

Elite 15



U18 Prep



Burnaby Winter Club Hockey Academy Information Package



Who Has Chosen Academy Hockey?

- Sidney Crosby
- Brad Richards
- Wendel Clark
- Chris Higgins
- Zach Parise
- Vincent Lecavalier
- Cory Schneider
- Derek Stepan
- Jack Johnson
- Nathan MacKinnon
- Jonathan Toews
- Curtis Lazar
- Matt Dumba
- Tyler Benson
- Jordy Bellerive



8 of the top 10 BC players (99's) taken in the WHL draft chose to play at an Academy in 2014-15.



Coaching Staff: Elite 15

Head Coach - Leland Mack:

- Head Coach - Greater Vancouver Canadians of the BCMML (2009 to 2013)
- Assistant Coach - Vancouver NW Giants of the BCMML (2007 to 2009)
- Scout - Seattle Thunderbirds WHL
- Assistant Coach - Team BC, 2013 U16 Western Canada Cup
- Coach and Evaluator – BC High Performance Programs
U16 BC Cup, U17 BC Cup, U16 Provincial Camp (2012 and 2013)
- Skills coach for the BWC Bantam AAA team for past 4 seasons
- Instructor at Delta Hockey Academy 2009-2013



Associate Coach - Jordie Armon-Jones:

- Grew up playing at the Burnaby Winter Club
- Head Coach - BWC Bantam A2 in 2012-2013
- Coach - Pacific Steelers AAA girls hockey program
- Assistant coach of the Greater Vancouver Canadians of the BCMML
- Skills instructor for the Advantage Hockey Company



Coaching Staff: U18 Prep

Head Coach – Maco Balkovec

- Wisconsin State Coach of the Year in 2013 and 2007
- USA Mid-West Regional Coach of the Year by the National Federation of High Schools 2013
- Milwaukee Phoenix AAA U18 Head Coach 2014
- 17 years as High School Head Coach, Whitefish Bay High School – Head Varsity Hockey Coach/Hockey Director 2008-2014
- Drafted 5th round, Chicago Blackhawks
- Wisconsin Badgers NCAA, 1991-1995



Assistant Coach – Guido Lamberti-Charles

- Trierer Huskies (Germany) Player Coach 1997-2001
- Bitburg Bears (Germany) Head Coach 2002-2005
- Burnaby Express Junior A Guest Coach 2006-2007
- Trierer Huskies (Germany) Head Coach 2007-2008
- Liege Bulldogs (Belgium Elite League) Head Coach 2008-2009
- Turnhout White Caps (Belgium Elite League) Head Coach 2009-2010



Assistant Coach – Josh Bonar

- Scout - Alburni Valley Bulldogs BCHL 2014-2015
- Romanian National Team - Assistant Coach 2013-2014
- Corona Brasov - (Romania) Player Coach 2013-2014
- Pro Hockey Player (CHL, Norway, Slovakia, Hungary, Romania) 2007-2014
- Head Dryland Instructor – West Coast Prep Camp 2008-2014



BWC Academy Staff:

Academy Director – Maco Balkovec

School Liaison – Denise Davis

Off-Ice Trainer – Molly O'Brien

Off-Ice Trainer – Dan Kenzie

Power Skating Coach – Karen Kos

Goalie Coach – Sean Murray

Teacher – Danny Einhorn

Athletic Therapist – Tristan Sandhu



The BWC Academy Program

- 2015/2016 Cost: \$14,000 per player
- A 10-month intensive hockey and academic program
- All players attend Burnaby Central Secondary School.



The Hockey Academy Development Model

Practice / training / school during the day

100 + on-ice practices

80 + off-ice training sessions

Nights off and some weekends off

Better lifestyle: Nighttime is for rest, homework, family time,
and social life.

10-month program



The Program

3 Components

Academics - Hockey - Character



Season: September to June

- 4-5 practices per week in-season, 2-3 dry land sessions (September - March)
- 1-2 practices per week spring-season, 2-3 dry land sessions (March - June)
- Approximately 100-130 on-ice practices (skills, skating, systems, positional development, and small ice games)
- 50-55 Games, CSSHL League play, US Trip- College experience, exhibition games, and 1-3 Tournaments

Dry land training: 2-3 times per week at Fortius

- Strength, speed, quickness development. Periodic fitness measurements.

Lectures and seminars:

- video analysis, guest speakers in a variety of areas, team building exercises.



Skill Development

Position specific skills 1-2 days per week using both small BWC rinks or NHL rink.

