



Canadian Athletic Club

Junior Canadians Spring Development

Program Overview

2025

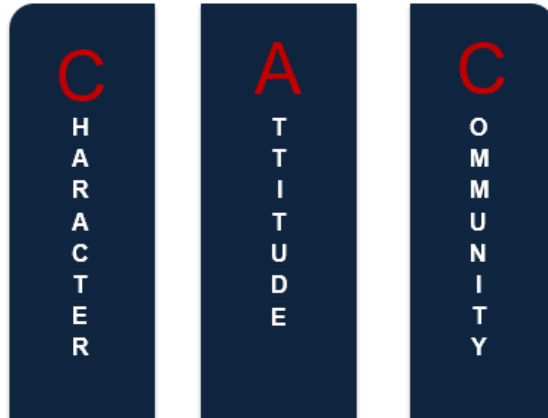
Table of Contents:

Introduction: 3

Key Program Features: 3

Program Components:..... 4

FAQs:..... 4



“To offer an elite hockey program providing players the opportunity and environment and to enhance their hockey and interpersonal hockey skills”

Introduction:

The 2025 Junior Canadians Spring Hockey Development program is designed to build on the tremendous success of our AA/AAA Advanced Development Program. At the Canadian Athletic Club (CAC), we believe in fostering the growth and development of young athletes, not only as hockey players but as well-rounded individuals.

This program places a strong emphasis on encouraging multi-sport participation, offering weekday ice times for convenience, and partnering with world-class vendors to provide year-round, long-term athletic development opportunities for CAC athletes.

Key Program Features:

Multi-Sport Emphasis:

We understand that young athletes benefit from participating in a variety of sports, as it helps develop a well-rounded skill set, reduces the risk of burnout, and enhances overall athleticism. Our program actively encourages participants to engage in other sports throughout the year, supporting their holistic development.

Recognizing the busy schedules of both athletes and their families, our program offers weekday ice times. This convenient scheduling allows participants to balance their commitments while still receiving high-quality hockey development.

World-Class Vendors:

We have partnered with renowned vendors and experts in the field of athletic development. These partnerships ensure that our athletes receive top-tier coaching, training, and support, resulting in the best possible long-term development opportunities. Our third-party on-ice vendors bring a wealth of experience and knowledge to our program.

Year-Round Long-Term Development:

The 2025 Junior Canadians Spring Hockey Development program is part of CAC's commitment to fostering year-round, long-term athletic development for our athletes. This approach ensures that participants receive consistent coaching, practice, and guidance to help them reach their full potential and continue their hockey journey beyond the standard winter season.

Discover CAC (2014):

The program purposefully extends into our valued feeder programs from Whitemud West, SWAT, and Hawks to ensure these graduating players gain early exposure to CAC and all we offer.

Graduation from Non-Contact to Contact (2012):

We understand the transition from non-contact (U13) to contact (U15) hockey can be a significant adjustment for our 2012 born athletes. Our program includes specialized body contact training to help players acclimate to this aspect of the game in a safe and controlled environment.

Program Components:

Skill Development:

Our program focuses on developing fundamental hockey skills, including skating, puck handling, passing, and shooting. Athletes will receive individualized coaching to improve their skills and gain a competitive edge.

Competition and Game Play:

Athletes will have opportunities to apply their skills in a competitive environment, including scrimmages, exhibitions, and tournament games. These experiences will help them integrate what they've learned into real-game situations. A typical spring season consists of 16 practices including third-party specialized development sessions, 5-8 exhibition games, and 1-2 tournaments. The number of practices, games, and tournaments is subject to change per age group once team budgets are set by the coaching and management staff.

FAQs:

Q: What age groups will be included in this program?

A: We'll be selecting teams for each birth year (2014/2013/2012 (Gold & Silver)/2011).

Q: How many teams will be selected?

A: At this time, we have planned for 1 team each for 2014, 2013, and 2011. We plan to host two teams for the 2012 birth year, forming a Gold (AAA) & Silver (AA) set of teams.

Q: How will the teams be selected?

A: The teams will be selected through an identification skate process and by the coaching staff for each birth year team.

Q: What is the weekly commitment and how long is the spring season?

A: Weekly commitment is ~ 2 skates per week + any tournament weekends or exhibition games. The spring season runs from early April until mid-June.

Q: What is the cost of the program?

A: The cost for the program is estimated to be approximately \$1,000 dollars per player. This includes all practices, third-party development sessions, exhibition and tournament games, as well as jerseys and apparel. It's our intention to make the program as low cost and high value as we possibly can, the total per player does not include any sponsorship or fundraising the team may undertake to lower the overall cost of the program. Total cost for the program is just an estimate and is subject to change based on each team. An estimated breakdown of the costs can be provided by the designated coach. Any budget surplus will be returned to the parent group at the end of the spring season.