

SRT HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company,
SRT Secondary & School District 42



NEW PARENT - ZOOM MEETING

February 1 2024 at 7:00 pm

Meeting ID: 847 9035 4730

Passcode: 335751

CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY

This program is available for students in grades 8 to 12.

RPM & SRT Secondary (Maple Ridge) have developed a program & curriculum that provides students with the opportunity to balance their educational requirements while developing their hockey skills.

RPM provides personalized instruction that educates and develops students in both the physical and mental aspects required to excel in hockey. The school and RPM, in consultation with students and parents, help design a personalized teaching plan catered to meet each player's individual needs. Students are tested both on and off the ice monitoring their individual improvements.



HIGHLIGHTS:

Academy Format -Linear - September to June

A typical week for all of our Academy players includes:

- **2 hours on ice**
 - Mondays - Power Skating
 - Wednesdays - Puck Skills, Individual & Team Tactical, Game Play
- **1-hour off ice**
 - Fridays - Sport-Specific Conditioning
 - Special Events/Classroom Sessions

Sport Specific Conditioning utilizes a variety of training devices and techniques and may also include out trips.

Theory instruction provides players with skill breakdowns, progressions, individual and team tactics, practice planning, proper nutrition, strategies for high-level performance, and motivation and goal setting.



ACADEMY COST

The total price for the academy is \$1,920. Please note a \$192 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1920 (-\$192 Deposit) As a convenience to parents RPM will accept a payment plan of \$192 per month (Sept 1-May 1).

Once you have registered online at www.rpmhockey.com, you must also notify the school that you would like to participate in the program.

ACCEPTING APPLICATIONS

- Academy -Ministry Approved
- Bantam & Midget Players (grade 8-12) Obtain Academic Credits
- On Ice Development
- Off-Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational Special Events
- Work Experience
- Offered inside the normal school timetable
- Students can play minor hockey & school sports
- Professional/Certified Instruction

REGISTRATION OPENS FEB 2, 2024 @ 8:30AM
REGISTER AT WWW.RPMHOCKEY.COM

CONTACT US

Lesley McPherson SRT Secondary	lesley_mcpherson@sd42.ca
Craig Millin Hockey Academy	craig@rpmhockey.com
Holly Rogers Academy Administration	holly@rpmhockey.com

**BUILDING GREAT KIDS IN THE CLASSROOM,
ON ICE AND IN THEIR COMMUNITY!**

SRT Secondary - Maple Ridge - Grades 8-12 - **February 1, 2024 @ 7pm**

Topic: SRT New Parent Meeting

Join Zoom Meeting

<https://us06web.zoom.us/j/84790354730?pwd=durbDFmlbQXhtmZ9vMOS9aYgVa9zdL.1>

Meeting ID: 847 9035 4730

Passcode: 335751

[SRT Academy Brochure 2024](#)

PITT MEADOWS HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company, Pitt Meadows Secondary & School District 42



NEW PARENT - ZOOM MEETING

January 30 2024 at 7:00 pm
Meeting ID: 889 4559 0969
Passcode: 902307

CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY

This program is available for students in grades 8 to 12.

RPM & Pitt Meadows Secondary have developed a program and curriculum that provides students with the opportunity to balance their educational requirements while developing their hockey skills.

RPM provides personalized instruction that educates and develops students in both the physical and mental aspects required to excel in hockey. The school and RPM, in consultation with students and parents, help design a personalized teaching plan catered to meet each player's individual needs. Students are tested both on and off the ice monitoring their individual improvements.



HIGHLIGHTS:

Academy Format -Linear - September to June

A typical week for all of our Academy players includes:

2-hours on ice

- Mondays - Power Skating
- Wednesdays - Puck Skills, Individual & Team Tactical, Game Play

1-hour off ice

- Fridays - Sport-Specific Conditioning/Events/ Classroom

Sport Specific Conditioning utilizes a variety of training devices and techniques and may also include out trips.

Theory instruction provides players with skill breakdowns, progressions, individual and team tactics, practice planning, proper nutrition, strategies for high-level performance, motivation and goal setting.



ACADEMY COST

The total price for the academy is \$1,920. Please note a \$192 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1920 (-\$192 Deposit) As a convenience to parents RPM will accept a payment plan of \$192 month Sept 1-May 1).

