



**#SETTHESTANDARD**



# WHAT IS INCLUDED?

- UNPARALLELED STUDENT ATHLETE LIFESTYLE
- PROFESSIONAL COACHES
- PROFESSIONAL GOALIE INSTRUCTION
- ELITE ATHLETE SERVICES
- OPTIMIZED ATHLETE AND COACH DIGITAL FOOTPRINTS
- FULLY BROADCASTED EVENTS
- COMPETITIVE HUB ENVIRONMENT
- ELITE SHOWCASE EXPOSURE
- CUTTING EDGE SOCIAL MEDIA EXPOSURE
- PROFESSIONAL SCOUTING DEPARTMENT
- SIGNATURE EVENTS
- BEST-OF-PLAYOFFS
- STATE OF THE ART TRANSPORTATION
- 2-ATHLETES PER ROOM ACCOMMODATIONS
- CATERED MEALS ON THE ROAD
- MENTAL TRAINING SKILLS
- LEAGUE NUTRITIONIST
- MOBILITY PERFORMANCE
- STRENGTH & CONDITIONING
- EDUCATION SUPPORT / PLANNING
- HEALTHY LIFESTYLE BALANCE
- COLLEGE LIFESTYLE EXPERIENCE

[CLICK HERE TO LEARN MORE](#)

# **DEVELOPMENT MODEL**

**OUR EXPERIENCE OPERATING ELITE, MAJOR JUNIOR  
AND JUNIOR "A" PROGRAMS, OUR 18U, 17U, 15U  
AND 14U ATHLETES WILL RECEIVE THE FOLLOWING  
MINIMUM STANDARDS:**

## **150 +/- HRS OF ON-ICE DEVELOPMENT**

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

## **100 +/- HRS OF OFF-ICE DEVELOPMENT**

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



# **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 SO 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**
- **Administration: Kristin Graham**
- **Education Liaison: Marc Neron**
- **Social Media: Max Mills/Jill Fischer**
- **Skills Instruction: IHD Hockey Corp.**
- **Goaltending Instructor: Kurtis Mucha**
- **Strength & Conditioning: Marcus Lam-Peters**
- **Billet Coordinator: Kristin Graham**
- **Massage Therapist: Sheena D'Entremont**



# THE CLUBHOUSE

## Gym Floor



## Turf - 1,200 S/F



# THE CLUBHOUSE

## Golf Simulator



## Video Room



# THE CLUBHOUSE

## SHOOTING LANES



## ATHLETES LOUNGE





# DAILY SCHEDULE

Schedule	U14	U15
On-Ice/Gym	8:15-11:00 Am	8:15-11:00 Am
Period 3 (Math, ELA, Social, Science)	11:24-12:24	11:24-12:24
Period 4 (Lunch/Study Hall)	12:26-1:26	12:26-1:26
Period 5 (Math, ELA, Social, Science)	1:28-2:28	1:28-2:28
Period 6 (Math, ELA, Social, Science)	2:32-3:32	2:32-3:32

Schedule	U18	U17
Period 1(Math, ELA, Science)	9:00 - 10:15 AM	9:00 - 10:15 AM
Period 2(Math, ELA, Science)	10:19 - 11:19 AM	10:19 - 11:19 AM
Period 3(Lunch/Study Hall)	11:24 - 12:24 PM	11:24 - 12:24 PM
Period 4(Math, ELA, Science)	12:26 - 1:26 PM	12:26 - 1:26 PM
On-Ice/Gym	2:00 - 4:45 PM	2:00 - 4:45 PM

# **GAME WEEK SCHEDULE**

<b>Day:</b>	<b>Daily Activities:</b>
<b>Monday</b>	<b>Practice / Gym / School</b>
<b>Tuesday</b>	<b>Practice / Gym / School</b>
<b>Wednesday</b>	<b>Practice / Gym / School</b>
<b>Thursday</b>	<b>School/Travel Day*</b>
<b>Friday</b>	<b>Game Day/Travel Day*</b>
<b>Saturday</b>	<b>Game Day</b>
<b>Sunday</b>	<b>Game Day/Travel Day</b>

\*PENDING WEEKEND LOCATION

# **NON-GAME WEEK SCHEDULE**

<b>Day:</b>	<b>Daily Activities:</b>
<b>Monday</b>	<b>Edgeboss or Powerskating / Gym / School</b>
<b>Tuesday</b>	<b>Skills / Gym / School</b>
<b>Wednesday</b>	<b>Skills / Gym / School</b>
<b>Thursday</b>	<b>Skills / Gym / School</b>
<b>Friday</b>	<b>Small Area Games / Gym / School</b>
<b>Saturday</b>	<b>OFF</b>
<b>Sunday</b>	<b>OFF</b>

# **EQUIPMENT**

- **GLOVES**
- **HELMET**
- **HOME & AWAY GAME SOCKS**
- **PRACTICE JERSEY**
- **PRACTICE SOCKS**
- **PANT SHELLS**
- **HOME & AWAY CCM JERSEY**
- **TEAM BAG**
- **TEAM CCM WORKOUT  
SHIRT/SHORTS**
- **JPHL HOODIE / HAT / TOQUE**

# MORE ABOUT THE JPHL



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

# LEAGUE PARTNERSHIPS



# EXPOSURE

**Given the technology and communication tools available today, it is extremely rare for athletes to go unnoticed.**

**Our role is to showcase talent and facilitate timely discovery. By using TPE (The Prospects Exchange link), broadcasting games via **4VENGEANCE MEDIA** (games can be found here or here), and hosting Showcases in centralized major centres (Edmonton, Calgary, Vancouver), the JPHL makes finding athletes easy. In addition to this the JPHL has a very large presence on TikTok highlighting players and teams through out the season (<https://www.tiktok.com/@jphlhockey>)**

**We are committed to generating scouting opportunities through our Special Event Series, to actively building a digital footprint for each athlete and to promote our players through personal networks and established relationships at the Major Junior and Junior "A" levels. All of our showcase events are fully broadcasted with additional camera angles and colour commentary to immerse viewers, scouts and junior team staff in a junior-level experience which celebrates and highlights our athletes. We also use video access for statistical data collection and analysis, which helps teams with enhanced scouting, player development and communication.**



# **ID WEEKEND**

**Date: March 21st & 23rd**  
**Location: Lashburn Sportsplex**

**This Camp is open to elite:**

- 18U Athletes (2007,2008,2009,2010)**
- 17U Athletes (2009,2010)**
  - 15U Athletes (2011)**
  - 14U Athletes (2012)**

**ID weekend will consist of the following:**

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

# SOCIAL MEDIA



**@Athletics\_JPHL**



**@Athletics\_JPHL**



**@LloydAthleticsJPHL**



**@LloydminsterAthletics**



# QUESTIONS?

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

Email: [Afirkus@LloydminsterAthletics.com](mailto:Afirkus@LloydminsterAthletics.com)

