

**Teacher: Mr. Hansen**  
**Room: Arena and Skills Center**  
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## Mayerthorpe Tiger's Hockey Option

This program is open to students in grades 7 through 9 who are interested in training to play hockey and have some skating ability. Students partaking in this option will be meeting outcomes outlined in the Human Services Cluster of the CTF (Career and Technology Foundations) under the Recreational Leadership heading which include: developing skills useful for coaching, fitness leadership, sport performance, athletic therapy and leading recreational activities.

The Program will be delivered during block 2 for the first semester. We will be doing dryland activities in the Tiger's Skills Center on Tuesdays and Thursdays and on ice at the Mayerthorpe Arena on Mondays, Wednesdays and Fridays. Students will also have to be in CSA approved equipment, which includes a helmet with a cage and proper straps once we take to the ice. An extra stick would be an asset to have for the skills center. For on ice sessions, after the first block, students will walk over to the arena and change for the ice session by 10:50. Ice sessions will run till 11:50 and students will change and return to the school for lunch.

### **Program Components:**

#### **On Ice Curriculum to Be Possibly Covered :**

##### **Technical Skills:**

- Skating with the puck and without
- Stick handling
- Shooting
- Passing
- Stride Strengthening
- Positional and Team Tactics

#### **Off Ice Curriculum to Be Covered:**

- **Goal Setting and Leadership**
- **Sports Nutrition**
- **Training in all 10 Components of Sport**
  - **Cardiovascular/Respiratory Endurance-** The ability of the body systems to gather, process, and transport oxygen.
  - **Stamina-** The ability of the body to process, store, deliver, and utilize energy.
  - **Strength-** The ability of a muscular unit, or combo of muscular units to apply force.
  - **Flexibility-** The ability of maximizing range of motion at a given joint.
  - **Power-** The ability of a muscular unit, or combo of muscular units to apply maximum force in minimum time.
  - **Speed-** The ability to minimize the time cycle of a repeated movement.
  - **Agility-** The ability to minimize transition time between one movement pattern to another.

- **Coordination-** The ability to combine several distinct movement patterns into a singular distinct movement.
- **Balance-** The ability to control the placement of the bodies' center of gravity in relation to its' support base.
- **Accuracy-** The ability to control movement in a given direction or at a given intensity.
- **Basic Anatomy**
- **Practical Applications of Sport Psychology**

### **Student Expectations:**

- Respect all facilities, equipment, instructors, peers and their themselves.
- Try their best at all times.
- Be on time and be prepared for each class.
- Ice is off limits when unsupervised.

### **Assesment:**

Assignments and Logs 50%

- Daily Log Sheets and Programs
- Skills Assessment Logs
- Nutrition Assignment, mental training assignments
- Drill Development Project

Daily Skills 50%

- Students will understand, experience and appreciate the health benefits that result from physical activity.
- Students will interact positively with others.
- Students will assume responsibility to lead an active way of life.
- Participate regularly in, and identify the benefits of, an active lifestyle

### **Assessment: Evidence of Student Learning:**

Valid and reliable evaluation of student learning is gathered over time through a variety of avenues.

**Observations:** What is observed about student learning through their on-going learning process.

**Conversations with Students:** What students show about their learning and understanding.

**Student Work:** What student work demonstrates about what they know and can do.

Students will have a pre, mid, and post skills test throughout the semester to determine the level of improvement. Individual video analysis will all also be done for each student.

**What should be done if a student is unable to participate in the Training Sessions?**

- A note is to be brought to class, signed by a parent, stating the student's medical condition and telling what they can or can't do. **A medical note from the doctor may be required, depending on the injury. I.e.: Concussion, broken bones, dislocation of appendages**

**By signing the document below you are indicating that you have read and understand all the components and expectations of the Mayerthorpe Jr/Sr High Schools Hockey Option and in doing so will adhere to those expectations. Please return to Mr. Hansen when completed \*\***

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_

Date Received: \_\_\_\_\_

Email: \_\_\_\_\_