

**GIRLS HOCKEY CALGARY  
ASSOCIATION (GHC)**

# **COMMUNITY DEVELOPMENT & TEAM TRAINING**

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2019/20





GHC has introduced a **Skill Sequence Training** program for teams from Novice to Midget, designed to address a gap in the foundational skating and puck control skills of our players. The intention of this program is to minimize the spread of skill within our teams, and to promote a consistency in our coaching language and instruction delivery. GHC Skill Sequence Training is a long-term development plan that coaches and teams will use, improve and follow for many years.

This program has been researched and designed by a group of passionate coaches, with the help of leading hockey experts, in order to meet the unique skill development needs of our female hockey players. It is a volunteer-based program that is delivered, modified and measured at no cost to GHC teams.

## SEQUENCE TRAINING DELIVERY

In order to master a movement, you must do it **often** and practice it **consistently**. Age and skill-appropriate GHC Skill Sequence Training will be delivered by coaches in all community age divisions for 6-10 minutes each practice. GHC coaches have the opportunity participate in multiple on-ice sessions and feedback sessions to determine "best practices" and measure our success.

- Sequence #1 – Forward Skating
- Sequence #2 – Turning and Pivots
- Sequence #3 – Backward Skating
- Sequence #4 – Puck Skills 1
- Sequence #5 – Puck Skills 2

***ONE efficient practice will give a player more skill development than 11 games collectively. (Hockey Canada)***



**GHC has partnered with P3 Sports Inc for the 2019/20 season to provide on-ice team training sessions to our Jr. Inferno Community teams in Initiation (Timbits) and Novice.**

P3 uses industry-leading conditioning techniques to build leaders, athletes, and communities through passion, perspective, and performance. GHC's goal in partnering with P3 is to identify age-specific skill progressions and teaching points, to maximize coach and player development, and to promote a positive hockey experience for our players.

## **P3 TRAINING DELIVERY**

As per Hockey Canada development guidelines, younger age groups (Initiation & Novice) benefit from development initiatives that focus on on-ice fundamentals.

**P3 training programming helps young athletes learn and practice proper technique while developing muscle memory that leads to increased balance, speed, edge control and confidence.**

The P3 "Right Start" Coach and Player development program includes:

- Yearly Plans
- 40 Practice Plans
- Skills Sessions
- Mentorship/Support

**Access to P3 resources and programming is provided to Initiation (Timbits) and Novice teams through the GHC Team Development Fund.**



**GHC has partnered with The Athlete Factory for the 2019/20 season to provide off-ice team training sessions to our Jr. Inferno Community teams in Atom, PeeWee, Bantam and Midget.**

The Athlete Factory's youth training programs aim to establish correct movement patterns, develop a commitment and discipline to conditioning, and ensure proper strength and stability to minimize and prevent injuries.

**LOCATION:** 510-77th Ave SE, Calgary, AB T2H 1C3  
**HOURS:** Mon-Fri 6AM–9PM / Saturday 8AM–5PM / Sunday 9AM–5PM  
**CONTACT:** Sean Bahry, sean.bahry@athletefactory.net  
**WEB:** <https://athletefactory.net>

## TEAM TRAINING SESSIONS

Team Training Sessions are one hour in length and take place at The Athlete Factory's elite performance facility. Fitness programming can be customized around the areas you would like to see improved, as well as what Athlete Factory coaches assess when coaching the team. Programs are written out in 4-6 week blocks, with the option of a longer programming focus over the course of a season. Performance testing and reporting is available.

