



SMS Grade 8 Hockey Exploration Class

Most of the information needed to support this class and provide parents with information and resources is going to be found and updated at the following website <https://dgcse.weebly.com/sms-hockey-exploration.html>

EXPECTATIONS/DESCRIPTION

- Students in the SMS hockey exploration should be registered in a minor hockey association and/or ringette association. This is **not a “learn to skate” program**, and the focus is on individual skill development. As such, students should be participating in some level (House or Rep) of minor hockey. Students are responsible for providing their own CSA approved equipment, and are also responsible for ensuring their equipment is brought to and from the Shaw Arena (which is where the hockey class takes place).
- SMS Hockey exploration class runs all year for students whom select this exploration course. Students will be offered 120 minutes of on ice instruction and 50 min of off –ice instruction per week.

HOCKEY EXPLORATION PROGRAM CONTENT/ (*SUBJECT TO CHANGE*)

- On ice hockey skill – development (skating, puck handling, shooting, passing, offensive and defensive technical and tactical skills)
- *Off ice fitness/ training/ nutrition development/ Injury Prevention*
- *Current Event/Ethical discussions related to sport*

CURRICULAR CONTENT:

Educational Curriculum Content:	Hockey Skills Curriculum:
<ul style="list-style-type: none"> • PE/Health 	<ul style="list-style-type: none"> • Hockey Canada Technical/Tactical skills

COMMITMENT PROCESS

All of the following are on the Student Information Form online at the following website:

<https://dgcse.weebly.com/sms-hockey-exploration.html>

1. Hockey Exploration Student General Information (SECTION 1 of the online form)
2. Parent Commitment Contract/ Student Commitment Contract (SECTION 2 of the online form)
3. Submit TWO checks by May 28th securing ice costs and placement in program.

COST/EXPENSE

- Cost: \$ 300. (which covers approx 54 one-hour ice times, 18 one-hour arena floor times when ice is removed, the cost of support coaches to help on the ice, as well as class equipment such as pinnies and hockey jerseys).

DEADLINES

- Online form information completed by June 18th
Two Cheques – by May 28th
- \$150 Non-refundable commitment Deposit – May 28th (for payment for ice arena costs)
- \$150 Post- dated Cheque – August 15th - please submit with other cheque on May 28th (for payment for ice arena costs)

Any questions or concerns please contact Derek Gecse by phone or email at the school.

Mr. Derek Gecse
SMS Middle Teacher/ Hockey Class Exploration Teacher
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