

RINK
HOCKEY ACADEMY

RINK HOCKEY ACADEMY WINNIPEG

The RINK Hockey Academy represents an exclusive franchise within the CSSHL. It operates as a Hockey Canada Accredited School for the entire school year, not just the hockey season, distinguishing itself from other academies by offering student-athletes the opportunity to develop both on and off the ice. The academy's integrated approach to individual development and physical care extends beyond team play, fostering an environment conducive to success.

The academy provides players in Manitoba with a comprehensive option for their hockey development. Those who attend the hockey academy can expect the best on-ice, off-ice, and educational services aimed at fostering their growth as both players and individuals.

Players practice four to five times per week, adjusted according to the game schedule, typically featuring weekend or showcase tournaments. RHA student-athletes will be on the ice more, with more skill development, than any other player in Manitoba.

We currently have 6 teams competing in the CSSHL; U15, U15 Prep, U17 Prep Red, U17 Prep Black, U18 Prep and U18 Female Prep.



PILLARS OF OUR PROGRAM

ACADEMICS

COMPETITION

DEVELOPMENT

CHARACTER

A young man and woman are standing in an arena, wearing hockey jerseys. The man is on the right, wearing a black jersey with "WARRIORS" and the number "8" on the back. The woman is on the left, wearing a similar black jersey. The background shows the arena's steel structure and lights.

40

MIN. SEASON GAMES

160

OFF-ICE TRAINING HOURS

200

PROFESSIONAL DEVELOPMENT HOURS

320

ON-ICE HOURS

A close-up photograph of a person's hand holding a red pen, poised to write on a grid-lined notebook. The person is wearing a grey and white striped sweater. The background is softly blurred, showing a desk and a white trash can. The overall tone is warm and focused.

ACADEMICS

HALF DAY ACADEMICS | HALF DAY ATHLETICS

SETTING THE FOUNDATION FOR YOUR ACADEMIC FUTURE

At the RINK Hockey Academy, education is approached with a comprehensive vision that extends far beyond the confines of traditional learning. The curriculum is designed to cultivate critical thinking, collaboration, perseverance, and communication skills within the framework of traditional subject areas. Students are active participants in their own intellectual growth, encouraged to question, analyze, and engage deeply with the material. Through dynamic teaching methods and interactive learning experiences, the academy fosters a culture of inquiry and exploration, empowering students to become lifelong learners equipped to navigate the complexities of the modern world.

Central to RHA's educational philosophy is the recognition that academic success is intrinsically linked to personal development and athletic achievement. With this in mind, the curriculum is tailored to meet the unique needs and aspirations of each student-athlete, providing a supportive learning track that accommodates a range of abilities and interests. Whether pursuing core subjects to build a solid foundation, challenging themselves with honors courses, or delving into the rigor of Advanced Placement (AP) classes, students have the flexibility to chart their own academic path while balancing the demands of their athletic training.

The RHA student-athletes school day will be modified to allow maximum time for school and training needs. The teams will travel and compete mostly outside the province at the highest levels on both sides of the border during the full school year. A Shaftesbury High School appointed guidance counsellor will ensure players meet standards and academic readiness for post secondary applications and career choices.

Shaftesbury High School provides a supportive and familiar place for students to write their SATs in preparation for application to NCAA and CIS universities and colleges up to three times per year. Students-athletes will be able to earn up to eight credits during each year of the academy. This flexible, customized, schedule is designed with the players in mind to allow 32+ high school credits throughout their 4 years. (30 credits required for graduation)

EXPERIENCE A DAY IN THE LIFE OF A STUDENT-ATHLETE

Hockey players and parents have long written off their winters to the grind of the season. A typical day in the life of an RHA student-athlete allows for their school, hockey and training to be completed during the day. With school in the mornings and training in the afternoon, players can expect to have all activities finished and completed by 5:00 p.m. daily.

Players will start their day with core high school classes offered in a customized curriculum to offer a shorter classes in order to accommodate their educational needs in the half-day format.

