering their growth as both players and individuals.

Players practice four to five times per week, adjusted according to the game schedule, typically featuring weekend or showcase tournaments. RHA student-athletes will be on the ice more, with more skill development, than any other player in British Columbia.

We currently have 6 teams competing in the CSSHL; U15, U15 Prep, U17 Prep Red, U17 Prep Black, U18 Prep and U18 Female Prep.

## ***PILLARS OF OUR PROGRAM***

***ACADEMICS***

***COMPETITION***

***DEVELOPMENT***

***CHARACTER***



# 40

MIN. SEASON GAMES

# 160

OFF-ICE TRAINING HOURS

# 2000

PROFESSIONAL DEVELOPMENT HOURS

# 320

ON-ICE HOURS





A close-up photograph of a person's hand holding a red pen, poised to write on a grid-lined notebook. The person is wearing a grey and white striped sweater. The background is softly blurred, showing a desk and a white chair. The overall mood is focused and studious.

# ACADEMICS

HALF DAY ACADEMICS | HALF DAY ATHLETICS



## ***SETTING THE FOUNDATION FOR YOUR ACADEMIC FUTURE***

At the RINK Hockey Academy, education is approached with a comprehensive vision that extends far beyond the confines of traditional learning. The curriculum is designed to cultivate critical thinking, collaboration, perseverance, and communication skills within the framework of traditional subject areas. Students are active participants in their own intellectual growth, encouraged to question, analyze, and engage deeply with the material. Through dynamic teaching methods and interactive learning experiences, the academy fosters a culture of inquiry and exploration, empowering students to become lifelong learners equipped to navigate the complexities of the modern world.

Central to RHA's educational philosophy is the recognition that academic success is intrinsically linked to personal development and athletic achievement. With this in mind, the curriculum is tailored to meet the unique needs and aspirations of each student-athlete, providing a supportive learning track that accommodates a range of abilities and interests. Whether pursuing core subjects to build a solid foundation, challenging themselves with honors courses, or delving into the rigor of Advanced Placement (AP) classes, students have the flexibility to chart their own academic path while balancing the demands of their athletic training.

The RHA student-athletes school day will be modified to allow maximum time for school and training needs. The teams will travel and compete mostly outside the province at the highest levels on both sides of the border during the full school year. A school appointed guidance counsellor will ensure players meet standards and academic readiness for post secondary applications and career choices.

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***

RINK works primarily with George Elliot Secondary School in School District #23 (Central Okanagan Public Schools) for the education component of the RINK Hockey Academy.

George Elliot Secondary School is driven to meet the need of our athletes, the B.C curriculum focuses on personalized learning opportunities based on a “Know-Do-Understand” model to support a concept-based competency-driven approach to learning for students.

George Elliot Secondary School has a proven track record of providing flexible and enriching academic programming for our high caliber hockey players. RINK is proud to work with GESS as we know they have our athletes’ best interest and will help them achieve their goals.

## ***ÉCOLE H.S. GREENDA MIDDLE***

Ecole H.S Grenda Middle is the sister school of George Elliot Secondary School. RHA student-athletes up to grade 8 are enrolled here.

Ecole H.S Grenda is in its second year of operation in the Central Okanagan Public Schools. Ecole H.S Grenda offers athletes the opportunity to engage in curricular outcomes and support to meet the educational requirements set out by the Ministry of Education in British Columbia.

RINK is excited to work with Ecole H.S Grenda and trust that they provide an educational experience that focuses on building strong communities, cultivating curious leaders while igniting passion in our RINK Hockey Academy athletes.







# STUDENT LIFE

BUILDING VALUES FOR THE FUTURE



## ***EXPERIENCE A DAY IN THE LIFE OF A STUDENT-ATHLETE***

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 and training taking place half of the day, players can expect to have all activities finished and completed by 5:00 p.m. daily.

Players will start their day with core high school classes offered in a customized curriculum to offer a shorter classes in order to accommodate their educational needs in the half-day format.

Student-athletes will participate in classes half the day and travel to the facility (716 Adams Ct.) after class. Student-athletes will work with skill development coaches in position specific small group sessions, strength trainers in Testify Performance, and with their full teams and team coaches.





