

# EDGE PROGRAMS

## 2019 SPRING SKILL ACADEMY

### HOST

Edge School

### WHEN

April 8 - May 31 (8 weeks)

### AGE GROUPS

- Novice, Atom, and Pee wee
- **20 maximum** per age group - allowing quality coaching from experienced Edge Staff

### PHILOSOPHY

To provide focused age-specific, athletic development for youth hockey players.

### NOVICE SCHEDULE

Tuesday & Thursday  
DPC: 3:45 - 4:30pm  
Ice: 4:45 - 6:00pm

### ATOM SCHEDULE

Monday & Wednesday:  
DPC: 5:15 - 6:15pm  
Ice: 6:30 - 7:30 pm

### PEEWEE SCHEDULE

Tuesday & Thursday  
DPC: 6:15 - 7:00pm  
Ice: 7:15 - 8:30pm



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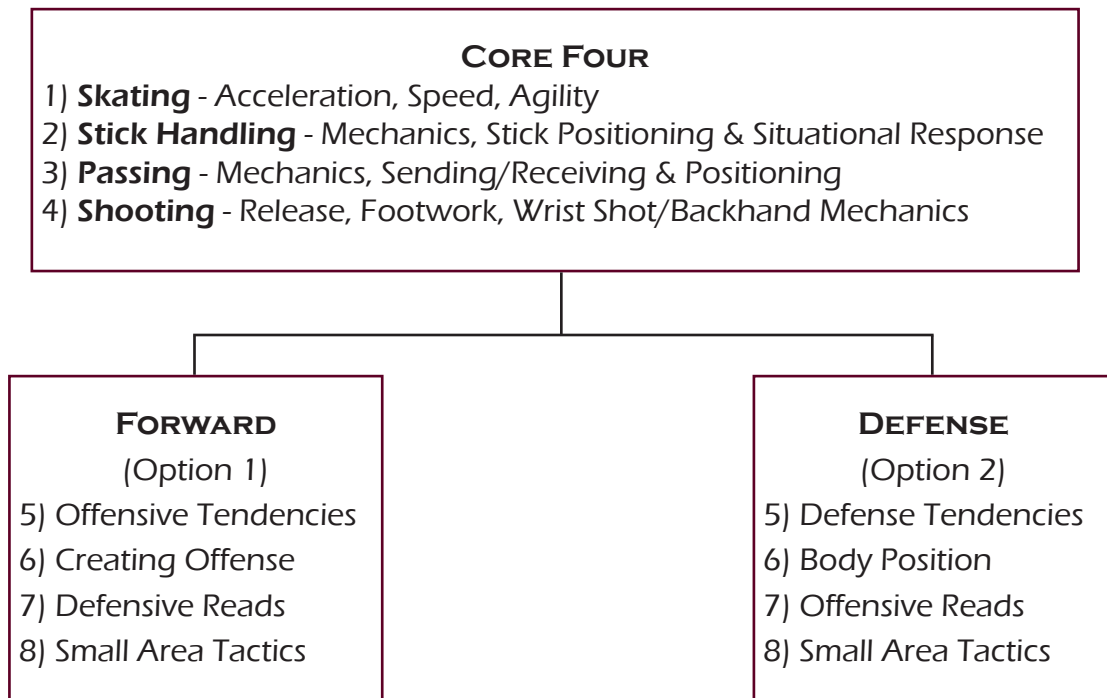
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### ON-ICE CURRICULUM

Skating, Stick Handling, Passing, and Shooting make up our CORE FOUR principles, which we believe should be the foundational habits for any hockey player.

Novice, Atom, and Pee wee are included in the CORE FOUR Curriculum. The CORE FOUR curriculum continues each players' growth by practicing fundamentals, while also applying them to in-game situations. Edge Programs' primary focus is to make the rink a fun place to be. In saying this, we believe that competition and growth is aligned with having fun at the rink.

Players will identify as either a Forward, Defensemen, or both through the Edge Spring Skill Academy; thus, allowing the coaches to give detailed attention to the development of each kid in their path. This means that each ice session will give focus to each kids CORE FOUR skills, incorporating 2-3 of the secondary hockey elements.



Please note: Ice times will include both Forwards and Defense. Portions of each ice-time will be 'position specific.'



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### IMPORTANCE OF OFF-ICE FUNDAMENTALS

A message from Director of Player Performance, Ross McCain:

The pre-peak height velocity (pre-PHV) years are a vital time for youth athlete development. During these years, youth athletes lay the foundation for their long-term athletic success. During PHV, when athletes are progressing through puberty, they go through a developmental stage sometimes referred to as learned awkwardness. This term refers to a time when movement proficiency appears to worsen.

Think of the pre-PHV years as an insurance plan for this movement skill regression. While self-guided development through play is a valuable tool for youth athlete development, guided movement skill progressions, teaching fundamental movement skills, have been shown to improve the general athleticism of youth athletes and help safe guard against 'learned awkwardness'.

### NOVICE MOUNTAINEERS (AGES 7 & 8)

Focus:

- Make sure the rink is a fun place to be!
- Develop "Fine" motor skills by adding obstacles
- Improve strength and coordination
- Educate on-ice awareness

\$1,039

### ATOM MOUNTAINEERS (AGES 9 & 10)

Focus:

- Make sure the rink is a fun place to be!
- Develop motor skills by adding speed and pressure
- Improve strength, speed, and coordination
- Educate on-ice awareness through decision making processes

\$1,159

### PEEWEE MOUNTAINEERS (AGES 11 & 12)

Focus:

- Make sure the rink is a fun place to be!
- Develop motor skills by adding speed, pressure, and physicality
- Improve strength, speed, and coordination
- Educate on-ice decision making, competency, and adaptability

\$1,279