Student-athletes will participate in classes throughout the morning and travel to RINK Training Centre after class. Players will be on the bus daily and heading to the RINK Training Centre for their ice times. Student-athletes will be working with skill development coaches in position specific, small group sessions at RINK Training Centre and with their full teams and team coaches.



STUDENT LIFE

BUILDING VALUES FOR THE FUTURE



SHAFTESBURY HIGH SCHOOL

RINK Hockey Academy is proud to be working with Shaftesbury High School in the Pembina Trails School Division for the education component of the academy.

Shaftesbury High School offers a full range of compulsory and optional courses in the areas of traditional academics, athletics and the arts. In addition, they also offer a full slate of Honours and Advanced Placement (AP) courses for our students who wish to challenge themselves beyond the high school curricula. Shaftesbury High School has a proven track record of providing flexible and enriching academic programming for our high caliber hockey players.

A student advisor will be designated to help the players with academic and post-hockey career planning, research various CIS and NCAA universities and colleges and will liaison with our teachers to ensure that our players are reaching their academic goals. A minimum GPA of 2.7 is required to participate in all programming.

2.7

MIN. GPA REQUIRED TO PLAY

52

HONS. & HONS OF DISTINCTION IN 22/23

3.9

AVG. GPA OF RHA ATHLETE



SHAFTESBURY

LEAD AND CONTRIBUTE WITH EXCELLENCE, IMAGINATION AND DRIVE

TRAIN
SPORTS



Accounting Service
Chartered Professional Account

COMPETITION

ELEVATE YOUR GAME



TEST YOURSELF AGAINST THE BEST

For student-athletes, the focus is squarely on developing top-tier talent and providing opportunities for young players to realize their dreams. With a keen eye on exposure and competition, players have the chance to assess their skills against counterparts from various provinces, states and levels of competition. This comparative analysis not only allows athletes to gauge where athletes stand but also serves as a catalyst for refining gameplay to compete at the highest level possible. By regularly facing off against the best of the best, student-athletes gain invaluable insights into what it takes to elevate their game to the next level.

Showcase weekends are a cornerstone of the CSSHL's structure, offering a centralized platform for scouts to identify and recruit top-tier talent. With most, if not all, teams converging for these events, the atmosphere is electric, and the competition fierce. This gathering not only facilitates easier scouting for talent but also provides student-athletes with unparalleled exposure to scouts from higher levels of competition. These weekends serve as a crucial stepping stone for athletes looking to make their mark and secure opportunities at the next level.

RINK Hockey Academy recognizes that the student-athlete experience extends beyond the ice, which is why we've implemented a comprehensive support system. By compartmentalizing their experiences, athletes learn valuable life management skills, allowing them to balance the demands of school with the rigors of competitive hockey effectively. This approach not only fosters success on the ice but also prepares our athletes for success in all aspects of their lives.

4

PROVINCES VISITED PER YEAR

20

MAX. NON-LEAGUE GAMES

36

MAX. LEAGUE GAMES

20,000

KMS TRAVALLED PER YEAR

THE CSSHL

In 2009, five like-minded Hockey Canada Accredited Schools came together to launch the Canadian Sport School Hockey League. Their vision was to establish a league designed specifically for elite level student athletes, give these athletes an opportunity to increase their skills on and off the ice, and provide athletes with a high level of competition as well as exposure.

The inaugural 2009-10 season featured five sport schools and eight total teams spread across two divisions. During the 2023-24 season, the CSSHL features 32 Accredited Schools and 80 teams in eight different divisions.

All programs within the CSSHL are sanctioned Hockey Canada Accredited Schools, meeting the regulations of not only Hockey Canada, but their respective provincial branch.

The CSSHL continually strives to be a leader in education based hockey in North America with Hockey Canada registered Sport Schools. The objective of the league is to provide a competitive environment for young student athletes that share similar values of Sportsmanship, Citizenship, Academic Excellence and Hockey Development.

