



PURSUIT OF EXCELLENCE PROGRAM

CLASS SCHEDULE

My objective in developing the classroom curriculum is to provide each player;

- 1) From a hockey perspective, with an understanding of the game, on and off the ice, comparable to that of any youth hockey player in the world,
- 2) From a life skills perspective, with the applied knowledge and experience necessary to be uniquely successful in life, and
- 3) From a life values perspective, with the basis for becoming a person of excellent moral character, integrity, humility and leadership for his or her years ahead.

I have placed at the beginning of the year those topics which are the underpinnings for the rest of the year. For example, we will address goal setting and planning immediately, as well as individual skill development on the hockey side. However, there are so many topics to cover that, obviously, some subjects do get addressed later in the year than I would like.

I have mixed the subject areas up during the week for variety. The subject areas include life skills and values, hockey, and physical training. Some topics requiring more than one session have been scheduled on consecutive days, if I felt that it was necessary for continuity.

The progression for hockey topics moves from individual skills to team concepts to more general topics in the spring such as player agents, Junior vs College, and scouting. I then go back to a review of the main subjects so that this information is solidly entrenched before the players leave the school. Also, starting in mid February, I use most Wednesday classes for practical skill development such as improving hand quickness, eye-hand coordination and a variety of shooting skills.

If you have questions concerning any of the topics or you think there are other core subject areas that should be covered, please let me know and I will consider them. I will have guest speakers in on occasion. As with any school curriculum, as the year progresses, there may be changes with respect to the subject matters covered, and the dates the specific topics are delivered.

In the class schedule subject matters relating to hockey are in black; subject matters relating to **life skills and values are in blue**; and subject matters relating to **physical training are in red**, for easy delineation.

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CLASS SCHEDULE 2003-2004

(The topics covered for 2007-2008 will be the same plus some additional topics.)

Tues Sept 9	Introduction to the Year: Goals, Objectives, Details
Wed Sept 10	Goal Setting & Planning
Thurs Sept 11	Goal Setting & Planning con't
Fri Sept 12	Goal Setting & Planning con't
Sat Sept 13	Team Building (Two day weekend retreat)
Mon Sept 15	Skating Analysis
Tues Sept 16	Organizational Skills
Wed Sept 17	Passing
Thurs Sept 18	Anatomy/ Muscles
Fri Sept 19	Strength Training
Mon Sept 22	Skating Analysis con't
Tues Sept 23	Time Management
Wed Sept 24	Stickhandling
Thurs Sept 25	Energy Systems
Fri Sept 26	Strength Training con't
Mon Sept 29	Skating Analysis con't
Tues Sept 30	Time Management con't
Wed Oct 1	Stickhandling/ Puck control
Thurs Oct 2	Shooting
Fri Oct 3	Shooting (analysis of players' videos)

Mon Oct 6	Skating Analysis (critique of pros/game situations)
Tues Oct 7	Motivation
Wed Oct 8	Shooting con't
Thurs Oct 9	Nutrition (Nutritionist to be announced)
Fri Oct 10	Nutrition con't
Mon Oct 13	Game Video Review (looking at skills/ not team play)
Tues Oct 14	Dreams/ Achieving our goals
Wed Oct 15	Checking
Thurs Oct 16	Power
Fri Oct 17	Power con't
Mon Oct 20	Game Video Review (skills)
Tues Oct 21	Dreams/ Achieving our goals
Wed Oct 22	Checking con't
Thurs Oct 23	Flexibility
Fri Oct 24	Flexibility con't
Mon Oct 27	Game Video Review (skills including checking)
Tues Oct 28	Success
Wed Oct 29	Skate Sharpening
Thurs Oct 30	Quickness and Speed
Fri Oct 31	Quickness and Speed con't
Mon Nov 3	Game Video Review (skills)
Tues Nov 4	Academic Excellence (student-athlete or athlete-student)
Wed Nov 5	Eye/ Hand Co-ordination, Vision

Thurs Nov 6	Eye/ Hand Co-ordination, Vision con't
Fri Nov 7	Equipment/ Sticks etc
Mon Nov 10	Game video review
Tues Nov 11	(Remembrance Day)
Wed Nov 12	Breakout Systems
Thurs Nov 13	Competition
Fri Nov 14	Balance/ Agility
Mon Nov 17	Game Video Review
Tues Nov 18	Attitude
Wed Nov 19	Breakout Systems con't
Thurs Nov 20	Balance/ Agility con't
Fri Nov 21	Forechecking Systems
Mon Nov 24	Game Video Review
Tues Nov 25	Integrity, Honesty, and Credibility
Wed Nov 26	Forechecking Systems con't
Thurs Nov 27	Forechecking Tactics and Strategies
Fri Nov 28	Periodization/ Year Round Training
Mon Dec 1	Game Video Review
Tues Dec 2	The Importance of Faith/ Belief in God
Wed Dec 3	Moving through the Neutral Zone
Thurs Dec 4	Attacking the Offensive Zone
Fri Dec 5	Overtraining

Mon Dec 8	Game Video Review
Tues Dec 9	Family/Parents
Wed Dec 10	Regroups/Counters
Thurs Dec 11	Powerplay
Fri Dec 12	Powerplay con't
Mon Dec 15	Game Video Review
Tues Dec 16	Powerplay con't
Wed Dec 17	September through December Review
Thurs Dec 18	Written Hockey Exam (1 hour)
Fri Dec 19	Written Life Skills/Values Exam (1 hour)
(CHRISTMAS BREAK)	
Mon Jan 5	Overview of Second Period/ Goals/ Objective
Tues Jan 6	Team Building Session (2 hours)
Wed Jan 7	Sports Psychology
Thurs Jan 8	Mental Preparation for Games/Practice
Fri Jan 9	Penalty Killing
Mon Jan 12	Skating Analysis for Second Half/ Review/ Compare
Tues Jan 13	Leadership
Wed Jan 14	Mental Toughness
Thurs Jan 15	Penalty Killing
Fri Jan 16	Penalty Killing con't
Mon Jan 19	Skating Analysis/ Review and Testing
Tues Jan 20	Leadership con't

