



REGINA CATHOLIC SCHOOLS HOCKEY ACADEMY

POWERED BY GOLDEN TICKET SPORTS

2023-2024 INFORMATION PACKAGE

GRADES 4-8

UPDATED APRIL 27

About Regina Catholic Schools

Our schools emphasize faith development, student learning, leadership skills, community service projects, as well as academic success. And we are a very successful school division. According to our Ministry of Education learning achievement data, our Division's average marks, graduation rates, and transition rates consistently exceed the provincial averages. After completing their education with us, our students are well prepared to directly enter the work force or the post-secondary learning institutions of their choosing.

The Division currently serves nearly 12,000 students, making us the fourth largest school division in the province. Our student population is steadily growing and diversifying, a reality that presents many opportunities.

We serve our students in 33 schools. We have 26 elementary schools, which include five French Immersion schools and one Special Education school for medically fragile students. We have four high schools, which include three French Immersion high schools, and one trades-focused school. We also have one Kindergarten to Grade 12 alternative school, the only one of its kind in Regina. Additionally, we offer a unique educational experience through Learning Online, which offers over 40 grade 9 to 12 courses.

Catholic school divisions exist to provide a distinctive Catholic faith-based education. The faith and value dimensions of the Catholic faith are expected to permeate all aspects of instruction and school activities. Catholicism supports the belief that all parents are their child's primary educators. As such, the Regina Catholic School Division (RCSD) exists to provide a Catholic education for children of parents who are members of the Roman Catholic Church.

However, in the inclusive and welcoming ethos of our Catholic Faith, non-Catholic parents who wish to have their students educated in a Catholic school may apply for admission. Parents not of the Catholic faith who desire a Catholic education for their children must be respectful of the teachings of the Catholic Church and agree to abide by the policies and procedures of Catholic school Divisions relating to religious instruction and the permeation of faith within all aspects of the student's school experience.

The program's registration will be first come first served, with priority given to current RCSD students. Those wishing to register in the program and are not currently a RCSD student will be placed on a waitlist.

RCSD and Golden Ticket Sports are committed to equitable programming opportunities for our students addressed through a variety of partnerships that enable access and eliminate barriers to inclusion.

To learn more about the admission of students to RCSD, see Administrative Application 9100 [click here](#)

PROGRAM OVERVIEW

The Regina Catholic School Division (RCSD) is pleased to announce the creation of our Grade 4 to 8 Hockey Academy. This hockey academy is a new addition to the sport academy programming, and will grow our present partnership with Saskatchewan based company, Golden Ticket Sports. The partnership will build onto the success of our 2022-2023 Elementary Basketball Academy. Our Hockey Academy will be the first division-wide elementary Hockey Academy for students in Grades 4 to 8 in Regina!

The academy will start in September of 2023 and end May 31st of 2024. With no sessions running during the months of December or June.

Students will have two engagement opportunities with the academy per week. The per grade grouping (Grade 5/6 and Grade 7/8) will have on ice instruction delivered by Golden Ticket High Performance coaches. The program features 60 sessions over the course of the 2023-2024 school year. The academy's goal is to provide our student athletes with high performance coaching to improve as a hockey player and further foster a love for the sport. We feel the academy presents a great opportunity for our student athletes to 'Be Great Before Eight'!

RCSD and Golden Ticket Sports are committed to equitable programming opportunities for our students addressed through a variety of partnerships that enable access and eliminate barriers to inclusion.

Golden Ticket Sports has enjoyed success running similar programs with Regina Catholic Schools Basketball Academy, both Lloydminster Public and Catholic school divisions, as well as Moose Jaw's Holy Trinity and Prairie South school divisions.

Students can begin signing up at www.goldenticketsports.com.

Hockey Academy related questions can be directed to rcsdhockeyacademy@goldenticketsports.com.

Registration is now open to all RCSD Grade 4-8 students for the 2023-2024 school year.



