



#SETTHESTANDARD



DEVELOPMENT MODEL

**ATHLETES IN OUR PROGRAMS WILL RECEIVE THE
FOLLOWING MINIMUM STANDARDS:**

75 - 90 HRS OF ON-ICE DEVELOPMENT

- **POWER SKATING**
- **PUCK SKILLS**
- **SHOOTING & SCORING**
- **GAME SENSE**
- **TECHNICAL SKILL APPLICATION**
- **GOALTENDER SPECIFIC TRAINING**
- **DETAILED PRACTICE PLANS**

15-50 HRS OF OFF-ICE DEVELOPMENT

- **MENTAL TRAINING**
- **STRENGTH AND CONDITIONING**
- **SPORTS PERFORMANCE TRAINING**

***HOURS ARE AGE DEPENDANT**



SHOWCASE MODEL

**ATHLETES WILL RECEIVE 32 REGULAR SEASON
GAMES + ADDITIONAL TOURNAMENT
OPPORTUNITIES**

**WEEKEND GAMES IN A CENTRAL LOCATION!
YOU WILL PLAY BETWEEN 3-4 GAMES
DURING COMPETITION WEEKENDS.**

**THE HSL AIMS TO HAVE A HEALTHY SPORT /
LIFE BALANCE WHICH WILL SEE ATHLETES
HAVE 3-4 GAMES TWICE A MONTH INSTEAD
OF YOUR TRADITIONAL EVERY WEEKEND!**

**THE SHOWCASE MODEL OF COMPETITION
HAS PROVEN TO KEEP THE ATHLETES EAGER
TO PLAY WHILE ALLOWING THEM ENOUGH
TIME AT THEIR AGE TO PROPERLY TRAIN
AND SEE THE BENEFITS DURING
COMPETITION**



DEVELOPMENT / **COACHING PHILOSOPHY**

OUR ENVIRONMENT ALLOWS PLAYERS TO DEVELOP THEIR SKILLS WITH DETAILED PRACTICES THAT HAVE PURPOSE, TO BE COMFORTABLE BEING THEMSELVES THROUGH TEAM BUILDING ACTIVITIES, AND TO BUILD CONFIDENCE INDIVIDUALLY. BY GETTING TO KNOW EACH PLAYER'S INDIVIDUAL NEEDS WE CAN COACH TO THEIR STRENGTHS, WHILE DEVELOPING THE AREAS LACKING IN THEIR GAME.

OUR TEAM WILL FOCUS ON DEVELOPING IMPORTANT LIFE-SKILLS SUCH AS:

- **HOW TO BE CREATIVE AND IMAGINATIVE**
- **HOW TO BUILD CHARACTER**
- **WHAT IT MEANS TO BELONG TO A TEAM**
- **HOW TO COMMUNICATE**
- **HOW TO THINK CRITICALLY AND SOLVE PROBLEMS**
- **TIME MANAGEMENT**

HOCKEY IS A COMPETITIVE SPORT, IT IS MEANT TO BE PLAYED AT A HIGH INTENSITY LEVEL. OUR TEAMS EMBODY A CULTURE THAT DEVELOPS COMMITTED AND DEDICATED ATHLETES. A TEAM CULTURE THAT INSPIRES CAMARADERIE. OUR PLAYERS GROW AS PEOPLE, DEVELOP INDIVIDUALLY, AND COMPETE AS A TEAM.

#SETTHESTANDARD

STAFF

- **General Manager: Ambrose Firkus**
- **President Of Hockey OPS: Kyle Tapp**
- **Mental Health Director: Jason Wiwad**
- **Transportation Director: Cole Fischer**
- **Social Media: Max Mills/Jill Fischer**
- **Skills Development: IHD Hockey Corp.**
- **Goaltending Development: Kurtis Mucha**
- **Strength & Conditioning: Marcus Lam-Peters**
- **Massage Therapist: Sheena D'Entremont**



IHD HOCKEY CORP.

IHD HOCKEY CORP IS A HOCKEY DEVELOPMENT COMPANY BASED OUT OF LLOYDMINSTER ALBERTA. IHD IS A HIGHLY SOUGHT AFTER LONG TERM DEVELOPMENT DEVELOPMENT COMPANY!

“AT IHD HOCKEY CORP. WE HAVE ONE GOAL: TO MAKE OUR ATHLETES BETTER. ONCE YOU BECOME A MEMBER OF THE #IHDFAM, YOU BECOME PART OF OUR FAMILY AND WE WILL DO EVERYTHING POSSIBLE TO ENSURE YOU ARE READY TO TAKE THE NEXT STEPS IN YOUR HOCKEY CAREER!”