# COMPETITION

ELEVATE YOUR GAME

CSIL  
Canadian Sport League  
www.csil.ca



## **TEST YOURSELF AGAINST THE BEST**

For student-athletes, the focus is squarely on developing top-tier talent and providing opportunities for young players to realize their dreams. With a keen eye on exposure and competition, players have the chance to assess their skills against counterparts from various provinces, states and levels of competition. This comparative analysis not only allows athletes to gauge where they stand but also serves as a catalyst for refining gameplay to compete at the highest level possible. By regularly facing off against the best of the best, student-athletes gain invaluable insights into what it takes to elevate their game to the next level.

Showcase weekends are a cornerstone of the CSSHL's structure, offering a centralized platform for scouts to identify and recruit top-tier talent. With most, if not all, teams converging for these events, the atmosphere is electric and the competition fierce. This gathering not only facilitates easier scouting for talent but also provides student-athletes with unparalleled exposure to scouts from higher levels of competition. These weekends serve as a crucial stepping stone for athletes looking to make their mark and secure opportunities at the next level.

RINK Hockey Academy recognizes that the student-athlete experience extends beyond the ice, which is why we've implemented a comprehensive support system. By compartmentalizing their experiences, athletes learn valuable life management skills, allowing them to balance the demands of school with the rigors of competitive hockey effectively. This approach not only fosters success on the ice but also prepares our athletes for success in all aspects of their lives.

**4**

PROVINCES VISITED PER YEAR

**20**

MAX. NON-LEAGUE GAMES

**36**

MAX. LEAGUE GAMES

**20,000**

KMS TRAVALLED PER YEAR



# THE CSSHL

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 2023-24 season, the CSSHL features 32 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 - Winnipeg

**TIJ IGINLA**  
WHL

**RYDER RITCHIE**  
WHL

**CAMERON SCHMIDT**  
WHL

**GAVIN MCKENNA**  
WHL

**CORBIN VAUGHAN**  
WHL

**JAXSIN VAUGHAN**  
WHL

**LANDON COWPER**  
WHL

**HUDSON KIBBLEWHITE**  
WHL

**CHLOE PRIMERANO**  
NCAA

**MIKAYLA BLOMQUIST**  
NCAA

**JADE IGINLA**  
NCAA

**MAYA SERDACHNY**  
NCAA

**SARA SWIDERSKI**  
NCAA

**BROOKE DISHER**  
NCAA





# CSSHL

Canadian Sport School Hockey League





# TRAVEL

YOUR JOURNEY STARTS HERE




## ***MAXIMIZE EXPOSURE, INCREASE YOUR OPPORTUNITIES***

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. RHA teams not only get to travel and play top level competition from across North America but get to have numerous life experiences that help them grow outside the game of hockey.

A main takeaway from their program is to best prepare players for the schedule and regiment of hockey at the next level, regardless of the league. Apart from regular CSSHL play and travel, each team will have the opportunity to participate in three or four additional tournaments or showcases aimed at maximizing exposure at various levels, including WHL, CJHL, NCAA, and beyond.

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 school days missed. Teams will also play a small number of flex games through the season on non-showcase weekends.



A photograph of an ice hockey rink. In the foreground, a man in a black jacket and a black Bauer hockey helmet is looking to the right. Behind him, several players in blue and white jerseys are visible, some wearing red helmets. The scene is brightly lit, typical of an indoor arena.

# **DEVELOPMENT**

IMPROVING STUDENT-ATHLETES SKILLS, PHYSICAL READINESS, AND MINDSET



## **PLAYER DEVELOPMENT**

At RINK Player Development, the focus lies in providing every athlete with the necessary tools to enhance their performance both on and off the ice. The RINK Professionals identify each player's strengths, weaknesses, and the objectives they aim to accomplish throughout the season, facilitating the creation of an optimal season plan.

Within the RHA Program, every team benefits from having their own designated skills coach who collaborates with players and coaches throughout the season. This approach encompasses various options, including position-specific sessions, pre and post-practice individual sessions, optional individual training days, and skill enhancement sessions integrated into team practices. Additionally, utilizing video analysis of practices and games completes a comprehensive 360-degree model, fostering the development of well-rounded athletes and preparing them for advancement to higher levels.

**POSITION  
SPECIFIC**

**INDIVIDUAL  
SKILL PLANS**

**INDIVIDUAL  
OPTION DAYS**

**SKILLS IN  
PRACTICE**

## **GOALIE DEVELOPMENT**

At RINK Goalie Development, the emphasis lies in adopting an individualized approach tailored to the development of each goaltender. The overarching aim is to enhance the game of every goalie by capitalizing on their strengths while addressing and fortifying their weaknesses within their unique playing style. Each team benefits from having their own dedicated goalie coach, fostering a strong coach-athlete relationship and enabling mentorship for the goalies.