- One position on each rink.

Forward specific skills

- Skating, shooting, stick handling, passing, checking

Defence specific skills

- Skating, (pivoting, backwards, footwork)
- Shooting (slap shot, one timers, thru screens)
- Passing (breakouts, fake passes)

Goalie specific skills with goalie coach

- Crease work
- Game management



Time	Item (Sample)
10 mins	Power Skating
8-10 mins	Stickhandling
10 mins	Passing drills sequence
30 Mins	3 station shooting drills
10 mins	Small ice game



Additional Skill Development



Power skating sessions



3 on 3 Tournaments

- Music practices
- High focus on skill development at every practice

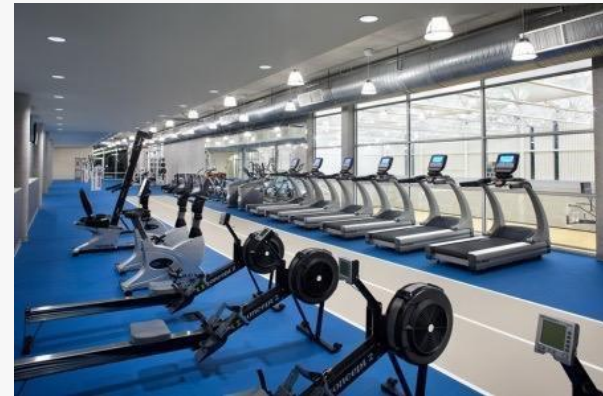


Fortius Sport and Health

All off-ice training takes place at the Fortius Sport and Health Centre.

BWC Academy players receive a yearly membership to the facility.

Access to physiotherapy



Character

Becoming a better person



- Leadership potential to work with younger BWC teams
- Weekly duties
- 19 student-athletes going to school together and growing as a family



School / Academics

Student-athletes attend Burnaby Central Secondary School.

Quality program and high academic standards.

\$53 Million LEED Gold School

Each athlete's grades and work habits are reviewed with coaching staff and are directly tied to hockey participation.



Sample Daily School Schedule U18

Burnaby Central Proposed Schedule for 2015 – 2016

Some AP Courses are offered Outside the Timetable so potential for more credits

Minimum Credits: 28

2015 - 2016	Semester 1	Semester 2
Period X	Day 2: U18 Dryland Sport Specific Conditioning	Day 2: U18 Dryland Sport Specific Conditioning
Period 1 8:40 – 10:00 am	Academic/Elective	Academic/Elective
Period 2 10:15 – 11:35 am	Academic/Elective	Academic/Elective
Period 3 12:20 – 1:40 pm	Academic/Elective	Academic/Elective
Period 4 1:45 – 3:01 pm	AVPA: Ice Time	AVPA: Ice Time



Sample Daily School Schedule E15

Burnaby Central Proposed Schedule for 2015 – 2016

- PE 10 Off Timetable
- Planning 10
- Summer School On-line July 2015 (6 week course)
- Summer School June 2015 – September 2016

2015 - 2016	Semester 1	Semester 2
Period 1 8:40 – 10:00 am	AVPA: Ice Time	AVPA: Ice Time
Period 2 10:15 – 11:35 am	Academic/Elective	Academic/Elective
Period 3 12:20 – 1:40 pm	Academic/Elective	Academic/Elective
Period 4 1:45 – 3:01 pm	Academic/Elective	Academic/Elective
Period Y	Day 1: Elite 15 Dryland Sport Specific Conditioning	Day 1: Elite 15 Dryland Sport Specific Conditioning



Canadian Sport School Hockey League

Elite 15 Division:

- BWC Academy
- Pursuit of Excellence
- Okanagan Hockey Academy
- Delta Hockey Academy
- Yale Hockey Academy
- Edge School
- Pacific Coast Hockey Academy

U18 Prep Division:

- BWC Academy
- Pursuit of Excellence
- Okanagan Hockey Academy
- Delta Hockey Academy
- SISEC
- Edge School
- Banff Hockey Academy
- Compete Hockey Academy
- Pacific Coast Hockey Academy
- Yale Hockey Academy

