

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 the hockey season. This gives student-athletes the opportunity to grow on and off the ice and sets us apart from others 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 in Manitoba 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 those games taking place in a weekend or showcase tournament format. A RHA student-athlete will be on the ice more, with more skill development, than any other player in Manitoba.

We currently have 4 teams for the upcoming 2021-22 season; U15 Prep, U16 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

320









ON-ICE HOURS

ACADEMICS

MORNING ACADEMICS / AFTERNOON ATHLETICS

SAMPLE SCHEDULE

Morning Academics / Afternoon Athletics

 Period 1	<i>8:30 - 9:30</i>
 Period 2	<i>9:40 - 10:30</i>
 Period 3	<i>10:40 - 11:30</i>
 Arrive	<i>11:30 - 12:00</i>
 On-Ice	<i>12:30 - 1:30</i>
 Off-Ice	<i>1:40 - 2:40</i>
 Classroom	<i>2:50 - 4:20</i>
 Departure	<i>4:30</i>

DEVELOPMENT

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

ACADEMICS

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. Shaftesbury appointed team liaison will ensure players meet standards and academic readiness for post secondary applications and career choices.

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 finished and completed by 5 pm daily.

Shaftesbury provides a supportive and familiar place for students to write their SATs in preparation for application to NCAA and CIS universities and colleges up to three times per year.

Students-athletes will be able to earn up to eight credits during each year of the Academy.

This flexible, customized, schedule is designed with the players in mind to allow 32+ high school credits throughout their 4 years.

[30 credits required for graduation]

DAY TO DAY

Student-athletes will participate in classes throughout the morning and travel to the ice rink after class. Players will be on the bus by 11:30 p.m. daily and heading to either the RINK Training Centre or Southdale Community Centre for their ice times. We will be working with skill development coaches in position specific, small group sessions at The RINK and with their full teams and team coaches doing skills and tactical training on the full ice at Southdale.

Our players will start their day early, with core high school classes offered in a customized curriculum to offer a shorter morning class in order to accommodate their educational needs in the half-day format. This class runs all year as opposed to the typical half-year class. They have three “regular” class times, followed by another custom class to end their school day.



SHAFTESBURY

Pembina Trails School Division

We are proud to be working with Shaftesbury High School in the Pembina Trails School Division for the education component of the RINK Hockey Academy.

Shaftesbury High School offers a full range of compulsory and optional courses in the areas of traditional academics, athletics and the arts. In addition, they also offer a full slate of Honours and Advanced Placement (AP) courses for our students who wish to challenge themselves beyond the high school curricula.

Shaftesbury High School has a proven track record of providing flexible and enriching academic programming for our high caliber hockey players.

A student advisor will be designated to help the players with academic and post-hockey career planning, research various CIS and NCAA universities and colleges and will liaison with our teachers to ensure that our players are reaching their academic goals. A minimum GPA of 2.7 is required to participate in all programming.

For more information on Shaftesbury High School or Pembina Trails School Division visit their website sites.

STUDENT RESOURCES

EA SCHEDULING	TIMETABLE ADJUSTMENTS	STUDENT COUNSELING
CONSULTING	PROGRAMMING	TUTORING



SHAFTESBURY

LEAD AND CONTRIBUTE WITH EXCELLENCE, IMAGINATION AND DRIVE



COMPETITION

ELEVATE YOUR GAME

TOURNAMENTS & SHOWCASES

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

U15
PREP

ROCKY MT. CLASSIC
CALGARY

JOHN REID MEMORIAL
EDMONTON

SHATTUCK ST. MARYS
MINNESOTA

WESTERN CAN. CROWN
EDMONTON

U16
PREP

CCM INVITE
CHICAGO

LANCERS SHOWCASE
OMAHA

AVIATORS SHOWCASE
NORTH DAKOTA

CCM INVITE, SOUTH BEND
INDIAN

U18
PREP

CCM INVITE
CHICAGO

LANCERS SHOWCASE
OMAHA

LES GOGOL MEM.
SASKATCHEWAN

NAHPL SHOWCASE
MINNESOTA

U18
FEMALE PREP

CCM INVITE
CHICAGO

MANDY SCHWARTS MEM.
SASKATCHEWAN

MINOT SHOWCASE
NORTH DAKOTA

JWHL TOURNAMENT
WASHINGTON

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 - Winnipeg

SETH JARVIS NHL	TRISTEN ROBINS NHL
MATTHEW THIESEN NHL	CARSON LAMBOS WHL
DANTE GIANNUZZI WHL	ANTHONY KEHRER NCAA
DANICA NAMAKA CIS	TYLER BRENNAN WHL
MCKIYA MAZUR USPORTS	CARTER LONEY CJHL
RORIE RINGOR USPORT	ERIC ALARIE WHL
JOHNNY LAMBOS WHL	MACKENZIE BORGJORD USPORT



SETH JARVIS
Carolina Hurricanes

TRISTEN ROBINS
San Jose Sharks

MATTHEW THIESEN
Vancouver Canucks

CARSON LAMBOS
Winnipeg Ice

RORIE RINGOR
Windsor Lancers

ANTHONY KEHRER
Wisconsin Badgers

3

NHL DRAFT PICKS

22

WHL PLAYERS

34

CJHL PLAYERS

15

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 2 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 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 our program is to best prepare players for the schedule and regiment of hockey players at the next level no matter what league. Outside of regular CSSHL play and travel, each team will get to experience 3 to 4 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 sees 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.