OUR ALUMNI

RINK Hockey Academy - Winnipeg

SETH JARVIS
NHL

TRISTEN ROBINS
NHL

CARSON LAMBOS
AHL

ISAAC POULTER
AHL

OWEN PICKERING
WHL

JOSH FILMON
WHL

PEYTON KETTLES
WHL

GAVIN HODNETT
WHL

CHARLOTTE SIKSIK
NCAA

JORDY WYANT
NCAA

ANTHONY KEHRER
NCAA

AVERY PICKERING
NCAA

DAIMON GARDNER
NCAA

CARTER LONEY
NCAA

NT

NU

BC

AB

X

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EDMONTON

SK

MB

ON

QB



CSSHL

Canadian Sport School Hockey League

ID



OKANAGAN
HOCKEY ONTARIO



SETH JARVIS
Carolina Hurricanes

TRISTEN ROBINS
San Jose Sharks

ISAAC FOULTER
Utica Comets



9

NHL DRAFT PICKS

48

WHL PLAYERS

CARSON LAMBOS
Iowa Wild

AVERY PICKERING
Colgate University

JOSH FILMON
Swift Current Broncos



94

CJHL PLAYERS

20

SCHOLARSHIPS

TRAVEL

YOUR JOURNEY STARTS HERE

RINK

TRAINING CENTRE



MAXIMIZE EXPOSURE, INCREASE YOUR OPPORTUNITIES

One of the most memorable parts of playing RHA is the amount of travel each team gets to partake in each year. On average each team travels 2 weekends a month throughout the season which allows players and coaches to experience a level of camaraderie unseen at this age of hockey. RHA teams not only get to travel and play top level competition from across North America but get to have numerous life experiences that help them grow outside the game of hockey.

A main takeaway from their program is to best prepare players for the schedule and regiment of hockey at the next level, regardless of the league. Apart from regular CSSHL play and travel, each team will have the opportunity to participate in 3 to 4 additional tournaments or showcases aimed at maximizing exposure at various levels, including WHL, CJHL, NCAA, and beyond.

The majority of games in the CSSHL take place on weekends, in a showcase format. Programs in each division take turns hosting these showcase weekends, which sees multiple teams in one location playing multiple games. This format cuts down on travel time, as well as school days missed. Teams will also play a small number of flex games through the season on non-showcase weekends.



DEVELOPMENT

IMPROVING STUDENT-ATHLETES SKILLS, PHYSICAL READINESS, AND MINDSET

PLAYER DEVELOPMENT

At RINK Player Development, the focus lies in providing every athlete with the necessary tools to enhance their performance both on and off the ice. The RINK Professionals identify each player's strengths, weaknesses, and the objectives they aim to accomplish throughout the season, facilitating the creation of an optimal season plan.



Within the RHA Program, every team benefits from having their own designated skills coach who collaborates with players and coaches throughout the season. This approach encompasses various options, including position-specific sessions, pre and post-practice individual sessions, optional individual training days, and skill enhancement sessions integrated into team practices. Additionally, utilizing video analysis of practices and games completes a comprehensive 360-degree model, fostering the development of well-rounded athletes and preparing them for advancement to higher levels.

***POSITION
SPECIFIC***

***INDIVIDUAL
SKILL PLANS***

***INDIVIDUAL
OPTION DAYS***

***SKILLS IN
PRACTICE***

GOALIE DEVELOPMENT

At RINK Goalie Development, the emphasis lies in adopting an individualized approach tailored to the development of each goaltender. The overarching aim is to enhance the game of every goalie by capitalizing on their strengths while addressing and fortifying their weaknesses within their unique playing style. Each team benefits from having their own dedicated goalie coach, fostering a strong coach-athlete relationship and enabling mentorship for the goalies.



This setup facilitates in-depth analysis of the goalie's performance. In addition to regular one-on-one training sessions, coaches possess the capacity to refine each goalie's skills by observing live games, practices, and conducting video analyses. The primary focus remains on honing technical skills, with particular attention to position-specific movements, to elevate the goalie's game to the next level.

