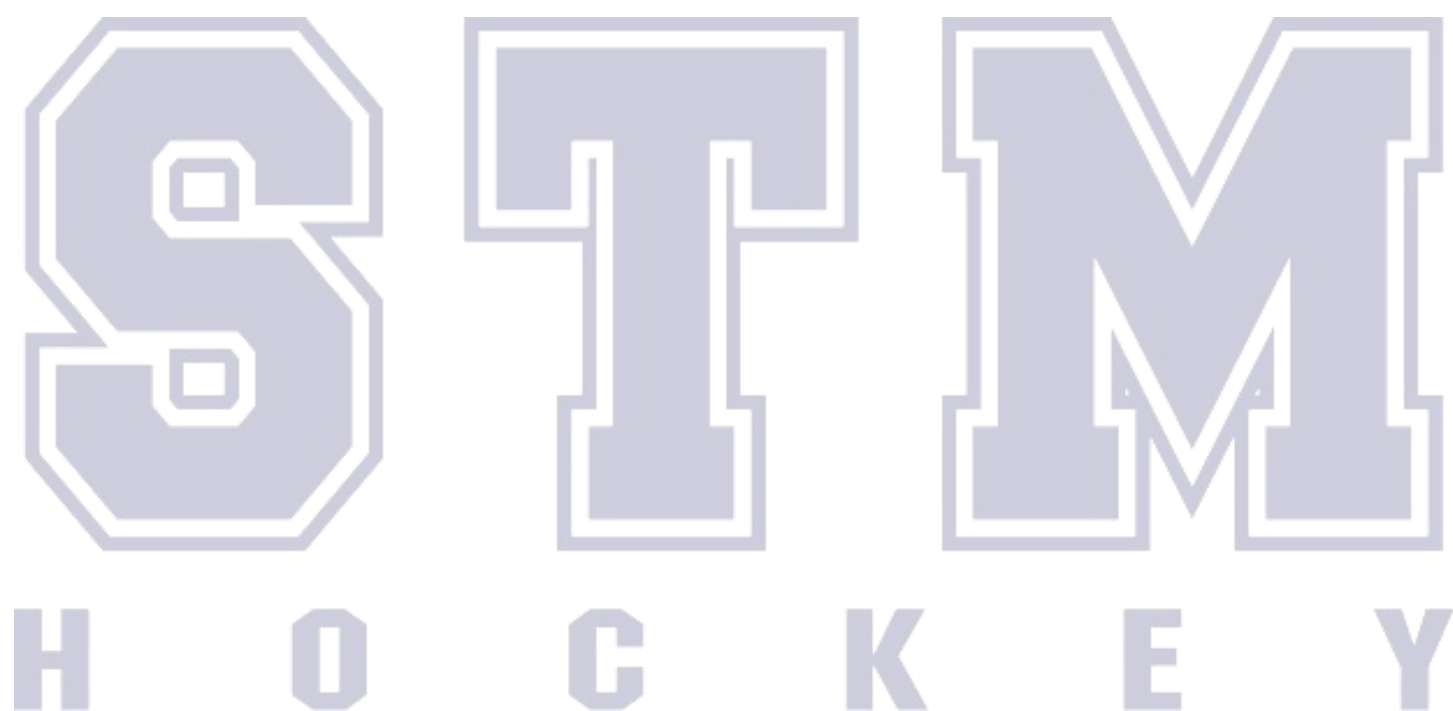


# STM Hockey Academy



**2012 - 2013  
Information Package**

***[www.stmhockeyacademy.com](http://www.stmhockeyacademy.com)***

# St Thomas More Hockey Academy

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STM Hockey Academy

The St Thomas More Hockey Academy takes great pride in our diverse and in-depth coaching methods and techniques. We teach the game at every level, from the basic skills required for the next level, to the aspects that make our game the most challenging and rewarding sport on earth. As each student-athlete varies in his or her method of learning, so too do our methods of teaching vary in accordance with individual character traits and differing personalities. The ice is our classroom, and the educational background driving our instructors ensures an inclusive environment that constantly pushes each individual toward their own personal potential.



## OUR MISSION

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To provide expert instruction and high intensity training in order to provide students with a unique opportunity to excel in hockey. We also offer our student athletes the opportunity to develop life skills such as time management, organization, visualization and self-discipline.