**UP TO 36
LEAGUE GAMES**

**UP TO 20
NON-LEAGUE**

**6 OUT OF
PROVINCE VISITS**

**2
USA VISITS**

**UP TO 10
TRIPS PER YEAR**

**20,000 +
KM TRAVELED**

OUR FACILITY

THE HOME OF HOCKEY DEVELOPMENT

WHAT WE OFFER

The RINK Training Centre is the home to four RINK Hockey Academy teams. The RINK Training Centre's brand-new, 95,000 sq. ft facility is one of the best fully-integrated hockey training facilities in Canada. They are able to provide the most innovative and professionally run programs, for all ages and abilities of student athletes. As a student athlete, you have a suite of services available to you to fit your needs and help you meet your goals. Available at your disposal are our Player and Goalie Development teams, our RINK Testify Performance Trainers and Therapists, RINK Hockey Academy Coaching Staff and much more.

THE RINK TRAINING CENTRE FEATURES

The 95,000 sq ft facility features 3 ice surfaces including and NHL-size rink that can accommodate 700 spectators, as well as two custom-sized ice sheets. One specifically for goalies and the other, a custom-sized training sheet, which the RINK has become known for. The facility also features a world-class off-ice training centre with both a gym and clinics as well as a retail outlet for clothing, equipment and skate and nutrition-related services.

FEATURES

**95,000 SQFT
FACILITY**

**REGULATION
NHL SHEET**

**7200 SQFT
GYM**

**200 METER
INDOOR TRACK**

**SPECIALIZED
TRAINING SHEET**

**SPECIALIZED
GOALIE SHEET**

**FULL SERVICE
CLINIC**

**700 PERSON
SEATING**

**METRIC BASED
TRAINING**

**FULL TIME
STAFF**



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 their own designated skills coach who will work with the players and coaches throughout the year. By offering 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 goaltenders 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 their own personal goalie coach, which allows for a great relationship between coach and athlete as we look to be mentors to the goalies we work with. It also allows the coach to analyze the goalies game at the most detailed level.

**1 ON 1
SESSIONS**

**SKILLS
SESSIONS**

**TEAM
PRACTICE**

**GAME
ANALYSIS**



OUR DEVELOPMENT PHILOSOPHY

Our skill 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.

The Rink Training Centre hosts revolutionary hockey training, focusing on skill development. With our small group training and custom designed ice sheet, 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.

Skill specific training is done on a custom sized ice sheet at the RINK Training Centre with our Hockey Canada Certified coaches and other RINK Professionals. 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 at the RINK Training Centre.



OFF-ICE

PROVE YOURSELF



TESTIFY PERFORMANCE

The RINK Testify Performance team have a wealth of knowledge and experience that they bring to our clients. Each and everyday they drive athletic accomplishment, via data-driven programming and create the link with our coaches allowing our athletes to reach their on and off-ice goals.

SOME OF OUR EQUIPMENT INCLUDES

Testify Performance is outfitted with the latest in fitness equipment that gives student athletes every resource available to become a better athlete and to become a better athlete. Features within the gym include a 1,107 sqft section of synthetic turf, 600 sqft multi-purpose studio, a full service athletic therapy clinic, recovery lounge, men's and women's change rooms with showers and a 3-lane 200 m track.

KEISER®

**PNEUMATIC
RACKS**

**M31
INDOOR BIKES**

**PNEUMATIC
STRENGTH EQUIPMENT**

**INFINITY
FUNCTIONAL TRAINERS**

TECHNOGYM®

**SKILL RUN
SLED**

**SKILL MILL
TREADMILL**

**SKILL
ROW**

**PERFORMANCE
BIKES**

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.

This questionnaire comes via an automated text message. The purpose of collecting this data is 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. The combination of TechnoGym and Keiser training & testing 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 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 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.

60+
METRIC-BASED EXCERSIZE MACHINES

200
METER 3 - LANE TRACK

600
SQFT. MULTI PURPOSE STUDIO

7200
SQFT GYM FACILITY



A young woman with long brown hair and a young man with curly brown hair are standing in an indoor hockey arena. They are both wearing black hockey jerseys with white and red accents. The woman's jersey has the number 18 and the letters 'R' and 'A' on it. The man's jersey has the number 8 and the letters 'R' and 'A' on it. They are looking off to the side with serious expressions. The background shows the arena's seating and lighting.

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 WEEK

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, hockey pants, and a discounted price on all TRUE gear.

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 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, 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 individuals success.

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 too 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.