***1 ON 1
SESSIONS***

***SKILLS
SESSIONS***

***TEAM
PRACTICE***

***GAME
ANALYSIS***

RINK'S DEVELOPMENT MODEL

HABITS

RINK's team of professionals focuses on instilling habits in athletes that will lead them to the next level. Individual skill development happens with a focus on small, incremental, and focused practice daily. Through individual skill plans provided for pre and post practice, RINK instill the habits for players to take the lead on their individual development as they move forward in their career.

DETAILS

It's the little things that make the difference as players climb the ladder in their development. RINK's team of professionals focus on the details that allow athletes to succeed within the team systems. RINK provides the framework and progressions that allow team members to understand the details of their game, and lead to overall team success.

PROGRESSIONS

As team members careers progress and advance, the individual skill demands vary as they progress both from a team standpoint and individually. RINK takes on a progressive approach from a team standpoint working with team coaches to develop seasonal skill plans based on the systematic framework and character of their team.





IRINK
LEADER IN PERFORMANCE

FRANK
HANNICH

FRANK
HANNICH

Deesen

WBI

Bosch Pizza

K
ANCE

YOURSELF

OFF-ICE

PROVE YOURSELF



WHO WE ARE

The Testify Performance team possesses a wealth of knowledge and experience that they bring to all student-athletes in the RINK Hockey Academy. Each day, they drive athletic accomplishment through data-driven programming and establish connections with coaches, enabling athletes to achieve their on and off-ice goals.

TESTIFY PERFORMANCE FEATURES

Testify Performance is outfitted with the latest in fitness equipment that gives student athletes every resource available to become a better athlete and to become a better athlete. Features within the gym include a 1,107 sqft section of synthetic turf, 600 sqft multi-purpose studio, a full service athletic therapy clinic, recovery lounge, men's and women's change rooms with showers and a 3-lane 200 m track.



OFF-ICE DEVELOPMENT

WELLNESS MONITORING

By utilizing Kinduct, their athlete management software, the team gains access to internal load data from athletes, including metrics such as mood, energy, sleep duration, sleep quality, and level of exertion for both off-ice and on-ice training sessions. This questionnaire is delivered through an automated text message system.

The primary aim of gathering this data is to enhance the understanding of how external loading, such as training, school, and life stress, impacts each individual athlete. Subsequently, once the data is collected, it undergoes analysis and organization into reports. These reports enable the coaching staff, skill coaches, and performance coaches to make necessary adjustments to programming, ensuring effective management of stress and facilitating individual improvement.

PERFORMANCE MONITORING

In this area, there are various pieces of technology and high-quality equipment that are distinctive to the program. The integration of TechnoGym and Keiser training & testing equipment, alongside the athlete management software, Kinduct, positions the program favorably to enhance key performance indicators (KPIs) relevant to success in hockey.

Instead of conducting tests at set intervals, the program adopts a continuous system of KPI collection. This approach allows performance coaches to assess improvements, adjust training variables, and modify program emphasis based on measurement

ATHLETIC PROFILING

Intake and assessment constitute significant aspects of the Testify process. Understanding the strengths and weaknesses of each individual athlete serves as a pivotal initial step in constructing an integrated hockey training plan. Their profiling system, which includes numerous on-ice and off-ice performance tests, is statistically weighted. The results from these assessments are compared against a sizable database of performance test results to determine the individual's ranking relative to their peers in attributes such as speed, change of direction, power, strength, and fitness. Subsequently, this profile undergoes analysis and discussion with all stakeholders involved in the player's development—tactical coaches, skill coaches, and performance coaches—to formulate an integrated training plan tailored to the athlete's requirements.

RECOVERY

Testify Performance is fortunate to have a multi-disciplinary staff that possesses a wide-range of expertise and education backgrounds. Practitioners such as Chiropractors, Athletic Therapists, Physiotherapists, Naturopathic Doctor, Performance Coaches and Yoga instructors provide a wealth of information and skills that will help athletes perform at their highest level. Weekly recovery sessions include yoga, breathing & meditation workshops, active recovery work and durability work. All sessions take into account the unique postural and movement demands of the sport of hockey along with the uniqueness of student-athlete schedules and situations.

