

Winter 2018-19 – Performance Program

October 29, 2018 – March 18, 2019 (Mondays – 19 sessions)

DEVELOPMENT OBJECTIVE:

This program is designed to provide skill development through realistic progressions that pertain to Power Skating and Skills techniques.

Our programs take on a focused approach for skill acquisition, covering the 3 keys in the learning process:

1. Cognitive – Learn the facts

2. Associative – Practicing

3. Automatic Response – Second Nature

DAILY STRUCTURE:

1 x 20 Minute Interactive Boardroom session (Cognitive)

These sessions will take place in our on-site boardroom.

Session Includes:

10 minute interactive discussion using video to enhance retention of skills

10 minute for Journal development, focusing on key topics from the session.

Players will be responsible to have their journals with them each week for this portion of our program.

These sessions will focus on the keys to enhancing learning and skill acquisition:

a) Lecture

b) Reading

c) Audio/Visual

d) Demonstration

e) Discussion

1 x 50 Minute On Ice Sessions - 3 Skill Components Covered/Session (Associative/Automatic Response)

20 Minutes Power Skating Instruction + 20 Minutes Skills Instruction + 10 Minutes Tactical Drills

ADDITIONAL OFFERINGS FOR 2018-19:

2 X 50 Minute TESTify Performance Testing Session

TESTify Performance Sessions: TESTify Performance will be administering on-ice testing with the use of a state of the art measuring system. **Players** - Speed, acceleration, multi-directional agility, directional transition speed, and reaction time will all be measured.

These tests will help players evaluate strengths and weaknesses in which they can focus on while working with The Rink Professionals.

These will take place at the beginning and end of the Performance Program.

COACH/ATHLETE RATIO: 1:6

MAXIMUM STUDENTS: 12

PROGRAM DATES:

Mondays: October 29 – March 18

(December 24 and 31 are off for the Holiday Break)

All ice times will be 50 minutes with a 20 minute interactive boardroom session included:

Age Group	Boardroom	On-Ice
'11-'10	5:00 p.m.	5:40 p.m.
'09-'08	6:00 p.m.	6:40 p.m.
'07-'05	7:00 p.m.	7:40 p.m.

COST: \$887.50/+GST

HOW TO REGISTER: Online by visiting www.therink.ca / Call us at [204.489.7465](tel:204.489.7465)