This setup facilitates in-depth analysis of the goalie's performance. In addition to regular one-on-one training sessions, coaches possess the capacity to refine each goalie's skills by observing live games, practices, and conducting video analyses. The primary focus remains on honing technical skills, with particular attention to position-specific movements to elevate the goalie's game to the next level.

**1 ON 1  
SESSIONS**

**SKILLS  
SESSIONS**

**TEAM  
PRACTICE**

**GAME  
ANALYSIS**





# **RINK'S DEVELOPMENT MODEL**

## **HABITS**

RINK's team of professionals focuses on instilling habits in 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, RINK instills the habits for 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. RINK's team of professionals focuses on the details that allow athletes to succeed within the team systems. RINK provides the framework and progressions that allow team members to understand the details of their game and lead to overall team success.

## **PROGRESSIONS**

As players careers progress and advance, the individual skill demands vary as they progress both from a team standpoint and individually. RINK takes 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.

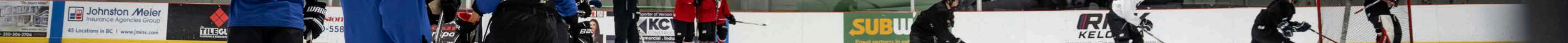






3445 43 Avenue  
Kal Tire Place North Entrance

**KAL TIRE**  
PLACE





# OFF-ICE

PROVE YOURSELF



# **OFF-ICE DEVELOPMENT**

## **WELLNESS MONITORING**

By utilizing Kinduct, their athlete management software, the team gains access to internal load data from athletes, including metrics such as mood, energy, sleep duration, sleep quality, and level of exertion for both off-ice and on-ice training sessions. This questionnaire is delivered through an automated text message system.

The primary aim of gathering this data is to enhance the understanding of how external loading, such as training, school, and life stress, impacts each individual athlete. Subsequently, once the data is collected, it undergoes analysis and organization into reports. These reports enable the coaching staff, skill coaches, and performance coaches to make necessary adjustments to programming, ensuring effective management of stress and facilitating individual improvement.

## **PERFORMANCE MONITORING**

In this area, there are various pieces of technology and high-quality equipment that are distinctive to the program. The integration of TechnoGym and Keiser training & testing equipment, alongside the athlete management software, Kinduct, positions the program favorably to enhance key performance indicators (KPIs) relevant to success in hockey. Instead of conducting tests at set intervals, the program adopts a continuous system of KPI collection. This approach allows performance coaches to assess improvements, adjust training variables, and modify program emphasis based on measurement results.

## **ATHLETIC PROFILING**

Intake and assessment constitute significant aspects of the Testify process. Understanding the strengths and weaknesses of each individual athlete serves as a pivotal initial step in constructing an integrated hockey training plan. Their profiling system, which includes numerous on-ice and off-ice performance tests, is statistically weighted. The results from these assessments are compared against a sizable database of performance test results to determine the individual's ranking relative to their peers in attributes such as speed, change of direction, power, strength, and fitness. Subsequently, this profile undergoes analysis and discussion with all stakeholders involved in the player's development—tactical coaches, skill coaches, and performance coaches—to formulate an integrated training plan tailored to the athlete's requirements.

## **RECOVERY**

Testify Performance is fortunate to have a multi-disciplinary staff that possesses 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 athletes perform at their highest level. Weekly recovery sessions include yoga, breathing and 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 student-athlete schedules and situations.



