



# SEMIAHMOO RAVENS HOCKEY

## U18



SEMIAHMOO HOCKEY  
U18 A1 - 2023/2024





# Program Highlights

- Two 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
- 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 U18/Minor U17**

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

- **PJHL Jr. B Partnerships**

- Affiliate player opportunities
  - Co-practice opportunities

- **Grassroots Training**

- Local leader in dryland training

- **Catalyst Kinetics**

- Medical, Physio, concussion baseline testing





## 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 they 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 U18 Success Stories



## U18 A1 -Coached by Josh Daley

- PCAHA League Champions
- Presidents Series Winner





# Semiahmoo Ravens & White Rock Whalers Partnership



Key features of this enhanced partnership include:

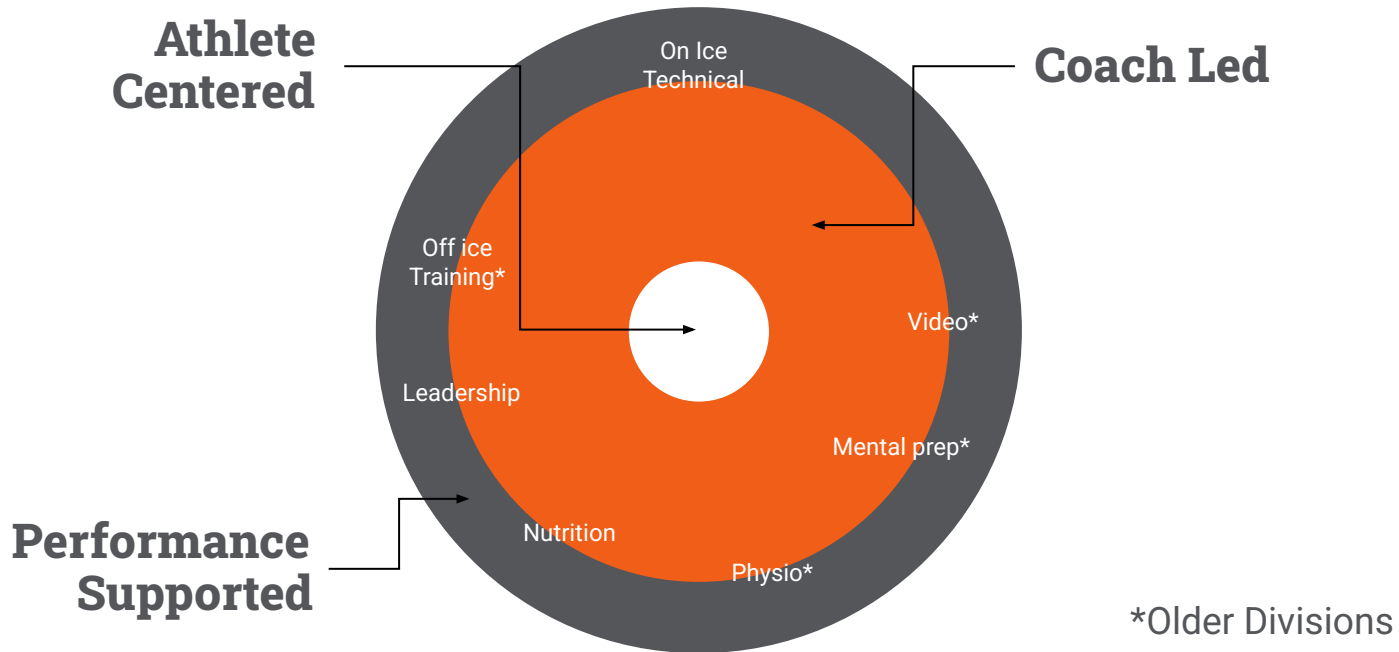
- **Collaboration with the U18 Rep Program:** This will involve both player and coach skill development, providing advanced video analysis, and offering opportunities for Semiahmoo players to experience the Junior Hockey environment firsthand.
- **Whalers Affiliate Player Program:** Semiahmoo players will have the chance to participate in practices and skills sessions with the Whalers, with the potential for regular season game time with the organization.

To read more about the Whalers and Ravens partnership, click [here](#)





# PERFORMANCE TEAM



# Comparison Chart



Program Element	SEMI Midget A1	Academy Program	Zone Program	Notes	Notes
Costs	\$4500*	\$17000-\$30000	\$8000-\$10000	* exclusive of travel costs	Local academy \$17-19K Out of town \$30000
Professional coach	Yes Non Parent	Yes	Yes		
Practice per Week	2.5	3.75	2-3		
Office training per week	1-2	2-3	1		
Total number of games	Approx. 60	Approx. 55	Approx. 55		
Training to game ratio	3:2	3.16:2	3:2		
Player boundaries	35 square miles*	Draw from anywhere	Surrey/North Delta	*PCAHA regulated	
Dedicated goalie coaching	Yes	Yes	Unknown		
Specialized skills coaching	Yes	Yes	Yes		
Practice during school hours	No*	Yes	No	*Option to add high school skills academy (\$2000) Jan-June	
Attend their local School	Yes	No	Yes	South Surrey Schools ranked 11,30,66,93 (Fraser Inst.)	DHA rated 180
Days absent	4-5	10-12	4-5		
Partnership with MML and PJHL	Yes	No	Yes		
Non- profit revenue neutral	Yes	No*	Yes	*profit driven to private partners	

# DRYLAND TRAINING OPTIONS



## ELEVATION FITNESS

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

**Phone:** 604 576-6688

**Email:** [daud@elevationfit.ca](mailto:daud@elevationfit.ca)

**Website:** [elevationfit.ca](http://elevationfit.ca)

## GRASSROOTS TRAINING

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

**Phone:** 778-653-6359

**Email:** [train@grassrootstraining.ca](mailto:train@grassrootstraining.ca)

**Website:** [grassrootstraining.ca](http://grassrootstraining.ca)

## RENGERT SPORTS

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

**Phone:** 778-886-9088

**Email:** [crengert91@gmail.com](mailto:crengert91@gmail.com)

**Website:** [rengertsports.com](http://rengertsports.com)





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EVERY DAY IS  
A GREAT DAY  
FOR HOCKEY

2024-25 U18 A1 PROGRAM