Subject to change for 2015-16 season



<http://www.csshl.ca>



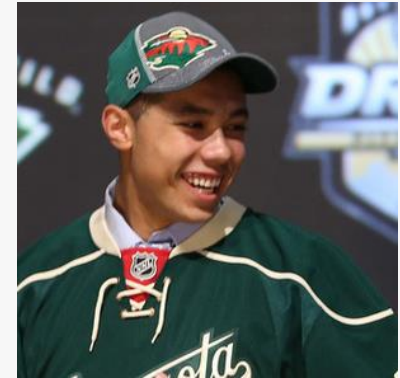
Graduates of the CSSHL



Curtis Lazar
Ottawa Senators



Justin Schultz
Edmonton Oilers



Mathew Dumba
Minnesota Wild



Tyler Benson
Vancouver Giants



Joe Hickets
Victoria Royals



Beck Malenstyn
Calgary Hitmen



Tyler Soy
Victoria Royals



US Trip / College Experience

Travel to the US to play American teams and tour college campuses



E15s at Colorado College in 2013



E15s and U18s in
Wisconsin 2015



Exposure/Development

2 players from 2013-14 Elite 15 team moved straight to the BCHL:



Victoria Grizzlies



Cowichan Valley Capitals

- BWC Academy players will be given opportunities to practice and play with BCHL teams. BCHL coaches out as guest coaches.
- Exposure to NCAA coaches at showcases and on US trip.
- Exposure to WHL/BCHL scouts at showcases.



Testimonial:

Ryan Hogg on his E-15 experience

“I really feel like that changed the way I play, they were so amazing over there teaching us skills, skating...We practiced 5 days a week, we worked on everything. It was the most ideal thing for a player like me”



Evaluation Camp

- Tryouts will be held in May
- Limited number of spots open per team
- Email maco.balkovec@bwchockey.com for more information.



Payment Terms

Amount	Date (1st of the month)
<i>\$3000 - non-refundable deposit on commitment after tryouts</i>	<i>June 2015</i>
\$2000	September 2015
\$1500	<i>October, 2015</i>
\$1500	November 2015
\$1500	<i>December 2015</i>
\$1500	January 2016
\$1500	<i>February 2016</i>
\$1500	March 2016
--	<i>April 2016</i>
--	May 2016
--	<i>June 2016</i>
2015/2016 Total: \$14,000 + GST	



Value for your money

Return on investment (ROI) includes:

- Elite coaching includes head and assistant coach, and guest coaches.
- Trainer for all home and travel showcases
- Website
- Ice for approximately 100-120 on-ice practices (150-160 hrs)
- Off-ice training at Fortius with qualified instructor 2-3x per week or about 80-100 hours, Membership to Fortius
- CSSHL league play (6 showcases), US trip including travel, accommodations and meals plus tournaments and other exhibition games
- Equipment (helmet, gloves, bags, pant-shells)
- Track suit, hoodie and dry-land apparel
- Supplies – first aid equipment, tape, miscellaneous equipment supplies
- Snacks, bars, and drinks at all showcases and tournaments
- Referees and ice costs for home games
- Team building events
- Miscellaneous expenses (insurance, bank charges, awards, parking, coaching supplies)



FAQ

Is this a Burnaby Winter Club team?

- Yes and no. It is separate from the minor hockey association. Players do NOT have to be members or pay monthly dues associated with BWC. The program is driven by the BWC board of directors and hockey director Maco Balkovec.

Will the team be 100% picked in May-June after tryouts?

- That is the plan. We are looking for 19 players and families per team 100% committed to being part of the BWC Hockey Academy.



FAQ

Does it matter where I live?

- No. Student-athletes only need to attend Burnaby Central Secondary.

How many players are on the roster?

- CSSHL rules state 19 players on the roster. The teams will likely go with 11 forwards, 6 defence, and 2 goalies.

Can I affiliate with Junior teams?

- You CAN affiliate with Junior B and BCHL teams.
- All Elite 15 players will be affiliated with the U18 prep team.

What about gear storage?

- The team will provide equipment storage at the Burnaby Winter Club.

How will players get from Burnaby Central to Burnaby Winter Club for practice? Fortius?

- Walking. It's about 5-7 minutes over the pedestrian bridge. Fortius is about 12-15 minutes or 2 mins by bus.





FAQ

When is the deadline to switch schools? How does that work?

- As soon as tryouts are completed and players commit, the process needs to start, getting your preferred course selection is important. All questions on the process will be handled by the school and head of Student Services.

How many school days will the players miss?

- We will typically leave on a Friday to play and will miss Friday for all showcases.
- In some cases, we may miss the odd Thursday as well so plan on about 10 missed school days



For Additional Information

Website: <http://www.burnabywinterclub.com/academy>

Email: maco.balkovec@bwchockey.com

Twitter: @BWC_E15s

@BWC_U18s

Instagram: <http://instagram.com/bwchockeyacademy>

