



SEMIAHMOO RAVENS HOCKEY

U11





Program Highlights

- 2-3 on-ice team practices per week - Target ratio of 2.5:1 practice to game
- On-ice skills session every 2nd week with skill provider
- Home games at Centennial Arena
- At least one 6:15am practice per week
- On-ice skills testing
- Dedicated goalie instruction
- Formal individual player – coach feedback
- Nutrition programs and information
- Teambuilding and Leadership and community engagement events
- Normally one travel and two local tournaments
- Fair Play policy
- Tiered teams A1-A4





Hallmarks of a Ravens Player

- Advanced technical skater, will be able to skate the game on International sized ice
- Plays the game with pace, looks to raise the speed of the game and challenges opposition to keep up
- Calculated risk taker, willing to challenge himself and others, not afraid to make mistakes
- Protects the puck, uses techniques and body positioning to maintain possession of the puck, doesn't panic and give up possession
- Plays with head up and able to scan the ice with and without the puck





Hallmarks of a Ravens Player

- Creative, and innovative playmaker
- Forwards backcheck hard and are smart, D look to join the offense
- Players communicate with each other
- Players are versatile and able to play in numerous situations and a variety of positions
- Disciplined player - no after the whistle penalties, or showing up officials



Player Development Plan

- Rooted in Long Term Athlete Development research
- U11 athletes are in the “Learn to Train” phase
- Trainability window for speed development, flexibility and skill acquisition
- Focus is not on short term results
- Individual skills will be key focus
- www.canadiansportforlife.ca/ltad-stages/train-train



LONG TERM ATHLETE DEVELOPMENT





U11 Prospects

- Designed to fill the gap between Rep and C
- Fee for service model, using in house resources
- Weekly additional practice sessions
- Goalie development available
- Usually 6:30am practice
- Players invited based on evaluation feedback and placement
- 2 term registration options



Rep Evaluations

- Follows Hockey Canada model
- Process led by Executive Director and Player Development leads
- Selection by a committee of Rep coaches plus “Independent Evaluators”, including Goalie Evaluators for that position
- Combination of skills assessment and game play
- Consists of 3 Phases “skills, intra-assoc game play, team formation”





2024-25 Recent U11 Success Stories



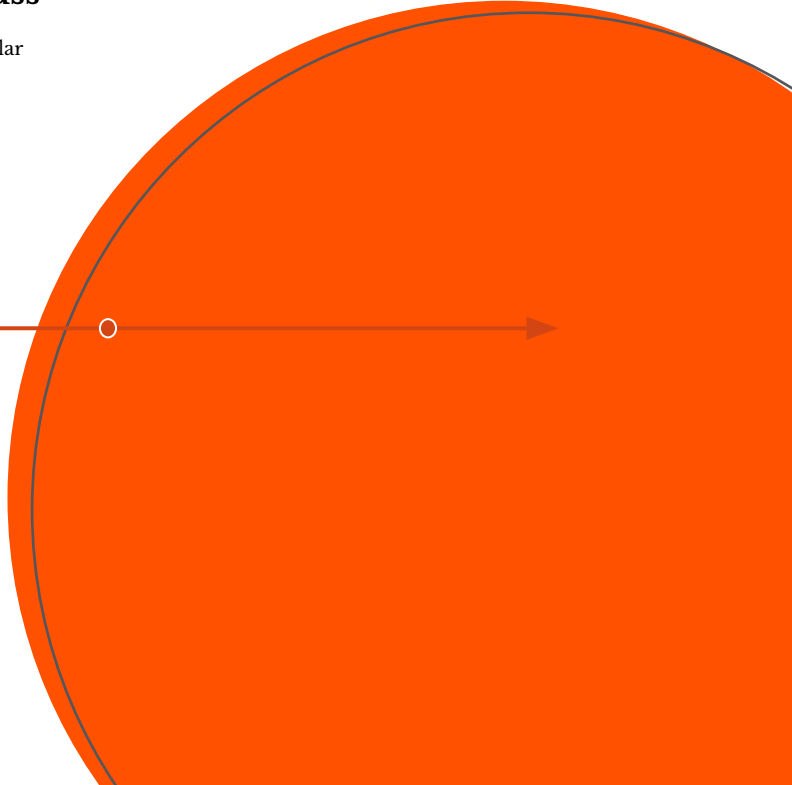
U11 A1 - Head Coach Shane Kuss

- 2nd at the West Coast Fall Classic and finished undefeated in the Fraser Valley Tier 1 Placement schedule
- 2nd at the Ridge Meadows Remembrance Day tournament
- 2nd place - U11 Interconference
- Winners - Phoenix Tournament, January 2024