POWERED BY GOLDEN TICKET SPORTS

PROGRAM LOGISTICS

FIRST DATE: MONDAY SEPT 18, 2023

**GRADE 4/5/6 PROGRAMS WILL RUN MON/WED (START TIME BETWEEN 7:15 AND 7:30AM)
GRADE 7/8 PROGRAMS WILL RUN TUES/THURS (START TIME BETWEEN 7:15 AND 7:30AM)**

PROGRAM TO RUN FOR 60 MINUTES ON THE ICE

◦ 7:15AM-7:30AM UNTIL 8:15AM-8:30AM

DAILY LOGISTICAL PLAN:

PRE-ICE:

- ATHLETES ARRIVE AT THE SUGGESTED TIME OF 7:10AM FOR PROMPT 7:30AM START
- ATHLETES ARE FULLY DRESSED AND PREPARED FOR 7:30AM START TIME

ON-ICE:

- POWER SKATING/TECHNICAL SKILL DEVELOPMENT WARM-UP
- FULL-ICE TECHNICAL/TACTICAL SKILL DEVELOPMENT CIRCUIT
- 3 X 10 MINUTE BLENDED SKILL STATION ROTATIONS
- FUN WRAP-UP (SMALL AREA GAMES/COMPETE)

POST-ICE:

- 8:15AM - 8:30AM: ATHLETES CHANGE OUT AND HAVE BAGS PACKED FOR TRANSPORTATION TO SCHOOLS.

STUDENTS ARRIVE AT THEIR SCHOOLS FOLLOWING ON ICE SESSIONS.

WHERE IT TAKES PLACE:

THE CO-OPERATORS CENTRE:

1700 ELPHINSTONE ST

REGINA, SK S4P 2Z6

FULL CALENDAR WILL BE SUPPLIED ONCE SCHOOL CALENDARS ARE FINALIZED.

#BEGREATBEFORE8

WHAT'S NEW!

APRIL 27 UPDATES

GOALIE INSTRUCTION:

WE ARE PLEASED TO ANNOUNCE THE ADDITION OF KELLY DOWNES (OWNER OF GT&R GOALTENDING) AS OUR LEAD GOALIE INSTRUCTOR FOR THE PROGRAM. KELLY WILL BE ON THE ICE 1 TIME PER WEEK/PER GROUP FOR SPECIFIC INSTRUCTION WITH THE GOALIES IN OUR PROGRAM.

KELLY'S RESUME IS AS FOLLOWS:

- GOLD MEDAL WITH TEAM CANADA
 - AT THE STANDING UPRIGHT AMPUTEE WORLD HOCKEY CHAMPIONSHIP
- CERTIFICATE OF RECOGNITION FROM THE SASKATCHEWAN HUMAN RIGHTS COMMISSION
 - FOR HIS WORK ADVOCATING FOR PEOPLE WITH DISABILITIES.

1 DAY PER WEEK OPTIONS:

WE ARE PLEASED TO OFFER A NEW OPTION FOR FAMILIES AND ATHLETES LOOKING TO ATTEND THE ACADEMY ONE DAY PER WEEK. THIS OPTION WILL BE THE FOLLOWING:

GRADE 4-6: WEDNESDAYS (TOTAL OF 30 SESSIONS)

GRADE 7-8: THURSDAYS (TOTAL OF 30 SESSIONS)

ATHLETES WILL HAVE THE ABILITY TO SCALE UP THEIR SESSIONS THROUGHOUT THE YEAR ON A CASE BY CASE BASIS. ATHLETES CANNOT SCALE DOWN THEIR SESSIONS ONCE THE PROGRAM HAS STARTED.

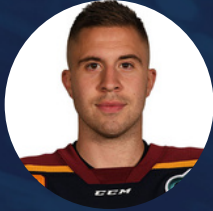
PROGRAM OPENED UP TO GRADE 4-8

DUE TO TREMENDOUS DEMAND WE HAVE OPENED UP THE PROGRAM TO STUDENTS IN GRADE 4 TO 8.

GROUPS WILL BE SPLIT WITH GRADES 4-6 AND GRADES 7-8.