Once you have registered online at www.rpmhockey.com, you must also notify the school that you would like to participate in the program.

ACCEPTING APPLICATIONS

- Academy - Ministry Approved
- 1st year Bantam & Midget Players (grade 8-12) Obtain Academic Credits
- On Ice Development
- Off-Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational Special Events
- Work Experience
- Offered inside the normal school timetable
- Students can play minor hockey & school sports
- Professional/Certified Instruction

REGISTRATION OPENS JAN 31, 2024 @ 8:30AM
REGISTER AT WWW.RPMHOCKEY.COM

CONTACT US

Bryan Bailey Pitt Meadows Secondary	bryan_bailey@sd42.ca
Craig Millin Hockey Academy	craig@rpmhockey.com
Holly Rogers Academy Administration	holly@rpmhockey.com

**BUILDING GREAT KIDS IN THE CLASSROOM,
ON ICE AND IN THEIR COMMUNITY!**

PMSS Secondary - Pitt Meadows - Grades 8-12 - **January 30, 2024 @ 7pm**

Topic: Pitt Meadows New Parent Meeting

Join Zoom Meeting

<https://us06web.zoom.us/j/88945590969?pwd=ODfqRL75bDg5L2sgeiO7IC2XM5Fzah.1>

Meeting ID: 889 4559 0969

Passcode: 902307

[Pitt Meadows Brochure 2024](#)



AFTER-SCHOOL
PROGRAMS

First Aid Pro

Stay Safe for
Youth

Babysitter Training



Stay Safe for Youth (Ages 9-13)

Location: Maple Ridge
Elementary

Date: Wednesday,
January 24th, 2024

Time: 9:30am - 1:30pm

Cost: \$62.99

Red Cross Babysitting (Ages 11-13)

Location: Maple Ridge
Elementary

Date: Tuesday, February
20th, 2024

Time: 9:30am - 4:30pm

Cost: \$73.49

register at: [SD42 Perfectmind.com](https://sd42.perfectmind.com)

For more information:
Hannah Macdonald, 604.837.2384
or hannah_macdonaldsd42.ca.





Free Winter Program for Families!

Learn about healthy eating, physical activity, and building long-lasting habits as a family in Generation Health. This 10-week program for families with children ages 8 to 12 is FUN and interactive!

Delivered through YMCA BC starting February 2024 on Monday, Tuesday, Wednesday, Thursday, and Friday evenings.

Families who join this program will receive a complimentary YMCA membership.

Register today!



gv.ymca.ca/generation-health
generationhealth@bc.ymca.ca



University
of Victoria



ANGER MONSTER

CHILD'S PROGRAM

This children's program is designed to teach children what anger is. This program is designed to allow participants to be able to identify their triggers and learn tools to help control their anger.

ADULT'S PROGRAM

The parents program features skills from Neufeld Institute, including various anger cycles and goals of behavior. Participants will also learn how to help support their child's efforts to tame their anger, along with different calming techniques.

AGE: 8-12YRS OLD
DATE: FEB 3 - MAR 9
(SATURDAYS)
TIME: 3:30-5:30PM
PRICE: \$90

(BASED ON A REGISTRATION FOR ONE ADULT AND ONE CHILD)



FOR MORE INFORMATION, PLEASE CONTACT

The Family Education & Support Centre
22554 Lougheed Hwy, Maple Ridge
(604) 467 - 6055 or reg@familyed.ca



Healthy Relationships

Do you want to learn the basic fundamentals of any adult relationship including learning about needs, wants, and new communication skills? If so, the healthy relationships course is for you!

Feb 4 & 11
9am-3pm
\$90



FOR MORE INFORMATION PLEASE CONTACT
THE FAMILY EDUCATION & SUPPORT CENTRE
22554 LOUGHEED HWY, MAPLE RIDGE
(604) 467 - 6055
REG@FAMILYED.CA



FINDING SELF CARE CHALLENGING?

NEED HELP MAKING CHANGES?

Join us for a free 8-week program:
Mental Wellness for Parents



Date: Jan 31st- March 20th 2024 (Wednesdays)

Time: 1130am-130pm

Cost: Free

Childminding available for children under 6 years.

For more information or to register, please contact
Sheena at 604-467-6055 or s.sharp@familyed.ca

The Family Education and Support Centre
22554 Lougheed Hwy Maple Ridge

