



U15 2021/22 Program Overview

Victoria Racquet Club Minor Hockey Association

Hockey at VRCMHA carries a rich history and provides players with the opportunity to train five to six times a week on a relatively set schedule and compete in the Tier 1 division in league games, tournaments and exhibition games. Character, skill, fitness, focus and hockey IQ are the foundation of our program. Players learn to incorporate these values into the game of hockey and beyond the glass. We provide a comprehensive and cost effective training curriculum with experienced staff to help your player achieve their goals.

Typical Season Overview:

- 7 months – September to March
- 62 minimum games including showcases, tournaments and exhibition play
- 186 minimum hours of on-ice time
- 25 hours of dryland training
- 4 practices + 2 games/week on average

At this practice and game frequency, with the inclusion of tournaments, the team would meet Hockey Canada's recommendation for U15 competitive stream of 65-75 practices and 50-55 games per season by February (based on anticipated September commencement).

The program will feature:

On-Ice:

- Checking clinic in August
- Professional head coach
- Professional skills coach
- Professional skating coach
- Professional goaltending coach

Off-Ice:

- Goal setting
- Career planning/advisement

- a. Hockey career
 - b. Post-hockey career
- Guest Speakers
 - a. Alumni
 - b. Scouts
 - c. Famous players
- Testing:
 - a. On-ice combine 3/season
 - b. Off-ice combine 2/season
- Player reports monthly
- Video sessions weekly
 - a. Game clips (every game recorded)
 - b. Practice clips (every practice recorded)
 - c. NHL clips for skill/tactic demonstration and comparison
 - d. Mental prep/sports psychology
- Charitable community involvement events (serving Christmas dinner at homeless shelter, Salvation Army kettle, charitable fundraising, etc)

Gear Package:

- Custom third jersey
- Hoodie
- Pant shells
- Game/Practice socks and jersey

Tournaments:

- One local (Vancouver Island)
- One regional (Lower Mainland)
- One provincial travel (Kelowna)
- One hosted (Rick LaPointe)

Costs per Player:

- **U15 Registration Fee** - \$2,350
- **U15 Team Fees** - \$1,650

Additional Notes:

- All training, home game and dryland sessions will be held at the University of Victoria – Ian Stewart Complex.

- Program planning is dependent on COVID-19 recommendations issued by the local and provincial health authority as well as ViaSport, BC Hockey and VIAHA.
 - Tier 1 is the maximum possible cost, commitment, program elements as listed above.
 - Costs will be lower if the Rick Lapointe Tournament is hosted by VRC.
 - Head coach is announced in May.
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