#BEGREATBEFORE8

COACHING STAFF



TRISTAN FREI

- **RCSD TEACHER**
- **5 YEAR UOFR COUGAR HOCKEY ATHLETE**
- **PROFESSIONAL PLAYER**
- **CO-OWNER NEXT LEVEL HOCKEY CONSULTING**



TAYLOR FREI

- **RCSD TEACHER**
- **UOFR COUGAR MEN'S HOCKEY ASSISTANT COACH**
- **HOCKEY CANADA DEVELOPMENT 1 COACHING CERTIFICATION**
 - **CURRENTLY WORKING TOWARDS HIS HIGH PERFORMANCE 1**
- **CO-OWNER NEXT LEVEL HOCKEY CONSULTING**



GRAHAM HAYES

- **RCSD ADMINISTRATOR**
- **5 YEAR UOFR COUGAR HOCKEY ATHLETE**



KELLY DOWNES – GOALIE INSTRUCTOR

- **OWNER OF GT&R GOALTENDING**
- **GOLD MEDAL WITH TEAM CANADA**
 - **AT THE STANDING UPRIGHT AMPUTEE WORLD HOCKEY CHAMPIONSHIP**
- **CERTIFICATE OF RECOGNITION FROM THE SASKATCHEWAN HUMAN RIGHTS COMMISSION**
 - **FOR HIS WORK ADVOCATING FOR PEOPLE WITH DISABILITIES.**

ADDITIONAL COACHES TO BE NAMED

#BEGREATBEFORE8



ON ICE OVERVIEW

RCS HOCKEY ACADEMY ATHLETES CAN EXPECT AN ENGAGING AND EXCITING 60 MINUTES OF ON-ICE BLENDED INDIVIDUAL TACTICAL AND TECHNICAL SKILL DEVELOPMENT. ATHLETES WILL BE PRESENTED WITH VARIOUS OPPORTUNITIES TO PUSH AND COMPETE AGAINST THEMSELVES IN A VARIETY OF AGE APPROPRIATE SKILL DEVELOPMENT DRILLS, EXERCISES AND LEARNING OPPORTUNITIES.

THE ACADEMY'S ON-ICE PROGRAMMING WILL CORRELATE WITH HOCKEY CANADA'S U13/15 SEASONAL STRUCTURE TO ENSURE OUR ATHLETES ARE NOT BEING BURNT OUT FOR THEIR COMPETITIVE/LEAGUE PLAY OUTSIDE OF THE ACADEMY. THROUGHOUT THE DURATION OF THE SCHOOL YEAR, ON-ICE PROGRAMMING WILL CORRESPOND WITH HOCKEY CANADA'S AGE APPROPRIATE "FOCUS OF DEVELOPMENT."

TO ACHIEVE OUR ON-ICE GOALS, ATHLETES WILL EXPERIENCE A ROUTINE AND STRUCTURE BASED ICE SESSION. ATHLETES WILL ALL PARTICIPATE IN THE FOLLOWING:

- 1. WHOLE GROUP POWER SKATING/TECHNICAL SKILL DEVELOPMENT WARM-UP**
- 2. FOLLOWED BY A FULL ICE TECHNICAL/TACTICAL SKILL CIRCUIT**
- 3. SKILL STATION ROTATION**
 - **3 X 10 MINUTE BLENDED TACTICAL/TECHNICAL SMALL GROUP SKILL STATION ROTATIONS**
 - **ALL STATIONS ALIGNING WITH HOCKEY CANADA'S AGE APPROPRIATE CORE SKILLS**
- 4. FUN WRAP-UP: SMALL AREA GAME/COMPETE**
 - **ATHLETES CONCLUDE ICE-SESSION BY COMPETING IN SMALL TEAMS WITH AND/OR AGAINST EACH OTHER IN A NUMBER OF DIFFERENT GAME-LIKE SITUATIONS**
 - **BUILDING OFF THE SKILLS AND TACTICS EXPLORED PRIOR IN ON-ICE SESSION**

WHAT'S INCLUDED?



**30-60 1 HOUR ON ICE
SESSIONS WITH
GOLDEN TICKET HIGH
PERFORMANCE
COACHES INCLUDING
MINI GAMES TO
REINFORCE CONCEPTS**



**GOLDEN TICKET SPORTS
GEAR PACKAGE**



**HIGH PERFORMANCE
COACHES WHO
SPECIALIZE IN YOUTH
HOCKEY**



**PROGRAM REPORT
CARD, TWICE PER YEAR.**



**TRANSPORTATION TO
YOUR RESPECTIVE
SCHOOL FOLLOWING ON
ICE SESSIONS**

PAYMENT AND REFUND INFORMATION

WHAT'S INCLUDED AND COST BREAKDOWN

- 30-60 1 HOUR ON ICE SESSIONS WITH GOLDEN TICKET HIGH PERFORMANCE COACHES
- SKILLS, GAME AND TOURNAMENT PLAY, ACADEMY AWARDS
- HOCKEY ACADEMY GEAR PACKAGE
- HOCKEY REPORT CARD FROM GOLDEN TICKET COACHES
- PROGRAM PHOTOS
- TRANSPORTATION FROM THE CO-OPERATORS BACK TO THEIR HOST SCHOOL