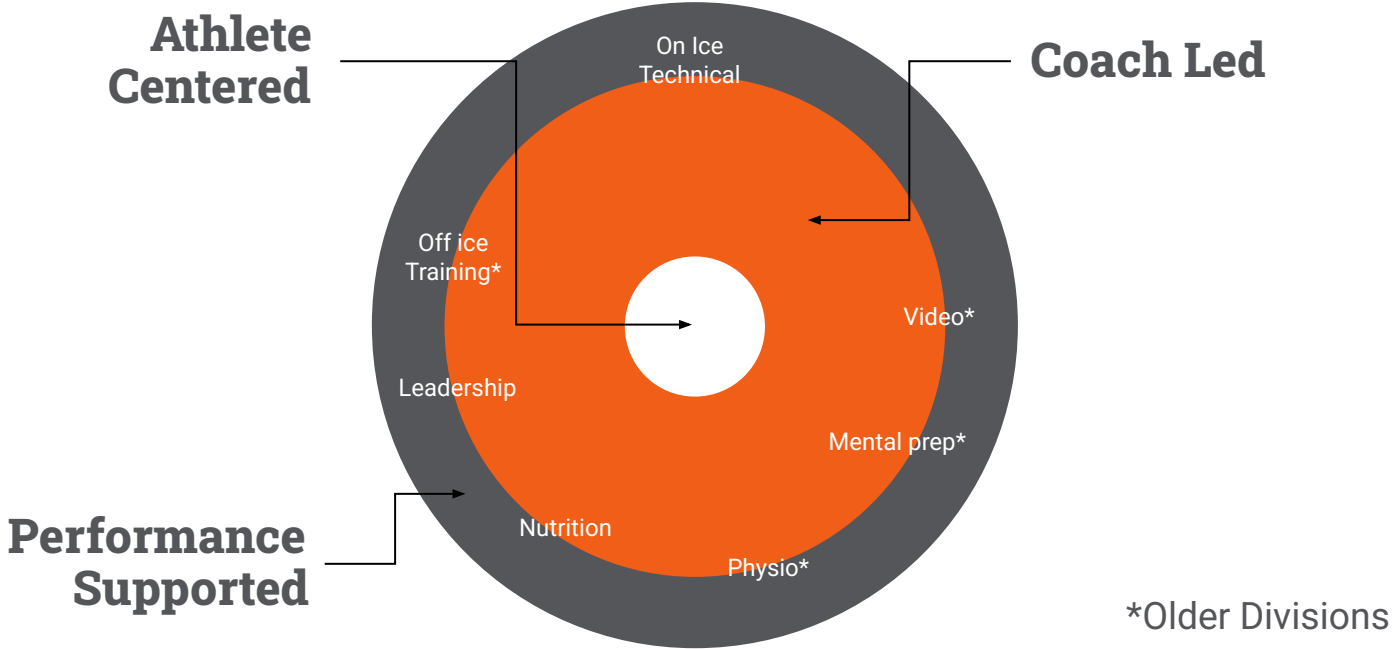
U11 A2 Co-coach Matt Erhart and Shane Kuss

- 1st place - Fraser Valley Tier 1 Regular Season Banner





PERFORMANCE TEAM





SEMIAHMOO RAVENS HOCKEY PERFORMANCE TEAM 2024-24



On Ice Technical Development

Shane Kuss

Matt Erhart

Chase Oliver

Keenan Scardina

The Goalie Group / Stage One

Dental, Orthodontics, Mouth Guards

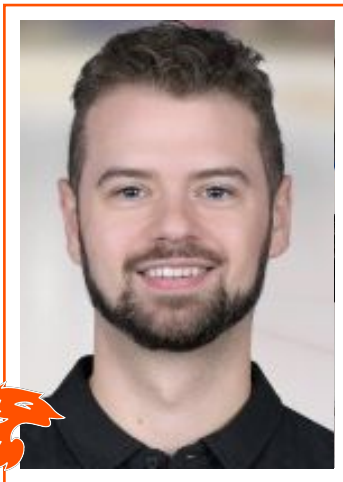
Beyond Braces

<https://beyondbraces.ca/>

Physio & Medical

Catalyst Kinetics

<https://catalystkinetics.com/surrey/>



DRYLAND TRAINING OPTIONS



ELEVATION FITNESS

Location: #208 15110 54a Ave, Surrey, BC, V3S 5X7

Phone: 604 576-6688

Email: daud@elevationfit.ca

Website: elevationfit.ca

GRASSROOTS TRAINING

Location: 1475 Anderson St, White Rock, BC, V4B 0A8

Phone: 778-653-6359

Email: train@grassrootstraining.ca

Website: grassrootstraining.ca

RENGERT SPORTS

Location: Semiahmoo Athletic Club, 362-175A Street, Surrey BC

Phone: 778-886-9088

Email: crengert91@gmail.com

Website: rengertsports.com





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2024-25 U11 A1 PROGRAM