IHD HOCKEY’S APPROACH TO SKILL DEVELOPMENT IS FOCUSED ON THE INDIVIDUAL NEEDS OF EACH ATHLETE. WE BEGIN WITH THE FUNDAMENTALS AND ENCOURAGE OUR ATHLETES TO FAIL FORWARD THROUGHOUT THEIR DEVELOPMENT PROCESS WITH US!



[VISIT THE WEBSITE](#)



LLOYDMINSTER ATHLETICS

THE LLOYDMINSTER ATHLETICS ARE A FRANCHISE IN THE JPHL (JUNIOR PROSPECTS HOCKEY LEAGUE). THEY CURRENTLY HAVE PROGRAMS IN THE 18U/17U/15U/14U DIVISIONS IN THE JPHL.

THEY ACT AS THE JR.ATHLETICS BIG BROTHERS THROUGHOUT YOUR TIME IN THE PROGRAM. YOU WILL SEE THESE ATHLETES OUT AT PRACTICES, GAMES, TEAM BUILDERS ETC.

AS A PROGRAM WE FEEL THIS PROVIDES A SEAMLESS PATHWAY FOR YOUR SON / DAUGHTER AS THEY GRADUATE FROM THE HSL INTO THE JPHL PROGRAMMING! MANY OF THE HSL PERSONEL WORK IN THE JPHL AS WELL WHICH ALLOWS THE PROGRAM TO BUILD RELATIONSHIPS AT A YOUNG AGE AND ENSURE MESSAGING IS CONSISTENT ALL THE WAY FROM 2017 BORN-18U ATHLETES!



VISIT THE WEBSITE

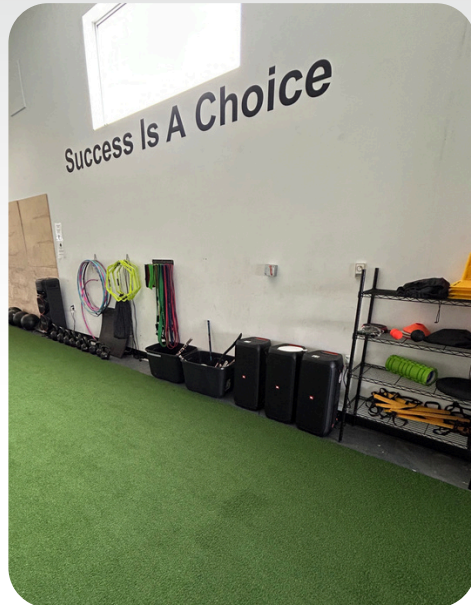


THE CLUBHOUSE

Gym Floor



Turf - 1,200 S/F



THE CLUBHOUSE

Golf Simulator



Video Room



THE CLUBHOUSE

SHOOTING LANES



ATHLETES LOUNGE



LEAGUE PARTNERSHIPS



ELITE.
ATHLETE SERVICES

CWENCH
HYDRATION

 **ELITE**
PROMOTIONAL MARKETING

TPE
THE PROSPECT EXCHANGE

EQUIPMENT

- **TEAM BAUER GLOVES**
- **TEAM BAUER HELMET**
- **HOME & AWAY GAME SOCKS**
- **PRACTICE JERSEY**
- **PRACTICE SOCKS**
- **PANT SHELLS**
- ***HOME & AWAY JERSEY**
- **TEAM BAG**
- **TEAM BAUER WORKOUT SHIRT/SHORTS**
- **HSL HOODIE / HAT / TOQUE**
- **CWENCH WATER BOTTLE**

***ITEMS ARE AGE DEPENDANT**

MORE ABOUT THE HSL



[CLICK HERE TO](#)
[LEARN MORE](#)

SOCIAL MEDIA



@JRATHLETICSHSL



@Athletics_JPHL



@LloydAthleticsJPHL



@LloydminsterJuniorAthletics

ID WEEKEND

Date: March TBD

Location: TBD

The ID skates are open to athletes born:

2013 / 2014 / 2015 / 2016 / 2017 / 2018

ID weekend will consist of the following:

- Skills Session**
- Games**
- Information Session**
- Clubhouse Tour**
- Fitness Testing**



QUESTIONS?

Interested in getting to the next level with the Junior Athletics? Contact us to inquire about your son or daughter joining our program!

Email: HSLjrathletics@gmail.com

