



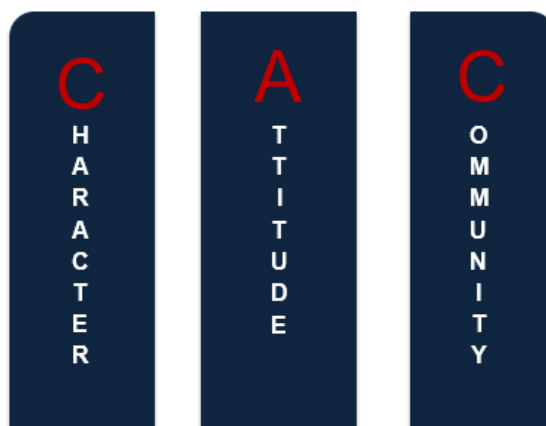
Canadian Athletic Club

Junior Canadians Spring Development

2026 Program Overview

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

Introduction:

The **2026 Junior Canadians Spring Hockey Development Program** builds on the success of CAC's renowned AA/AAA Advanced Development Program. At the Canadian Athletic Club (CAC), our goal is to help young athletes grow both as hockey players and as individuals.

This program emphasizes **multi-sport participation, weekday ice times for convenience, and collaboration with world-class development partners** to create a year-round pathway for athlete growth and success.

Key Program Features:

Multi-Sport Focus

We believe that great athletes are developed through diverse athletic experiences. Participating in multiple sports builds coordination, balance, and competitiveness—while reducing burnout. Our program supports and encourages athletes to stay active in other sports throughout the year.

Weekday Ice Times

We understand the demands on families and players. The majority of ice sessions are scheduled on weekdays, allowing athletes to train at a high level while keeping weekends open for other commitments.

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

This spring 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 (2016-Born Athletes)

We proudly collaborate with feeder associations: **Whitemud West, SWAT, and Hawks** to provide early exposure to CAC's development environment. This helps prepare them for future participation within our club and fosters a smooth transition into competitive hockey.

Transition to Full-Contact (2013-Born Athletes)

We understand the transition from non-contact (U13) to contact (U15) hockey can be a significant adjustment for our 2013-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 Gameplay

Athletes will have opportunities to apply their skills in a competitive environment, including scrimmages, exhibitions, and tournament games. A typical spring season consists of:

- **16 practices**, including specialized third-party development sessions for both players and goalies
- **5-8 exhibition games**
- **1-2 tournaments**

Final schedules and participation levels may vary by age group once team budgets are set by coaches and management.

FAQs:

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

A: We'll be selecting teams for each birth year (2016/2015/2014/2013/2012).

Q: How many teams will be selected?

A: At this time, we have planned for one team for each age group (2012-2016).

Q: How will the teams be selected?

A: Teams will be selected through identification skates and evaluations conducted by the coaching staff.

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

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

Q: What is the cost of the program?

A: The cost of the program is estimated at approximately \$1,100 per player. This includes all practices, third-party development sessions, exhibition and tournament games, as well as jerseys and apparel.

The total cost may vary slightly by team depending on tournament participation and other factors. Teams may also pursue sponsorships or fundraising to reduce overall player costs.

Any budget surplus will be returned to the parent group at the end of the season.