60

METRIC-BASED EXCERSISE MACHINES

200

METER 3-LANE TRACK

600

SQFT. MULTI-PURPOSE STUDIO

7200

SQFT GYM FACILITY



MENTAL PERFORMANCE

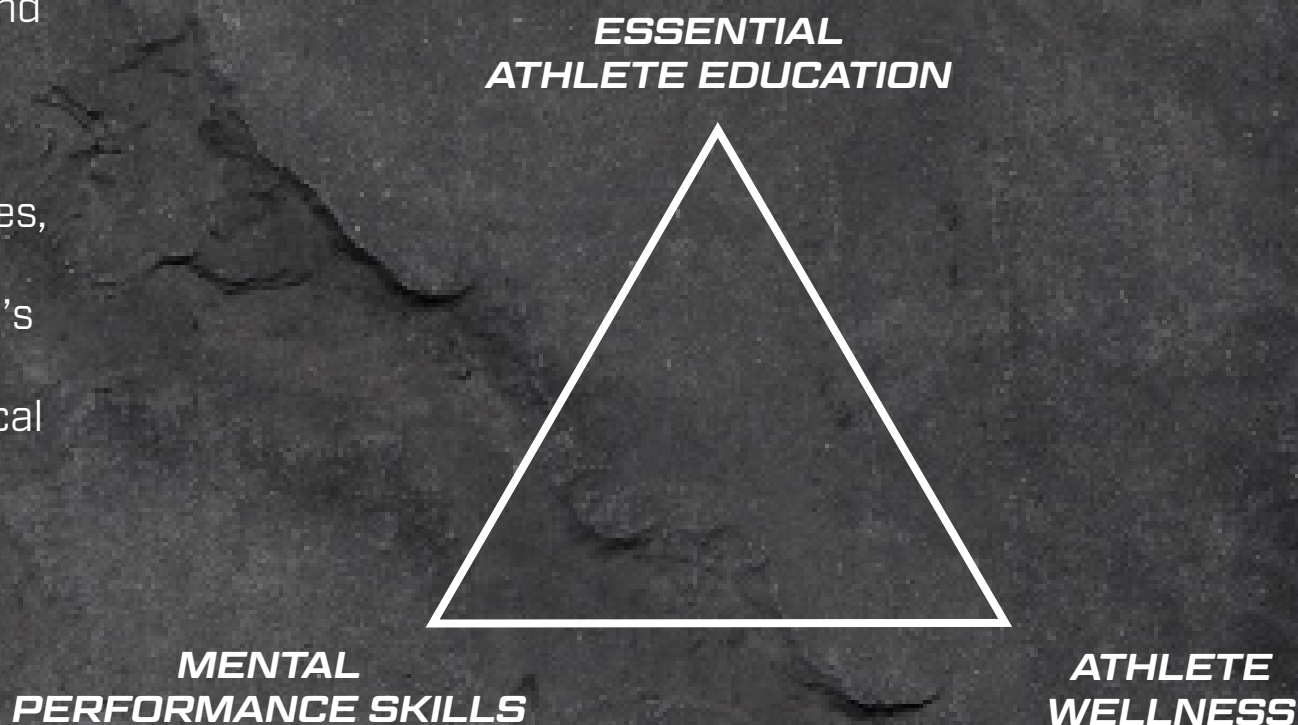
In the competitive world of high-performance sports, the thin line between being good and great often hinges on mental performance. Grounded in evidence-based sport psychology principles, mental performance is a pivotal component of athlete development.

This entails combination of essential athlete education (teaching developing athletes the best practices and principles used at the highest levels of sport), athlete wellness (developing tools for mental health, life skills, personal development, and management of chronic daily stressors), and performance optimization (mental skills to prepare, perform, and recover).