**TEAM RATE:** \$79+tax per one-hour session  
**WHAT TO BRING:** Athletic clothing, running shoes, water bottle.

*GHC requires that at least one adult per 10 players remain onsite during the Team Training Session. Teams may discuss "Team Technical Sessions" (\$195+tax) with an Athlete Factory coach where appropriate.*

# BOOKING SESSIONS

Teams must book and pay for Team Training Sessions directly with The Athlete Factory. Please email **Sean Bahry, The Athlete Factory** the following:

- Team Name & Contact / Team Schedule / # of Sessions / Areas of Focus
- The Athlete Factory Player Intake Forms

*All regular policies of The Athlete Factory, including their cancellation policy, must be adhered to.*

# APPLYING FOR FUNDING

**GHC will cover the cost of Athlete Factory Team Training Sessions up to \$500 through the GHC Team Development Fund.**

## **ELIGIBILITY:**

1. Development sessions must be booked with **The Athlete Factory**.
2. Development sessions eligible for reimbursement must fall between **October 4, 2019** and **February 1, 2020**.
3. Development sessions must be "team" training. No individual training will be covered through the GHC Team Development Fund.
4. Reimbursement of development sessions with The Athlete Factory is only available to **GHC Jr. Inferno Atom, PeeWee, Bantam and Midget** teams.

## **REIMBURSEMENT:**

Team Managers must submit the GHC Development Fund Reimbursement Form (available on the GHC website) and relevant receipts to GHC. Only one (1) submission is allowed per team, per season.

- Submissions accepted until February 1, 2020 and are subject to final approval.
- A cumulative, one-time reimbursement from GHC will be issued to each team promptly following this deadline.
- Payment will be issued to the team. No personal reimbursements will be issued.
- Teams will be reimbursed for the exact amount of their Team Training Session expenses, up to \$500.
- Teams are not required to use the GHC Development Fund.
- Teams who do not use the fund, or who do not reach the maximum of \$500, are not entitled to receive the remaining funds.

# Athlete Intake Form

Athlete Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
(dd/mm/yy)

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Athlete Ph # \_\_\_\_\_ Athlete Email \_\_\_\_\_

*If under 18 please complete this section for Parents and/or Guardians:*

Names \_\_\_\_\_

Phone #s \_\_\_\_\_

Emails \_\_\_\_\_

Emergency Contact *(if different than parent/guardian)* \_\_\_\_\_ Ph # \_\_\_\_\_

Sport(s) \_\_\_\_\_ Position(s) \_\_\_\_\_

Level You Compete At: Local  Provincial  National  Varsity  Semi Pro   
Professional  Olympics  World Championships  Other: \_\_\_\_\_

Coach(s) Name (from your sport) \_\_\_\_\_

Coach(s) Contact # & Email \_\_\_\_\_

*Check the box if you do not want us to contact your coach(s) to share your conditioning performance and ask questions regarding your sporting performance.*

