

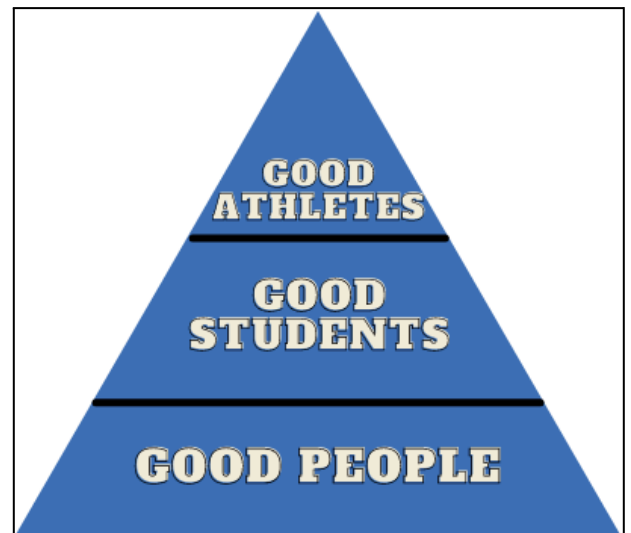


Eagle Butte - Hockey Academy
Teacher and Academy Coordinator: Jerrid Sauer

The Eagle Butte High Performance Hockey Academy aims to enhance educational and leadership experiences within our school and local communities. Our academy focuses on building character, promoting citizenship, and striving for academic excellence. We also strive for continual development as an athlete. By promoting these characteristics we aim at building great people, great students and great athletes.

Each of the students that join our academy brings their own strengths, abilities and interests. It is the goal of SAHA and myself as the teacher of this program to see each student use their strengths to find success each year they are in our program. To do this we will actively work on metacognitive strategies for students to reflect, recognize and plan strategies to address areas of importance and improvement throughout their lives (school, athletic, personal).

By providing students with these strategies we will emphasize student ownership of their work (academic and athletic), and have them take advantage of the high quality programs and staff offered within the academy and at Eagle Butte High School to aid them throughout their time here.



“Doing the basics right, taking care of the details, looking after yourself and the team is all about pride and humility”

Eagle Butte High School - Hockey Academy Program Details:

A. CTS Courses and Physical Education

- a. Each student will complete 6 CTS courses throughout the year, worth 1 credit each for a total of 6.
- b. Each student will also complete the requirements for their Physical Education 10, 20 or 30 credits throughout the year, for a total of 5.
- c. Each year a student is a part of the academy at EBHS they will be receiving 11 credits, for a total of 33 over a full 3 years across Grade 10 - 11 - 12 at EBHS.
- d. The CTS course work is completed during class time on scheduled Tuesdays, Thursdays and Fridays throughout the entirety of the school year.

B. Dryland and MultiSport Sessions

- a. We will aim to have 40 dryland and multisport sessions throughout the year
- b. These sessions take place on scheduled Thursdays and/or Fridays each week during our regular class time (12:45 - 2:00)
- c. WORKOUT ATTIRE AND SHOES ARE MANDATORY FOR DRYLAND
 - i. Shorts and T-shirts are provided as part of hockey academy registration.
 - ii. Bring them and keep them in your locker all year

C. Skating and Skill Specific Ice Sessions

- a. We will aim to have 50 on ice sessions throughout the year
- b. These sessions take place on Monday and Wednesday afternoons during TAG and Period 4 (12:00 - 1:00)
- c. The primary focus for each session will be skill development and habit building for both players and goalies.