## ***MENTAL PERFORMANCE***

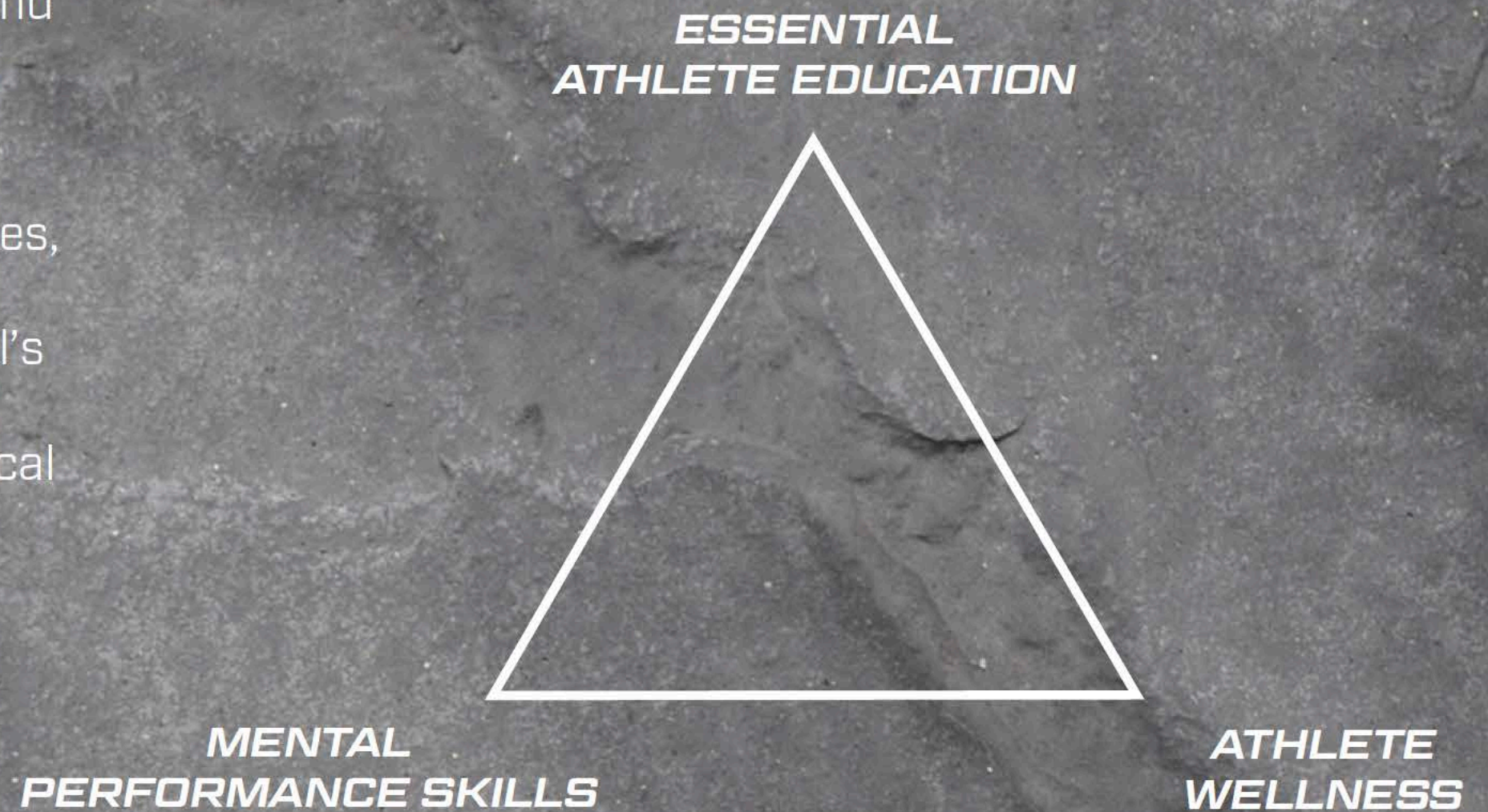
In the competitive world of high-performance sports, the thin line between being good and great often hinges on mental performance. Grounded in evidence-based sport psychology principles, mental performance is a pivotal component of athlete development.

This entails combination of essential athlete education (teaching developing athletes the best practices and principles used at the highest levels of sport), athlete wellness (developing tools for mental health, life skills, personal development, and management of chronic daily stressors), and performance optimization (mental skills to prepare, perform, and recover).

Using core mental skills such as goal setting, self-talk, routines, focus, mental agility, visualization, emotional management, and much more, our program aims to develop each individual's mental skills with a set of tools they can use when they need them the most - when the pressure is on to perform in a critical moment.

Our mental performance program adopts a versatile hybrid delivery approach, integrating in-person, online, and on-location components within both training and competitive settings, catering to both team and individual needs.

The program is designed with a practical orientation, empowering athletes to construct their own applied mental performance tools rooted in scientifically-supported principles. Through team sessions, athletes gain proficiency in core foundational mental performance skills crucial for success in both sport and life. The program offers athletes the invaluable opportunity to interact with our Certified Mental Performance Consultant, providing support precisely when they need it most—whether in person, at the rink, or while on the go.