Wed Jan 21	Visualization/ Mental imagery
Thurs Jan 22	Hockey "Sense"
Fri Jan 23	Face-off Alignments and Strategies
Mon Jan 26	Game Video Review
Tues Jan 27	Serving Others (Start of Community Service)
Wed Jan 28	Visualization/ Mental Imagery con't
Thurs Jan 29	Face-offs
Fri Jan 30	Face-offs (individual skills)
Mon Feb 2	Game Video Review
Tues Feb 3	Sportsmanship: Respecting Teammates, Opponents, Officials, Coaches
Wed Feb 4	Gap Control
Thurs Feb 5	Gap Control con't
Fri Feb 6	Self Defense on the Ice
Mon Feb 9	Game Video Review
Tues Feb 10	On-ice Patience vs Pressure
Wed Feb 11	Off-Ice Skill Development (Practical)
Thurs Feb 12	Injuries and Treatment
Fri Feb 13	Injuries and Treatment con't
Mon Feb 16	Game Video Review
Tues Feb 17	Humility
Wed Feb 18	Off-Ice Skill Development (Practical)
Thurs Feb 19	Drugs/ Sports Enhancing (Ergogenics)

Fri Feb 20	Drugs/ Sports Enhancing (Ergogenics) con't
Mon Feb 23	Game Video Review
Tues Feb 24	Movement with Purpose/ Creating Open Ice Use of Speed and Quickness
Wed Feb 25	Off-Ice Skill Development (Practical)
Thurs Feb 26	Individual On-Ice Tactics
Fri Feb 27	Rules of the Game: Analysis
Mon Mar 1	Game Review Video
Tues Mar 2	Coachability
Wed Mar 3	Sports Stretching (PNF etc)
Thurs Mar 4	Reading and Reacting Skills (Perceptual-Motor Process)
Fri Mar 5	Rules of the Game (Referee's Perspective)
Mon Mar 8	Character
Tues Mar 9	January through March Review
Wed Mar 10	Written Hockey Exam (1hour)
Thurs Mar 11	Written Life Skills/ Values Exam (1hour)
Fri Mar 12	Coach's Perspective
(SPRING BREAK/ 2 WEEKS)	
Mon Mar 29	Discussion: Third Period/ Review/ Goals/ Objectives
Tues Mar 30	Team Building Session (2 hours)
Wed Mar 31	Off-Ice Skill Development (Practical)
Thurs Apr 1	Motor Performance and Learning
Fri Apr 2	Biomechanics in Improving Sports Performance

Mon Apr 5	Skating Analysis/ Skills Testing Review
Tues Apr 6	Self-Discipline/ On-Ice Discipline
Wed Apr 7	Off-Ice Skill Development (Practical)
Thurs Apr 8	Coping with Stress
Fri Apr 9	(Good Friday)
Mon Apr 12	(Easter Monday)
Tues Apr 13	Building Self-esteem
Wed Apr 14	Off-Ice Skill Development (Practical)
Thurs Apr 15	Physical Testing (Wingate, VO2 Max etc)
Fri Apr 16	Physical Testing con't
Mon Apr 19	Scout's Perspective
Tues Apr 20	Humour
Wed Apr 21	Off-Ice Skill Development (Practical)
Thurs Apr 22	Cross Training
Fri Apr 23	Player Agents
Mon Apr 26	Game Video Review
Tues Apr 27	Communication Skills
Wed Apr 28	Off-Ice Skill Development (Practical)
Thurs Apr 29	Dealing with and Presenting to the Media/ Fans
Fri Apr 30	On-ice Safety
Mon May 3	Game Video Review
Tues May 4	Creativity/ Imagination
Wed May 5	Off-Ice Skill Development (Practical)

Thurs May 6	Procrastination
Fri May 7	Finances and Investments
Mon May 10	Game Video Review
Tues May 11	Accountability/ Responsibility
Wed May 12	Off-Ice Skill Development (Practical)
Thurs May 13	Seven Habits of the Highly Effective Hockey Player
Fri May 14	Proper Perspective on Life/ Game
Mon May 17	Game Video Review
Tues May 18	Individual Skills and Team Tactics Review
Wed May 19	Off-Ice Skill Development (Practical)
Thurs May 20	Quest for Happiness
Fri May 21	Game Statistics
Mon May 24	(Victoria Day)
Tues May 25	Decision Making/ Choices
Wed May 26	Off-Ice Skill Development (Practical)
Thurs May 27	Passion for the Game/ Life
Fri May 28	Relationships/ Respect for the Opposite Sex
Mon May 31	Game Video Review
Tues June 1	Breakout and Forechecking Systems Review
Wed June 2	Off-Ice Skill Development (Practical)
Thurs June 3	Mastering Your Mind
Fri June 4	Junior vs College Hockey

Mon June 7	Final Review of Skating Skills
Tues June 8	The Power of Persuasion
Wed June 9	Off-Ice Skill Development (Practical)
Thurs June 10	Special Teams Review
Fri June 11	Work Ethic/ Commitment
Mon June 14	Final Overview of Life Skills/ Values
Tues June 15	Final Overview of Hockey Skills
Wed June 16	Final Written Hockey Exam (2 hours)
Thurs June 17	Final Written Life Skills/ Values Exam (2 hours)
Fri June 18	Year in Review, Highlights, Accomplishments and Remarks to Players