Example On - Ice Schedule (Monday / Wednesdays)

11:25 Leave period 2 as fast as possible for the bus

11:30 Bus leaves for Irvine Rink (eat lunch on bus)

12:00 - 1:00 pm on ice

1:00 - 1:20 shower and change

1:25 bus leaves for EBHS

1:55 Arrive at EBHS

Sweep the Sheds -- "Never be too big to do the small things that need to be done" - New Zealand All Blacks

D. On Ice Requirements and Rules:

- a. All players will be provided an **academy jersey that are to be worn for each of our 50 skates**
- b. **Neck guards are mandatory** while on the ice. **No neck guard = no skate.** This is not an option due to insurance and liability.
- c. Players are to be **on the ice on time** and to depart the room for the bus on time to get back to the school.
- d. The **bus will be left clean** when we depart and **no vulgar or inappropriate language** will be used, as this is a high school class, not a hockey team.
- e. Equipment will be stored in the portable at the east side of the school on Mondays and Wednesdays.
- f. At the end of each ice time players will do a short **3 question Google form** that will have them reflect on what their goals were, what was worked on and how to improve going forward.

Materials Needed:

- Hockey Equipment + Sticks → Mondays and Wednesdays only
- Workout Clothes (Shorts, shirt, runners) ← THIS IS MANDATORY WE WILL NEED THESE 1-2x per week minimum
- Notebooks, Chromebooks and chargers EVERYDAY!!

“Talent may feel predestined...but in fact we have a great deal of control over what skills we develop, and we have more potential than we might ever presume to guess.”

Year 1 Hockey Academy consists of the following courses:

- **Physical Education 10 - 5 Credits**
 - Students will explore a variety of activities and environments. With an emphasis on athletic development, multisport activities, cooperative and competitive games, with a focus on an active, healthy lifestyle. This includes both on ice and off ice activities.
- **Health Services Foundations (HSS 1010) - 1 credit**
 - Explore the science of wellness—this course introduces students to the key factors that influence health, including physical, mental, and social dimensions. By examining anatomy, physiology, and disease, students gain a deeper understanding of how the body works and how to make informed choices for lifelong well-being.
- **Nutrition and Wellness (HSS 1020) - 1 credit**
 - Discover the power of smart nutrition—this course helps students understand how food and hydration choices directly impact physical and mental well-being across all ages and activity levels. By evaluating supplements, nutritional needs, and making informed decisions, students gain lifelong skills to fuel their bodies and minds for peak performance.
- **Foundations of Training 1 (REC 1040) - 1 credit**
 - Jumpstart your fitness journey—this course gives students the tools to design personalized fitness plans and create fun, effective activities tailored to their goals. By learning foundational training and movement principles, students build confidence, motivation, and lifelong habits for health and wellness.
- **Sport Psychology 1 (REC 1050) - 1 credit**
 - Discover how mental fitness fuels success in sports, the arts, and academics through hands-on strategies like visualization, relaxation, and positive self-talk. This engaging course empowers students to boost motivation and performance by mastering the mindset behind excellence.
- **Leadership Fundamentals 1 (HSS1080) - 1 credit**
 - Discover the leader within—this inspiring course helps students build self-awareness, explore leadership styles, and set meaningful goals for personal growth. With a strong focus on teamwork, communication, and connecting values to future career paths, students gain the confidence and skills to lead in school, sports, and life.
- **Foundation of Training 2 (REC 2040) - 1 credit**
 - Train like an athlete and move with purpose—this course gives students hands-on experience applying exercise principles to build speed, power, strength, and endurance. By exploring key adaptations like mobility, coordination, and hypertrophy, students learn how to design effective workouts and unlock their full physical potential.

Year 2 Hockey Academy consists of the following courses:

- **Physical Education 20 - 5 Credits**
 - Students will explore a variety of activities and environments. With an emphasis on athletic development, multisport activities, cooperative and competitive games, with a focus on an active, healthy lifestyle. This includes both on ice and off ice activities.
- **Nutrition for Sport and Recreation (REC 2010) - 1 credit**
 - This course empowers students to design personalized nutrition and hydration strategies that boost energy, endurance, and recovery for both recreational and competitive activities. With practical skills in meal planning, interpreting nutrition labels, and understanding the science behind hydration, students gain the tools to optimize their health and athletic potential every day.
- **Athletic Development (REC 2015) - 1 credit**
 - This engaging course introduces students to the Long-Term Athlete Development (LTAD) model, focusing on physical literacy and fundamental movement skills essential for lifelong athletic success. Through hands-on learning and exploration of how the body responds to different movements, students gain the knowledge and tools to build a strong foundation for sports, fitness, and overall well-being.
- **Sport Psychology 2 (REC 2050) - 1 credit**
 - Unlock the secrets of peak performance in this dynamic course that dives into the psychology behind confidence, emotions, and teamwork in sports. Perfect for students passionate about athletics, it reveals how mental strength, identity, and recovery fuel success both on and off the field.
- **Leadership Fundamentals 2 (HSS 2080) - 1 credit**
 - This course dives into how confidence, emotions, and self-awareness shape athletic performance, helping students build mental strength both on and off the field. With a focus on team dynamics, personal identity, and the science of rest and recovery, it's perfect for athletes and active learners who want to elevate their game and thrive in all areas of life.
- **Flexibility Training (REC 3025) - 1 credit**
 - This hands-on course teaches students how to improve flexibility, mobility, and motor control for better movement and performance in everyday life and athletics. By measuring range of motion, leading mobility sessions, and building communication skills, students gain confidence and practical tools to support lifelong physical wellness.
- **Cardiovascular Training (REC 3030) - 1 credit**
 - This high-energy course teaches students the science behind cardiovascular fitness, including key concepts like VO₂ max and interval training. By measuring fitness levels and designing personalized training plans using techniques like cross-training, students gain the skills to build endurance, improve overall wellness, and take their fitness to the next level.

Year 3 Hockey Academy consists of the following courses:

- **Physical Education 30 - 5 Credits**
 - Students will explore a variety of activities and environments. With an emphasis on athletic development, multisport activities, cooperative and competitive games, with a focus on an active, healthy lifestyle. This includes both on ice and off ice activities.
- **Training for Core Muscles (REC 2045) - 1 credit**
 - Strengthen your body from the inside out with functional core training that builds stability, enhances rotation control, and generates powerful movement. Students will design and lead customized workouts while gaining hands-on experience in safe technique, teamwork, and fitness planning. This course also introduces group training formats and real-world applications to help students develop confidence, leadership, and lifelong wellness habits.
- **Leadership in Sports and Recreation (2060) - 1 credit**
 - Empower your leadership journey by learning how to teach movement skills, motivate youth, and lead inclusive recreation activities using proven models and developmental strategies. Through practical instruction, communication training, and activity planning, students gain the tools to inspire others while building foundational skills for coaching, mentoring, and community engagement.
- **Speed and Agility (REC 3030) - 1 credit**
 - Unlock your athletic potential in this advanced course where students master cutting-edge techniques to boost speed and agility through dynamic drills, performance assessments, and personalized training plans. With a focus on teamwork, communication, and goal-setting, this hands-on experience builds not only physical skills but also the confidence and adaptability needed for lifelong success in sport and recreation.
- **Periodization (REC 3045) - 1 credit**
 - Elevate your training strategy by mastering the science of periodization—learn to design customized resistance and aerobic programs that maximize performance, prevent injury, and adapt to seasonal sport demands. Through hands-on planning, needs assessments, and feedback-driven refinement, students gain the tools to build elite-level fitness programs while developing essential skills in problem-solving, teamwork, and personal growth.
- **Sport Psychology 3 (REC 3050) - 1 credit**
 - This course empowers students to design personalized strategies for peak performance through techniques like energy management, visualization, and positive self-talk, while exploring team dynamics and societal attitudes in sport. With hands-on planning, emotional regulation tools, and leadership activities, this advanced course builds mental fitness, resilience, and real-world skills for success in athletics and life.
- **Sport and Society (REC 3140) - 1 credit**
 - Discover how sport shapes culture, community, and careers in this engaging course that dives into the structure of amateur and professional organizations, media influence, and athlete representation. Students gain real-world insights through interviews, profile creation, and marketing analysis, while building leadership, communication, and goal-setting skills for future roles in recreation and sport management.