**PROVE** **RINK** YOU  
TESTIFY PERFORMANCE

**15**

METERS OF SYNTHETIC TURF

**4000**

SQFT. SHOOTING SKILL ZONE

**72000**

SQFT. GYM FACILITY



# OUR FACILITY

THE HOME OF HOCKEY DEVELOPMENT





## ***FACILITY FEATURES***

Our facility serves 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 features 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 features 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, giving student athletes every resource available to become better.

### ***OFF-ICE SKILLS AREA***

Practicing hockey shots on a synthetic shooting pad offers players a consistent surface to refine their technique, allowing them to focus on accuracy and power without the variability of ice conditions. Making it an ideal training tool for honing shooting skills both on and off the ice.

## ***HOCKEY IN THE OKANAGAN***

Playing competitive hockey in the Okanagan region of Canada offers an exhilarating experience, blending breathtaking scenery with intense on-ice action. The region's rich hockey culture fosters fierce rivalries and camaraderie among players, creating an unforgettable atmosphere on and off the rink. From crisp winter mornings to thrilling playoff showdowns, the Okanagan embodies the essence of Canadian hockey tradition.

### ***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.

### ***ATHLETIC THERAPY CLINIC***

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.





# CHARACTER

BECAUSE IT'S MORE THAN JUST A GAME



## **CHARACTER**

Character development is a core component of our hockey academy, with a primary focus on developing good people outside the game of hockey. While honing their skills on the ice is crucial, we equally emphasize values such as teamwork, integrity, and perseverance. Our students not only grow as skilled athletes but also as well-rounded individuals who carry these principles beyond the rink.

Through discipline and dedication, we instill the resilience needed to overcome challenges, fostering confidence and leadership abilities that benefit them in all aspects of life. At our academy, our goal is to produce not just great athletes, but exceptional individuals who excel both on and off the ice.

## **COMMUNITY INVOLVEMENT**

Community involvement is the cornerstone of resilience and progress, fostering a sense of belonging, empowerment, and collective responsibility for student-athletes. By actively engaging in community initiatives, our athletes contribute to the betterment of society, whether through volunteering, participating in local governance, or supporting grassroots projects.

## **COMMUNITY AWARENESS**

RHA is not your typical hockey experience and ensuring our student-athletes understand the prevalence and privilege of participating in a Accredited School System is a priority of our organization. By cultivating self-awareness, student-athletes gain insights into their strengths, weaknesses, and values, enabling them to make informed decisions about their future.

## **LIFE SKILLS**

Playing youth sports can provide a range of valuable life skills beyond just athletic abilities. RHA student-athletes are known for their exceptional teamwork, leadership, communication, time-management, discipline, resilience, and sportmanship skills as they move onto the next stage of life.



## ***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. For the players 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 \$900, 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 player's 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, and you may only attend functions that are permitted by your host family and organization.







## ***THE NEXT STEPS***

How to apply for the upcoming season

### ***STEP 1: INQUIRE***

Fill out your information on [rinkhockeyacademykelowna.ca/admissions/](http://rinkhockeyacademykelowna.ca/admissions/) to register your interest and receive further program information.

### ***STEP 2: ATTEND EVALUATION CAMP***

RINK Evaluation Camps are the opportunity for aspiring student-athletes to showcase their skills in front of our coaches and staff ahead of the upcoming season. This provides players and families the opportunity to experience the RINK program first-hand. Evaluation Camps are offered to U15, U18, and U18 Female.

### ***STEP 3: COMPLETE ENROLLMENT***

Applicants will be notified if they have been selected for the upcoming season and sent their final enrollment documents to confirm your spot in the RHA program. Upon acceptance into the academy, 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 your goals are for the upcoming season.

During orientation, your coach will introduce you to your team, tour the facility and provide you with team issued RHA gear. Each student-athlete will be outfitted with hockey bags, backpacks, tracksuit, seasonal jackets, gloves, hockey pants, workout clothes, and a team discount to a local hockey store.

Testify Performance will commence baseline testing. Each student-athlete will be tested and given a complete athletic profile to determine their strengths and weaknesses.

\* 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.





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's success.

## **A MESSAGE FROM OUR GOVERNORS**

**BRAD RICE**

*Governor, Co-Founder of RINK Hockey Corp.*

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“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.*

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“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.”



**APPLY NOW**

*TO BE A PART OF THE HOME OF HOCKEY DEVELOPMENT*

[WWW.RINKHOCKEYACADEMYKELOWNA.CA/APPLY](http://WWW.RINKHOCKEYACADEMYKELOWNA.CA/APPLY)



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