PROGRAM FEES:

- INCLUDES TRANSPORT FROM CO-OPERATORS CENTRE TO YOUR ELEMENTARY SCHOOL (WHERE NECESSARY)
 - NOTE: SHOULD YOU WISH NOT TO BE INCLUDED IN THE BUSSING TRANSPORTATION, A \$200.00 REFUND WILL BE ISSUED TO YOUR METHOD OF PAYMENT.
- INCLUDES EXCLUSIVE GEAR PACKAGE ALL OTHER PROGRAMMING EXPENSES

TOTAL PROGRAM COST \$2250.00 + TAXES AND PROCESSING FEES (2 DAYS PER WEEK

TOTAL PROGRAM COST \$1125.00 + TAXES AND PROCESSING FEES (1 DAY PER WEEK

- PAYMENT PLAN OPTIONS AVAILABLE (1-4 PAYMENTS IN A YEAR) (BEFORE JAN 1)
- DISCOUNT FOR LUMP SUM PAYMENT (SAVE THE INSTALMENT TRANSACTION FEES)
- PROGRAM SPACE IS LIMITED BASED ON ICE AVAILABILITY. DO NOT WAIT TO REGISTER
- PROGRAM STARTS SEPTEMBER 18
 - NOTE: SHOULD YOU CHOOSE NOT BE INCLUDED IN THE BUSSING TRANSPORTATION, A \$200.00 REFUND WILL BE ISSUED TO YOUR METHOD OF PAYMENT
 - YOU WILL BE RESPONSIBLE FOR GETTING YOUR CHILD TO SCHOOL FOLLOWING THE PROGRAM

RCSD AND GOLDEN TICKET SPORTS ARE COMMITTED TO EQUITABLE PROGRAMMING OPPORTUNITIES FOR OUR STUDENTS ADDRESSED THROUGH A VARIETY OF PARTNERSHIPS THAT ENABLE ACCESS AND ELIMINATE BARRIERS TO INCLUSION.

IF AN ATHLETE SHOULD FIND COST A BARRIER IN THIS PROGRAM, PLEASE CONTACT
RCSDHOCKEYACADEMY@GOLDENTICKETSPORTS.COM REQUESTING MORE INFORMATION.

#BEGREATBEFORE8

PAYMENT AND REFUND INFORMATION

ALL PAYMENT WILL BE HANDLED BY GOLDEN TICKET SPORTS.
REGISTRATION WILL BE DONE VIA CREDIT CARD VIA LEAGUE APPS REGISTRATION.
PAYMENT MAY BE DONE IN ONE TO FOUR PAYMENT INSTALMENTS.

ACADEMY FEE WILL BE \$2250.00 (OR \$2050.00 SHOULD TRANSPORTATION NOT BE CHOSEN). (\$1125.00 FOR SINGLE DAY OPTION)

TWO DAYS PER WEEK

A NON REFUNDABLE \$600.00 WILL BE HELD AT TIME OF REGISTRATION. THIS IS NOT REFUNDED AT ANY PERIOD, REGARDLESS OF REASON.

- ATHLETES WILL KEEP THEIR GEAR AND REPORT CARD(S) SHOULD THEY DROP OUT OF THE PROGRAM.

DROP OUT OF PROGRAM BEFORE NOV 1 =
900.00 IF FULL PAYMENT HAS BEEN MADE.
250.00 IF ON PAYMENT PLAN.

DROP OUT OF PROGRAM FROM NOV 1 - JANUARY 8
450.00 IF FULL PAYMENT HAS BEEN MADE.
NO REFUND IF ON PAYMENT PLAN

DROP OUT OF PROGRAM AFTER JANUARY 8
NO REFUND.

ONE DAY PER WEEK

A NON-REFUNDABLE \$600.00 WILL BE HELD AT THE TIME OF REGISTRATION. THIS IS NOT REFUNDED AT ANY PERIOD, REGARDLESS OF THE REASON.