Using core mental skills such as goal setting, self-talk, routines, focus, mental agility, visualization, emotional management, and much more, our program aims to develop each individual's mental skills with a set of tools they can use when they need them the most - when the pressure is on to perform in a critical moment.

Our mental performance program adopts a versatile hybrid delivery approach, integrating in-person, online, and on-location components within both training and competitive settings, catering to both team and individual needs.

The program is designed with a practical orientation, empowering athletes to construct their own applied mental performance tools rooted in scientifically-supported principles. Through team sessions, athletes gain proficiency in core foundational mental performance skills crucial for success in both sport and life. The program offers athletes the invaluable opportunity to interact with our Certified Mental Performance Consultant, providing support precisely when they need it most—whether in person, at the rink, or while on the go.





OUR FACILITY

THE HOME OF HOCKEY DEVELOPMENT

RINK

TRAINING CENTRE

The RINK Training Centre is the home to six RINK Hockey Academy teams. The RINK Training Centre's brand-new, 95,000 sq. ft facility is one of the best fully-integrated hockey training facilities in Canada. They are able to provide the most innovative and professionally run programs, for all ages and abilities of student athletes. As a student athlete, you have a suite of services available to you to fit your needs and help you meet your goals. Available at your disposal are our Player and Goalie Development teams, our RINK Testify Performance Trainers and Therapists, RINK Hockey Academy Coaching Staff and much more.

RINK TRAINING CENTRE FEATURES

The 95,000 sq ft facility features 3 ice surfaces including and NHL-size rink that can accommodate 700 spectators, as well as two custom-sized ice sheets. One specifically for goalies and the other, a custom-sized training sheet, which the RINK has become known for. The facility also features a world-class off-ice training centre with both a gym and clinics as well as a retail outlet for clothing, equipment and skate and nutrition-related services.

FACILITY FEATURES

**95,000 SQFT
FACILITY**

**REGULATION
NHL SHEET**

**7200 SQFT
GYM**

**200 METER
INDOOR TRACK**

**SPECIALIZED
TRAINING SHEET**

**SPECIALIZED
GOALIE SHEET**

**FULL SERVICE
CLINIC**

**700 PERSON
SEATING**

**METRIC BASED
TRAINING**

**FULL TIME
STAFF**



CHARACTER

BECAUSE IT'S MORE THAN JUST A GAME

CHARACTER

Character development is a core component of our hockey academy, with a primary focus on developing good people outside the game of hockey. While honing their skills on the ice is crucial, we equally emphasize values such as teamwork, integrity, and perseverance. Our students not only grow as skilled athletes but also as well-rounded individuals who carry these principles beyond the rink.

Through discipline and dedication, we instill the resilience needed to overcome challenges, fostering confidence and leadership abilities that benefit them in all aspects of life. At our academy, our goal is to produce not just great athletes, but exceptional individuals who excel both on and off the ice.

COMMUNITY INVOLVEMENT

Community involvement is the cornerstone of resilience and progress, fostering a sense of belonging, empowerment, and collective responsibility for student-athletes. By actively engaging in community initiatives, our athletes contribute to the betterment of society, whether through volunteering, participating in local governance, or supporting grassroots projects.

COMMUNITY AWARENESS

RHA is not your typical hockey experience and ensuring our student-athletes understand the prevalence and privilege of participating in a Accredited School System is a priority of our organization. By cultivating self-awareness, student-athletes gain insights into their strengths, weaknesses and values, enabling them to make informed decisions about their future.

LIFE SKILLS

Playing youth sports can provide a range of valuable life skills beyond just athletic abilities. RHA student-athletes are known for their exceptional teamwork, leadership, communication, time-management, discipline, resilience and sportmanship skills as they move onto the next stage of life.

BILLETING

At the minor hockey level, teams frequently take advantage of billeting for young players for tournaments and team exchanges. This is an affordable and beneficial experience for players.