Team/Sports Organization Name \_\_\_\_\_

Injury History (include dates) \_\_\_\_\_

Relevant Medical History & Medications (includes dates) \_\_\_\_\_

Who can we thank for your referral? \_\_\_\_\_



# Athlete Intake Form

## Waiver, Release, Cancellation and Indemnity Agreement

For and in consideration of permitting the athlete(s)/client(s) listed on page one (1) of this form to join the Athlete Factory and participate in weight lifting, sports conditioning, fitness activities and other Athlete Factory activities (the "Athlete Factory Activities") available at or through the Athlete Factory, the athlete/client assumes all risks of such activity and voluntarily releases, discharges, waives, and relinquishes any and all claims or causes of action for personal injury, property damage or wrongful death occurring to himself/herself arising as a result of engaging or receiving instructions in the Athlete Factory Activities or any activities incidental thereto wherever or however the same may occur and for whatever period said activities or instruction may continue; and for himself/herself, his/hers heirs, executors, administrators and assigns does hereby agree that under no circumstances will he/she or his/hers heirs, executors, administrators and assigns prosecute or present any claim for personal injury, property damage or wrongful death against the Athlete Factory or any coaches, therapists, representatives, employees, contractors or servants for any of said causes of action, whatever the same shall arise by the negligence of any of the said person or otherwise. It is the intention of the athlete/client by this instrument to except and relieve the Athlete Factory from any liability for personal injury, property damage or wrongful death caused by negligence. The athlete/client for himself/herself, heirs, executors, administrators or assigns agrees that in the event any claim for personal injury, property damage, or wrongful death shall be prosecuted against the Athlete Factory arising out of his/her membership/purchase/participation of services in or through the Athlete Factory, he/she shall indemnify and save harmless the Athlete Factory from any and all claims or causes of action by whomever for personal injury, property damage or wrongful death. The athlete/client agrees that the Athlete Factory shall not be responsible or liable to his/her, or his/her guests for article lost or stolen in the Athlete Factory. The Athlete Factory also shall not be responsible or liable for loss or damage to any property of him/her or his/her guests including his/her automobile and contents. It is agreed that any damage to the Athlete Factory or property of the athlete's/client's guests, by any other athlete/client or his/her guests is the sole responsibility of the offending athlete/client. The athlete/client acknowledges that he/she has read the foregoing paragraphs, has been fully and completely advised of the potential dangers incidental to engaging in the Athlete Factory Activities and is fully aware of the legal consequences of signing this instrument. Parents or legal guardians of minors: We the undersigned parents or legal guardian of for and in consideration of the athlete's/client's participation in the Athlete Factory Activities offered at or through the Athlete Factory, state that we have read the above waiver, release, and indemnification and we expressly agree that the terms and conditions of said waiver, release and indemnification shall apply to and be binding upon us and our minor child in so far as it pertains to his/her participation in the Athlete Factory Activities and to any injury or damage our minor child may sustain or cause as a result of such participation.

**Photography & Audio/Video Recording** The athlete/client (and guardians) acknowledges and consents that photographs and audio/video recordings of the athlete/client may be taken for teaching purposes, and for use in advertising/marketing, including but not limited to social media, at the discretion of the Athlete Factory, now and in the future. The athlete/client (and guardians) understand that consent can be withdrawn at anytime in writing to the Athlete Factory.

**Communications & Collection of Data** The athlete/client (and guardians) acknowledges and consents to receiving communications of any nature from the Athlete Factory, now and in the future, such as but not limited to emails, newsletters, phone calls, etc. The athlete/client (and guardians) acknowledges and consents that data may be collected on his/her conditioning performance and may be communicated externally to the guardians, sports coaches, sports teams/organizations, sports governing bodies and/or school/teacher of the athlete/client. This data may also be used for the purposes of academic and professional research and teachings, including but not limited to publications and conference presentations. No personal information, such as names, will be used in any publications unless express consent is given. The athlete/client (and guardians) understand that consent can be withdrawn at anytime in writing to the Athlete Factory.

**Policies** The athlete/client (and guardians) agrees to abide by all other Athlete Factory policies with respect to payments, programs/sessions and code of conduct.

Respect all Athlete Factory coaches, therapists, staff and other athletes and clients. Respect the Athlete Factory facility and equipment. Alcohol, tobacco products and non-prescription drugs, including performance enhancing substances, are strictly prohibited from the premises. Program fees are due monthly on the program start date. The program/billing continues month-to-month until notice is provided to cancel or change. Minimum 48-hour notice is required to cancel or change programs and should be directed to the Lead Coach. No refunds or credit are provided for missed sessions. If a session falls on a holiday and if the facility is open, the session will proceed, but the time may be adjusted to accommodate our facility hours. If the facility is closed the session will be cancelled. We request 24-hour notice to the Lead Coach of an absence. We do not reschedule missed sessions. If an athlete misses a session the athlete's Lead Coach will manage his/her conditioning plan/program accordingly. This could involve permitting the athlete to participate in additional sessions when and where appropriate, subject to session availability, at least 24-hour notification from the athlete of the absence, the athlete remains on a paid program, and it is in the best interest of the athlete's performance and development. If program fees are repeatedly paid late or not paid for an extended period we may require a pre-authorized payment plan to continue training and/or we may discontinue the athlete's training. Copies of detailed policies are available upon request.

\_\_\_\_\_  
Athlete/Client Signature

\_\_\_\_\_  
Legal Guardian Signature (if under 18yrs)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

For Office Use Only:  QB  EM  DB  MC  SC  FD