



# Hockey Academies



**Hockey Canada Skills Academy (HCSA)** - Each HCSA block will have approximately 50 hours of on-ice instruction. Classroom instruction will related to fitness, nutrition, mental training, yoga (for flexibility and injury prevention), reaction training, as well exposure to other typical school sports. This course caters to player/skill development and offensive creativity. The outcome is to enhance a player's confidence with skills, self-esteem and link athletics and academics while in school.

**Advanced Skills Program (ASP)** - Open to players of Advanced Skill Levels. The students must be keen to improve their individual game and to maximize their own potential. Students must be playing Rep hockey at the time of application.

## [Canyon Falls Middle School](#)

**Hockey Canada Skills Academy (HCSA)** - Full year program for grade 7 and 8 students. Cost \$1100.00. Goaltender instruction is also included.

## [KLO Middle School](#)

**Hockey Canada Skills Academy (HCSA)** - Full year program for grade 8 & 9 students. Cost \$1100.00. (A grade 7 class will only run if there is enough grade 7 applicants). Goaltender instruction is also included.

## [Dr. Knox Middle School](#)

**Hockey Canada Skills Academy (HCSA)** - Program not available for the year 2021/2022.

## [George Elliot Senior Secondary](#)

**Hockey Canada Skills Academy (HCSA)** - Available in the first semester only for grade 11 and 12 students. Cost \$600.00. 4 credits. Specific goaltender instruction is also available. Cost \$300.00.

## [Glenrosa Middle School](#)

**Hockey Canada Skills Academy (HCSA)** - Full year program for grade 6, 7, 8 & 9 students. Cost \$1600.00. Goaltender instruction is also included.

## [Okanagan Mission Secondary](#)

**Hockey Canada Skills Academy (HCSA)** - First and/or second semester for grade 9 to 12 students. Cost \$1100.00. You are able to choose a 1 semester (4 credits) or a 2 semester (8 credits) option.

**Advanced Skills Program (ASP)** - Full year program (2 blocks - one block each semester) 8 credits. Cost \$2300.00. The OKM ASP is open to boys and girls playing Midget or Bantam Tier 1, 2, 3 or 4 in grades 9 to 12.

## [Mount Boucherie Senior Secondary](#)

**Hockey Canada Skills Academy (HCSA)** - Available in the second semester only for grade 9 to 12 students. Cost \$850.00. 4 credits.

## [Rutland Senior Secondary](#)

**Hockey Canada Skills Academy (HCSA)** - First and/or second semester options for grade 9 to 12 students. Cost \$1000.00. We will try to secure ice for 2 semesters if we have enough student applications. You are able to choose a 1 semester (4 credits) or a 2 semester (8 credits) option.