



SEMIAHMOO RAVENS HOCKEY

U15





Program Highlights

- 3 on-ice team practices per week - target ratio of 60:40 training to game
- 2 hour home games at South Surrey Arena – International size ice
- Off-ice training sessions each week
- Off-ice fitness testing
- Dedicated goalie instruction
- Individual player – coach feedback
- Nutrition programs and information
- Teambuilding and leadership and community engagement events
- PCAHA Showcase Weekends
- 1-2 travel and two local tournaments, plus BC Hockey Championships
- 15-17 skaters on roster
- Professional non-parent coach





Program Partnerships

- **Valley West Giants – BC Major Midget/Bantam League**

- Affiliate player opportunities
- Co-practice opportunities
- Player evaluation opportunities

- **Semiahmoo U18 Programs**

- Affiliate player opportunities
- Co-practice opportunities

- **BC Hockey High Performance Program**

- U15 and U16 programs

- **EMS High School Hockey Academy**

- Daily on ice or off-ice training from Feb-June



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





2024-25 U15 Success Stories

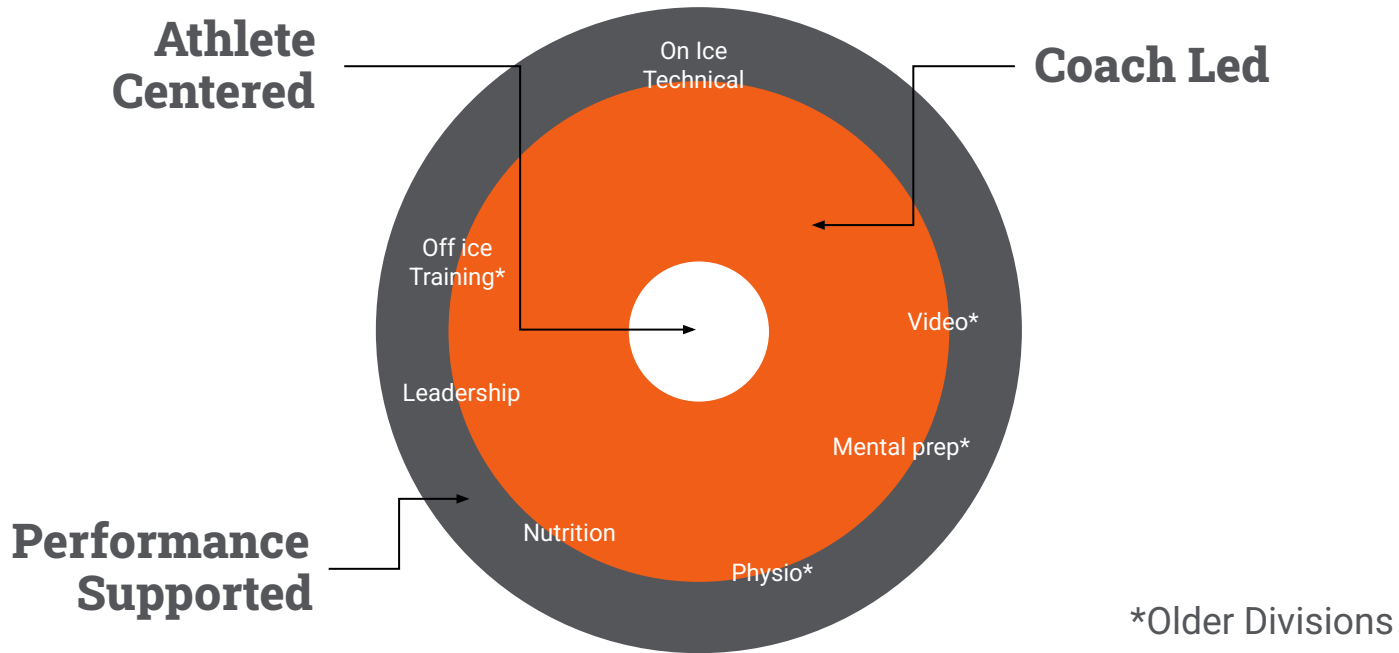
U15 A1 - Coach Keenan Scardina

- PCAHA Regular Season - finished 2nd
- Final Four playoffs - finished 2nd
- Provincial berth in Fort St. John - 4th place





PERFORMANCE TEAM



Rep Evaluations

- Follows Hockey Canada model
- Process led by Executive Director and Player Development leads
- Body contact clinic prior to Day 1
- 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”





SEMIAHMOO RAVENS HOCKEY PERFORMANCE TEAM 2024-25



On Ice Technical Development

Shane Kuss

Matt Erhart

Bayne Koen

The Goalie Group / Stage One

Dental, Orthodontics, Mouth Guards

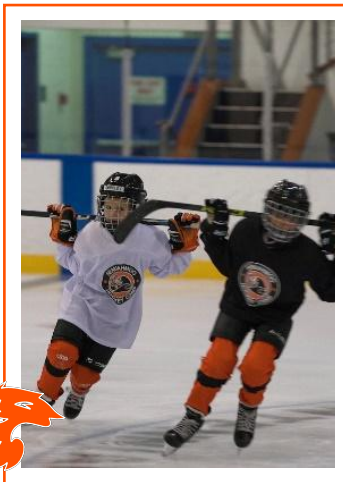
Beyond Braces

<https://beyondbraces.ca/>

Physio, Medical, Baseline Testing

Catalyst Kinetics

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



2024-25 U15 A1 PROGRAM

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 U15 A1 PROGRAM