



# NSWC Peak Performance Program 2017-2018



## Program Overview

The North Shore Winter Club (NSWC) is passionate about developing young hockey players. Research has concluded that it takes a minimum of 10 years and 10,000 hours of deliberate training for a talented player to reach elite levels (Starkes and Ericsson, 2003).

This translates into slightly more than 3 hours of training or competition daily for 10 years. The Peak Performance Program is tailored to assist athletes with the specialized training they need at this stage in their hockey careers. The Peak Program understands that athletes need a well-planned practice, training, competition, and recovery regime that ensures optimum development, therefore, Peak follows the Long Term Athlete Development Model (LTAD).

1. The stages are:

- Discovery – 0 to 4 years old
- FUNDamentals 1 – Initiation Program (Pre-novice) ages 5 and 6 years old
- FUNDamentals 2 – Novice – ages 7 and 8 years old
- Learn to Play – Atom – ages 9 and 10 years old
- Learn to Train – Pee Wee – ages 11 and 12 years old
- Train to Train – Bantam and Midget – ages 13 to 16 years old
- Train to Compete – Midget and Junior - ages 16 to 18 years old
- Train to Win – Juvenile, Junior and Senior – ages 18 to 22 years old
- Excel – Junior and senior – ages 21 and over

### **Learn To Train – (PEEWEE) Male 11-12, Female 10-11 LOCAL/PROVINCIAL**

This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.

### **Train To Train – (BANTAM) Male 12-16, Female 11-15 PROVINCIAL**

The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

## Schedule Details

Peak will run from **October 2<sup>nd</sup> 2017 – June 15<sup>th</sup> 2018.**

### **Bantam:**

- Full Peak:
  - 2x on-ice development/week
  - 2x off-ice development/week
  - Goalie specific on and off-ice training

- Peak Swag Bag
- 120+ hours of development
- Cost: \$450/month
- Half Peak:
  - 1x on-ice development/week
  - 1x off-ice development/week
  - Goalie specific on and off ice training
  - Peak Swag Bag
  - 60+ hours of development
  - Cost: \$250/month

**Peewee:**

- 1x on-ice development/week
- 1x off-ice development/week
- Peak Swag Bag
- 60 + hours of Development
- Cost: \$225/month

**Peak Report Cards:**

- Each group will be tested 3x during the program. The athletes and parents will receive the results, as well as general feedback from the on/off-ice instructors.
- Testing Dates (Date/time TBD):
  - Beginning of season (October): sets a baseline for each player
  - Mid Season (January): demonstrates the amount of skill improvement of each player
  - End of Season (May): demonstrates improvement from the start of the season to the end of the season.
- Hockey Canada standards will be included on report card

Detailed Areas of Focus

**Off-Ice:**

- Hybrid Strong's primary focus of his training program will be to assess and address each individual athlete's strengths and weaknesses and find ways to challenge them to be better each and every day. We will be focusing on all the areas that create not only a good hockey player, but a good athlete. These areas include: Strength, Power, flexibility, core, s.a.q. (Speed, agility, quickness), reaction, conditioning and body awareness.
- Daily attendance will be recorded, and progression reports will be provided to stay on the path of working towards our goals.

**On-Ice:**

- Power Skating & Edging = 50% of the on-ice time.
  - Karen Kos
  - Victor Kraatz
- Skills & Game Play = 50% of on-ice time.
  - NSWC Development Team