DROP OUT OF THE PROGRAM BEFORE NOV 1 =
525.00 IF FULL PAYMENT HAS BEEN MADE.
125.00 IF ON A PAYMENT PLAN.

DROP OUT OF THE PROGRAM FROM NOV 1 - JANUARY 8
262.50 IF FULL PAYMENT HAS BEEN MADE.
NO REFUND IF ON A PAYMENT PLAN

DROP OUT OF THE PROGRAM AFTER JANUARY 8
NO REFUND.

#BEGREATBEFORE8

FREQUENTLY ASKED QUESTIONS

WILL THE PROGRAM BE CO-ED?

- THE GRADE 4/5/6 PROGRAM WILL BE CO-ED **WHERE/IF NECESSARY**
 - **FULL INTENT IS TO HAVE GROUPS SPLIT**
- THE GRADE 7/8 PROGRAM WILL NOT BE CO-ED.
 - ATHLETES WILL BE SPLIT ON SEPARATE PORTIONS OF ICE

WHAT IF THERE ARE TOO FEW FEMALE OR MALE ATHLETES IN GRADE 4-6 OR 7-8?

- SHOULD WE NOT HAVE ENOUGH OF ONE GROUPING, WE WILL COMBINE THOSE ON MONDAY AND WEDNESDAYS
 - EX: TOO FEW FEMALE ATHLETES TO HAVE 4 DAYS PER WEEK, WILL BE COMBINED GRADE 4-8 ON MONDAY AND WEDNESDAY MORNINGS

WHAT OPTIONS ARE THERE FOR GOALIES?

- GOALIES ARE WELCOME TO JOIN AND WILL HAVE SPECIFIC GOALIE INSTRUCTION 1 OF 2 SESSIONS PER WEEK/PER GROUP.

ARE THE SCHOOLS AWARE THAT STUDENTS COULD BE ARRIVING LATE?

- SCHOOLS ARE AWARE THAT STUDENTS COULD BE ARRIVING LATE FROM THE PROGRAM TO THEIR MORNING CLASSES

CAN PARENTS STAY AND WATCH?

- ABSOLUTELY.

WHERE WILL THE HOCKEY GEAR BE STORED AFTER EACH MORNING SESSION?

- HOCKEY GEAR WILL EITHER REMAIN ON-SITE FOR PICK UP AT THE CO-OPERATORS FOR PARENTS THROUGHOUT THE DAY, OR BE TRANSPORTED TO COMMON LOCATIONS
 - THIS IS DEPENDENT ON SPACE AND REGISTRATION.

OTHER QUESTIONS PLEASE EMAIL RCSDHOCKEYACADEMY@GOLDENTICKETSPORTS.COM

#BEGREATBEFORE8



REGINA
CATHOLIC
SCHOOLS
HOCKEY
ACADEMY

POWERED BY GOLDEN TICKET SPORTS

PROGRAM CHEAT SHEET



PROGRAM OVERVIEW

- Students will take part in the program twice per week per grade grouping (Grade 4/5/6 on M/W and Grade 7/8 on T/TH) with 60 minute sessions being run by Golden Ticket High Performance coaches.
- The program takes place at The Co-Operators Centre
- The program runs for one hour between 7:15am- 7:30am until 8:15am- 8:30am.
- Registration is capped at 25 students per sheet of ice per day/grade split (ex. Grade 4/5/6 M/W).
- This program will be open to any skill level as athletes will be provided with skill development, mental preparation and sport for life skills.
- The program features 30-60 sessions over the course of the 2023-2024 school year.
- Athletes will receive branded Golden Ticket Hockey Academy Practice Gear.

Calendar Blocks:

- **Block 1: Monday September 18 until Thursday November 30, 2023**
- **Block 2: Monday January 8th - Thursday Feb 15th**
- **Block 3: Monday Feb 26 - Thursday March 28th**
- **Block 4: Monday April 8 - Thursday May 30**

***Dates subject to change**

**** Any day there is no school, there is no Academy.**

#BEGREATBEFORE8



YOUR SIZE IS WAITING



REGINA
CATHOLIC
SCHOOLS
HOCKEY
ACADEMY

POWERED BY GOLDEN TICKET SPORTS



REGISTRATION NOW OPEN

REGISTER TODAY AT
WWW.GOLDENTICKETSPORTS.COM



Regina
Catholic Schools

questions? email rcsdhockeyacademy@goldenticketsports.com