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## Overview

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# Life at STM

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Our school motto, Seek the Excellence Within, reflects our deep desire to help students develop their fullest potentials in terms of their spiritual, academic, physical, social and emotional development.

Through seeking the excellence within each of us, our students become well-rounded, capable and confident persons.



## Facilities

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**On-ice:** St Thomas More primarily uses rinks on Edmonton's west-end and south west. Students load bags into a one-ton truck and hop on a bus to and from the rink for their on-ice days. Rinks used include Callingwood, River Cree, and Terwilligar.

**Off-ice:** The school has two state-of-the-art fitness center's available for dry land training. We teach an in-depth fitness program that caters to the physical development of individual student-athletes. We have also added a Skating Treadmill for stride development and conditioning.

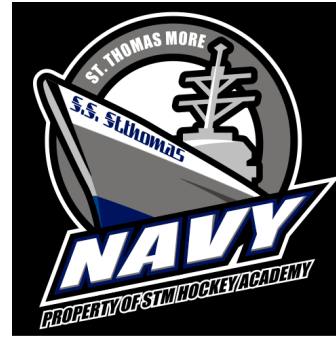


# Program Overview

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The on-ice portion of the St Thomas More Hockey Academy is driven by attention to individual skill development and progression of methods as they pertain to each player's respective skill-sets. Strengths and weaknesses are identified by world-class professional instructors in order to maximize accomplishments every day.

- 1.5 hour practices
- On ice 4 out of every 6 days
- Video Analysis
- On-ice testing
- Specialized skill-specific group days
- Partnership with ATC (Above The Crease) Goaltending



## Further Benefits

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### On-Ice

- Dedicated, professional coaches and teachers
- Innovative methods
- Creative on-ice equipment
- Intense, energetic practices

### Online

- Informative and up-to-date website
- Online Schedules
- Blog contributions

### Off-Ice

- Professional dryland training
- Educational support
- Extra Learning Options
- Skating Treadmill

### Experience

- Coaches from the NHL, CIS, ACAC, Bantam and Midget AAA
- Male and female players

## STM Hockey Academy Instructors



**Wade Burt**  
Director/ Teacher

Wade grew up playing hockey in British Columbia. Prior to moving to Alberta for school Wade had a successful junior hockey career playing for the Prince George Spruce Kings then moving on to the Western Hockey League. While in the Western Hockey League, Wade played two years with the Kamloops Blazers and two years with the Kootenay Ice. In his last year with the ice Wade was a member of the WHL Championship team in 99-00 and made an appearance at the Memorial Cup. After junior, Wade attended the University of Alberta and completed two Bachelor degrees in Physical Education and Education. Wade played five seasons with the Men's Hockey Team. During the span the team won 5 Canada West Championships, attended the National tournament in all 5 years and won 1 National Championships. Right out of University Wade took the opportunity to be the Director and Head Instructor of the St. Thomas More Hockey Academy and has never looked back.



**Dan Glegloff**  
Teacher/Lead Instructor

Dan has a BPE from University of Alberta and has recently completed a degree in Education. Since he graduated he has been hired by STM to teach science and work with the Academy. Dan has been a head coach with South Side Athletic Club Bantam AAA for the past 4 seasons, and is currently the head coach of the SSAC's Midget AAA team. Dan is currently serving as the Director of On-Ice Development and Skating Treadmill Coach at Hockey Impact Training in Edmonton. Dan previously worked as skills instructor at Canlan Ice Sports and as an instructor with Harry Ainley Hockey Academy and the Tommy Salo Inner City School Hockey Program. Dan played Midget AAA for 2 seasons with Canadian Athletic Club. Played Junior "A" with St. Albert Saints(AJHL) and North Bay Skyhawks (Ontario). Dan completed his hockey carrier playing with Junior "B" Edmonton River Kings (CJHL).



**Kelvin Cech**

Kelvin has his bachelor's degree in English and education from the Concordia University College of Edmonton where he played with the Concordia Thunder men's hockey team. With over ten years of professional hockey instruction and coaching under his belt, Kelvin brings a wide range of experiences to the STM coaching team. Kelvin was also the Program Manager and Head Of Athlete Development with Canlan Ice Sports – Edmonton. Kelvin played minor hockey at the Bantam AAA and Midget AAA levels in Sherwood Park, moving on to junior B in Edmonton before his university career with Concordia. With an extensive resume in spring hockey with the '97 Jr. Oil Kings, Kelvin brings experience with several levels and differing perspectives. Kelvin has previously coached at the Bantam AA and AAA levels with the Maple Leaf Athletic Club and the South Side Athletic Club.



