

High School Hockey Program 2025 - 2026

Registration:

Registration can be done through the PowerSchool Parent Portal.

If you are new to our division, please email sports-rec-office@gsacrd.ab.ca to get an id to register

Program Logistics

St. Albert High School Sports Academy runs in the first semester. Athletes are able to earn 5 Physical Education credits and 2 Sports Performance credits.

Athletes are on the ice Tuesday, Wednesday and Friday mornings from 8:00 A.M. – 8:55 A.M. Athletes are dropped off at the rink in the morning and bussed back to SACHS after the ice time.

Monday and Thursday mornings athletes will participate in options and/or the Absolute Human Performance Program at École Secondaire St. Albert Catholic High School.

<u>High School Academy Athlete Check List</u>

| Rubr | ic: | | | |
|-----------------------|-------|----------|-----------|--|
| 4 - E | xcel | lent | | |
| 3 - P | rofic | cient | | |
| 2 – A | deq | uate | | |
| 1 - Li | imit | ed | | |
| | | | | |
| Athle | ete N | lame: | | |
| Demo | onst | rates Le | adership | |
| 1 | 2 | 3 | 4 | |
| Posit | ive A | Attitude | | |
| 1 | 2 | 3 | 4 | |
| Coop | erat | ion | | |
| 1 | 2 | 3 | 4 | |
| Participation/Effort | | | | |
| 1 | 2 | 3 | 4 | |
| Liste | ning | gand Ap | plication | |
| 1 | 2 | 3 | 4 | |
| Efficient Use of Time | | | | |
| 1 | 2 | 3 | 4 | |
| Personal Challenge | | | | |
| 1 | 2 | 3 | 4 | |
| Safety | | | | |
| 1 | 2 | 3 | 4 | |
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St. Albert Sports Academy

"Athletics are a Dress Rehearsal for Life" Ph. # 780-444-3392

High School Hockey Skills Player Rubric

Athlete Name:

| | Clastina | Decale Control | Danina | Cl 4in - |
|---|--|------------------------------|--------------------------------|----------------------------------|
| _ | Skating | Puck Control | Passing | Shooting |
| 5 | Player demonstrates | Player is able to handle | Player is able to give and | Player is accurate; releases the |
| | excellent balance and stride | puck smoothly on both | receive a pass smoothly on | puck quickly, can shoot in |
| | length. Player has excellent | sides of his or her body. | his/her forehand and | stride and is able to use a |
| | edge control and is very | Player handles puck with | backhand. Player releases the | variety of shots. Player is |
| | agile. Player is able to | his/her head up. Player is | puck heal to toe and is able | able to execute a 1 - timer |
| | perform crossovers at high | creative and does an | to pass the puck accurately | and has good power on |
| | speed in all directions. | excellent job of protecting | and hard. Player is able to do | his/her shot. |
| | Player is able to transition | the puck. Player has quick | the same when performing a | |
| | and pivot at high speed. | hands that allow him or | saucer pass. Player is able to | |
| | Player has quick feet and | her to be very deceptive. | perform a touch pass | |
| | accelerates very quickly. | Player can handle the | accurately and at high speed. | |
| | Player is able to change | puck at high speed. | <i>y</i> 8 1 | |
| | pace fluently. | I 8 I | | |
| 4 | Player Demonstrates good | Player is able to handle | Player is able to give and | Player is accurate; releases the |
| | balance and good stride | puck smoothly on both | receive a pass smoothly on | puck quickly, can shoot in |
| | length. Player has good | sides of his or her body. | his/her forehand and | stride and is able to use a |
| | edge control and is agile. | Player handles puck with | backhand. Player releases | majority of shots. Player is |
| | Player is able to perform | his/her head up. Player is | the puck heal to toe and is | able to execute a 1 - timer |
| | • | | | |
| | crossovers at good speed in | creative and does a good | able to pass the puck | and has good power on |
| | all directions. Player is able | job of protecting the puck. | accurately. Player is able to | his/her shot. |
| | to transition and pivot losing | Player has quick hands | do the same when performing | |
| | little speed. Player has quick | that allow him or her to be | a saucer pass. Player is able | |
| | feet and accelerates quickly. | deceptive. Player is | to perform a touch pass | |
| | Player is able to change | inconsistent when handling | accurately and at good speed. | |
| | pace with little hesitation. | the puck at high speed. | | |
| 3 | Player meets requirements | Player can handle puck | Player is able to give and | Player is accurate most of the |
| | in most areas. He/she is | smoothly on one side of | receive a pass smoothly on | time; releases the puck |
| | inconsistent on 1 - 2 tasks. | his/her body. Player is | his/her forehand. Player is | quickly, can shoot in stride |
| | Or only able to perform | inconsistent when it comes | able to give and receive a | and is able to use a majority |
| | 1 -2 tasks in one direction. | to having his/her head up. | forehand saucer pass. Player | of shots. Player is able to |
| | | Player is inconsistent | can execute a touch pass | execute a 1 - timer and has |
| | | protecting the puck. Player | standing still. | some power on his/her shot. |
| | | is inconsistent handling the | | • |
| | | puck at high speed. | | |
| 2 | Player favors one side on a | Player cannot handle puck | Player is inconsistent when | Player is inconsistent with |
| | majority of skating skills. | smoothly. Player is | passing the puck. Player does | his/her accuracy. Sometimes |
| | Player is unable to transition | inconsistent when puck is | not release the puck heal to | has a quick release and cannot |
| | or pivot without losing a | on his/her tape. Players | toe and does not cushion the | use a majority of shots. |
| | significant amount of speed. | head is consistently down. | puck. | and a majorn, or bridge. |
| | significant amount of speed. | nead is consistently down. | puck. | |
| 1 | Dlavan has years 1:441- | Dlavon consist | Dlayron age mat 41 1- | Dlavon has years 1:441 |
| 1 | Player has very little balance and an inconsistent | Player consistently turns | Player can not pass the puck | Player has very little power |
| | | over the puck and cannot | accurately and player is | on his/her shot. Player shot is |
| | stride. Player is unable to | maintain any speed with | unable to pass or receive | not accurate. Player is |
| | change directions without | puck on his/her tape. | puck in stride | limited to only one shot. |
| | losing balance. | | | |
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High School Academy Activity Tracker Aug. 28, 2025 – Nov. 15, 2026

| Date | Activity | Time | Initial |
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High School Academy Activity Tracker Nov. 16, 2025 – Jan. 17, 2026

| Date | Activity | Time | Initial |
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Registration Information

Registration can be done through the PowerSchool Parent Portal.

If you are new to our division, please email <u>sports-rec-office@gsacrd.ab.ca</u> to get an id to register.

The full cost of the program is <u>\$940</u> which includes the \$188 non-refundable deposit. The remaining \$752 can be paid monthly from October to Jan.

- ♣ If new to the program please email a character reference letter from a teacher and/or coach to Sports & Rec Academy Office sports-rec-office@gsacrd.ab.ca. This letter needs to be submitted no later than 20 days from submitting the registration form. Failure to submit a reference letter for new students can void the registration.
- ❖ A non-refundable deposit of \$188 must be paid when the registration form is submitted.
- ❖ REFUNDS will be processed according to full months of non-enrollment only, subject to withholding of the non-refundable deposit of \$188.
- ❖ Greater St. Albert Sports Academy student registrations will be accepted on a first come first served basis. You are encouraged to get your registration in as soon as possible, as space may be limited by school capacity.
- ❖ This Application will be reviewed in its entirety by the Sports Academy Administrator for program acceptance.
- ♣ Fees pending approval by the Board in March 2025.
- ♣ Payments MUST be registered online or received as Postdated Cheques by September 30, 2025 at the LATEST.
- ♣ If the monthly payment is not received by the first of the month your child will unfortunately not be permitted to participate until payment is received.
- Registration Dates

 January 7 Current Sports & Rec Academy Students

 January 14 All Division Students

 January 21 Open to the Public