There are rewards in it for everyone. For the billet families, it means opening up their homes to young hockey players giving them an opportunity to share experiences within the billet family unit and for the player being billeted it is a chance to share different cultural and social experiences. For all of us, it is a time to make new friends, share ideas, laugh and live in a different family situation. Host families will also receive a monthly payment, up to \$800, for hosting a billeted player.

HOST FAMILIES

Host families are expected to provide a safe, clean and healthy home for billeted players. Your role as a host is to be a mentor, friend and provide a safe environment. Billeted families will be expected to report to a team coordinator on a monthly basis to discuss the players stay. Billeted players must be provided a private bedroom, and be incorporated as “part of the family” in a billeted home.

BILLETED PLAYERS

There are certain expectations that a billeted player is required to uphold. When billeted in someone’s home, be polite and courteous at all times. Be considerate and offer your assistance to your host family. Follow any house rules but do not be afraid to speak with your coaches or parents if you are unsure about anything. Always keep your host family informed of your whereabouts and movements. A curfew will be put in place, you may only attend functions that are permitted by your host family and organization.

* The RINK Hockey Academy is not permitted to reach out to student-athletes as per the CSSHL guidelines. Athletes & parents must inquire about playing RHA themselves.



THE NEXT STEPS

How to apply for the upcoming season

STEP 1: INQUIRE

Fill out your information on rinkhockeyacademywinnipeg.ca/admissions/ to register your interest and receive further program information.

STEP 2: ATTEND EVALUATION CAMP

RINK Evaluation Camps are the opportunity for aspiring student-athletes to showcase their skills in front of our coaches and staff ahead of the upcoming season. This provides players and families to opportunity to experience the RINK program first-hand. Evaluation Camps are offered to U15, U18 and U18 Female.

STEP 3: COMPLETE ENROLLMENT

Applicants will be notified if they have been selected for the upcoming season and sent their final enrollment documents to confirm your spot in the RHA Winnipeg program. Upon acceptance into the academy, a coach from the corresponding team level will reach out and add you to the roster. The registration process will include a player questionnaire that will help our coaches determine what your goals are for the upcoming season.

During orientation, your coach will introduce you to your team, tour the facility and provide you with team issued RHA gear. Each student-athlete will be outfitted with hockey bags, backpacks, tracksuit, seasonal jackets, gloves, hockey pants, workout clothes, and a team discount to a local hockey store.

Testify Performance will commence base-line testing. Each student-athlete will be tested and given a complete athletic profile to determine their strengths and weaknesses.



At the heart of the RHA program we strive to provide a world-class experience that develops 360-degree Student Athletes with unrivaled training, coaching, programs, and resources.

The RINK Hockey Academy is designed to build skills for hockey and values for life. Each year kids come to us raw with lots to learn and leave with a foundation for success built upon accountability, discipline, and integrity. Our staff takes great pride in helping young student athletes get the most of their experience with us and emerge on the other end both a better person and a better athlete.

At the core, the RHA Program is one word. Trust. A trust from parents that their child is in good hands. A trust from kids that our staff has their best interest at heart. And a trust from our staff that they will go above and beyond to do what is right for each individual's success.

A MESSAGE FROM OUR GOVERNORS

BRAD RICE

Governor, Co-Founder of RINK Hockey Corp.

“The RHA program is a leader in education based hockey. Our staff deliver an innovative approach to hockey development and continue to be on the leading-edge of what student-athletes can expect when attending our program. We will continue to invest in the infrastructure necessary to ensure a world-class sport school experience and enable personal development.”

RYAN CYR

Governor, President of RINK Hockey Corp.

“Our goal is growth. To grow as athletes, as students and to grow as a people. It gives parents a choice to combine education and hockey, while setting the standard within the industry. Our program provides next-level preparation for young hockey players, that is unrivaled by any other program.”

APPLY NOW

TO BE A PART OF THE HOME OF HOCKEY DEVELOPMENT

WWW.RINKHOCKEYACADEMYWINNIPEG.CA/APPLY



Everything in this booklet is subject to change as per the RINK Hockey Corp.