**James Black**

James has been working with the St. Thomas More Hockey Academy for 5 years and is also an instructor with the St. Benedict Elementary Hockey Academy. James has had a very extensive hockey career; he played for two years in the Western Hockey League with the Portland Winterhawks and was drafted by the Hartford Whalers in 1989. After being drafted James played for eleven years in the National Hockey League with Minnesota/Dallas, Chicago and Washington. We are very excited to have James working with us.

# STM Hockey Academy Instructors



**Rob Daum**

Prior to his coaching duties with the Edmonton Oilers and their American Hockey League farm team Springfield Falcons, Mr. Daum was the head coach of the Minnesota Wild's AHL affiliate, the Houston Aeros from 2005-06 to 2006-07. He led the Aeros to a second place finish in the AHL's West Division in 2005-06 with a 50-24-6 mark and advanced to the second round of the playoffs before losing to the AHL Calder Cup finalist Milwaukee Admirals. As a coach with the University of Alberta's Golden Bears from 1995/96 - 2005/2006 Daum compiled one of the best records in Canadian Interuniversity Sport (CIS) history with an overall record of 345-79-32 (.792) and a Canada West Hockey conference record of 218-37-25. A two-time CIS coach of the year and five time Canada West Hockey coach of the year, Daum also led the Bears to three national championships in six years and six conference titles.



**Chad Bryson**  
**Teacher/On-Ice Instructor**

Chad graduated in 2006 with a B.Ed from the University of Alberta, and will be continuing his education beginning in January 2011 when he'll start his M.Ed through the University of Portland's satellite campus in Edmonton. Chad has 13 years of experience coaching goaltenders. He worked for GDI (The Goaltender Development Institute) for seven years, including two years as Assistant Camp Manager. After his work with GDI Chad coached with the Leduc Bantam "AAA" Oil Kings, and Medicine Hat Hockey Hounds Bantam "A" hockey clubs prior to beginning his teaching career in Edmonton. After a minor hockey career in Kamloops, Chad played Junior "A" in the BCHL for the Vernon Vipers and South Surrey Eagles.



**Matt Parks**  
**On-Ice Instructor**

Played Junior A hockey for the Sherwood Park Crusaders (AJHL) and Bismarck Bobcats (NAHL) as well as Grat Macewen (ACAC). Matt has been an assistant coach the last 5 years at the Bantam AAA and Midget AAA level with the SSAC. Currently, Matt is completing his Education Degree at the University of Alberta.



**Brendan Rooney**  
**On-Ice Instructor**

Brendan is in his first year instructing with the STM Hockey Academy. Brendan (Boomer) was a graduate of the program completing 3 years with his brother Sheldon. Boomer currently plays Hockey for the CAC Midget AAA. We are very excited to have Boomer here as we are now starting to see students give back to the program through instruction and leadership.

# STM Hockey Academy Instructors



**Steven Routledge**  
**On-Ice Instructor**

Played Junior A for the Drayton Valley Thunder (AJHL). Steve has been an assistant coach at the Bantam AAA and Midget AAA level for the past 3 years with SSAC. Steve attended the University of Western Ontario and achieved a Degree in Science and is currently working on a Masters Degree in Health Administration at the University of Alberta.



**Dave Rathjen**  
**ATC Goaltending**

Dave grew up playing AAA hockey in Penticton, B.C. before going on to a successful junior career playing for the Penticton Panthers (BCHL), the Vernon Vipers (BCHL), and TriCity Americans (WHL). After junior, he attended the University of Alberta and played for the Golden Bears Hockey Program winning the national university championships in 2005. Dave has been instructing goalies for the past 10 years and has gained experience as the Head Goaltending Instructor for the Okanagan Hockey School and the University Of Alberta Golden Bears Goalie School. This is Dave's fifth year with the STM Hockey Academy.



**Jaime McCaig**  
**ATC Goaltending**

Jamie grew up playing AAA hockey in Prince George, B.C. before also going on to a successful junior hockey career with the Prince George Spruce Kings (BCHL), Regina Pats (WHL), Penticton Panthers (BCHL) and the Merritt Centennials (BCHL). After concluding his junior career, Jamie went on to play for Brandon University Bobcats (CIS) and the University of Lethbridge Pronghorns (CIS). Jamie has been instructing goaltenders for the past 10 years where he worked for the Goaltender Development Institute, OHS Hockey Schools and the University of Lethbridge Hockey School. This is Jamie's third year with the STM Hockey Academy.

**Nicholas Allen**  
**Sports Psychologist**

Nicholas is a certified Medical Exercise Specialist, a graduate of the Bachelor of Physical Education program at the University of Alberta and is completing a Master's Degree in Counseling Psychology. He is the Rehabilitation program coordinator at River Valley Health and oversees a rehab and fitness-related programming, including our Video Biomechanics Analysis program. Nicolas was a five time member of the Canadian National Fencing Team.

**Janine Martin**  
**Fitness Instructor**

Janine is currently in her first year with STM and brings with her an extensive knowledge in training elite athletes. Janine has done work with the University of Alberta specifically the Bear and Panda's Varsity teams.

# Sample Schedule

## February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 12:13—2:30 X-Country Skiing	<b>2</b> No Academy	<b>3</b> On-Ice: 1:00 - 2:30 Terwilligar A
<b>6</b> On-Ice: 1:00 - 2:30 Terwilligar C	<b>7</b> Hockey Hooky Oil Kings Hockey Game	<b>8</b> On-Ice: 1:00 - 2:30 Terwilligar C	<b>9</b> No Academy	<b>10</b> Period 6: Floorball Period 7: Basketball
<b>13</b> On-Ice: 1:00 - 2:30 Terwilligar C	<b>14</b> Yoga @ STM	<b>15</b> Period 6: Fitness Period 7: Game Strat.	<b>16</b> No Academy	<b>17</b> On-Ice: 1:00 - 2:30 Terwilligar C
<b>20</b> Family Day No School	<b>21</b> On-Ice: 1:00 - 2:30 Callingwood A	<b>22</b> On-Ice: 1:00 - 2:30 Terwilligar C	<b>23</b> No Academy	<b>24</b> On-Ice: 1:00 - 2:30 Terwilligar C
<b>27</b> 1:15 - 2:15 Bowling Ed's Rec Room	<b>28</b> On-Ice: 1:00 - 2:30 Callingwood A	<b>29</b> Period 6: Fitness Period 7: Health		



# Costs

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- \$2500 plus school fees for enrollment in the academy from September to June
- Tuition includes:
  - Enrollment
  - Jersey
  - Training Gear
  - Hockey bag
  - Transportation
  - Field trips
  - Celebrations

## Contact

# STM HOCKEY ACADEMY

Phone: 780-484-2434

Fax: 780-489-3342

[www.stmhockeyacademy.com](http://www.stmhockeyacademy.com)

9610 165 st. NW  
Edmonton, Alberta



**Alberta Cup Prep Camp**

- Designed to ensure players are ready for Alberta Cup Try-outs
- Take place March 18 - 22, 2012 at River Cree Arena

**STM Development Summer Training****12 weeks of fitness training**

- May 21 - Aug. 10
- Designed to ensure players are ready for NHL, WHL, NCAA, CIS, AJHL, Midget and Bantam Try-outs
- 25 Ice sessions include (15 Power Skating/ 10 Conditioning)
- All on-ice at River Cree Arena
- 1.5 hours of fitness training
- Includes Skating Treadmill Development

**6 weeks of fitness training**

- July 3 - Aug. 10
- 15 Ice sessions include (5 Power Skating/ 10 Conditioning)
- All on-ice at River Cree Arena
- 1.5 hours of fitness training
- Includes Skating Treadmill Development

**Skating Treadmill Program**

- Designed to develop the players Skating Stride with use of Video feedback
- Focus on Conditioning, power development and speed training
- 1 on 1 or groups up to 5

**Private Session's**

- Private Skill Development and Power Skating session
- 1 on 1 or groups up to 5

Contact [wadeburt@stmhockeyacademy.com](mailto:wadeburt@stmhockeyacademy.com) for pricing

**Be The Difference**