



**2026-2027**  
**PROGRAM INFORMATION**



# PROGRAM STAFF



**GENERAL MANAGER - AMBROSE FIRKUS**

**PROGRAM DIRECTOR - KURT BENSMILLER**

**COMMUNICATIONS DIRECTOR - TAYLOR ROBINSON**

**PARENT LIASION / HOCKEY OPERATIONS - KYLE TAPP**

**ON-ICE DEVELOPMENT - IHD HOCKEY CORP.**

**STRENGTH & CONDITIONING - CLUBHOUSE FITNESS**

**BRAND DIRECTOR - MAX MILLS**

**SOCIAL MEDIA CONTENT - MODERN CREATIVES CO.**

**PLAYER DEVELOPMENT & PROMOTION - JEFF WOYWITKA &  
KYLAR HOPE**

**GOALTENDING DEVELOPMENT - KURTIS MUCHA**

# OPTION 1



## OPTION 1: FSL Programming

*This Model Will See Athletes Train On & Off - Ice During School Hours as well during their team structured events. The athletes who chose option 1 will be required to attend The Pursuit School Of Sport in Lloydminster*

### **Program Overview -**

Option 1 is designed for athletes who are wanting more, this option will look more like your academy style program. Individual development during the day (either ice or gym) and team events in the evenings (practice / gym etc). This program runs the entire school season.

### **Who This Is For -**

- Families & Athletes who want more than evening practices / workouts.
- Families & Athletes with a school emphasis.
- Athletes will go to The Pursuit School Of Sport. On-Ice skills twice per week / Off-Ice Training Twice Per Week during school hours.

# OPTION 1 CONTINUED...



## **Season Structure -**

### **Individual Training Hours -**

On-Ice Hours: 70 +/- Hours (Pursuit On-Ice Skill Development)

Off-Ice Hours Per Week: 70 +/- Hours (Pursuit Gym Hours + Shooting Lane Instruction)

### **Team Training Hours -**

On-Ice Hours: 90 +/- Hours (Dependant On Age Group)

Off-Ice Hours: 25 +/- Hours (Dependant On Age Group)

### **Development Model -**

- Skill-Based Ice Times During School Hours + Team Practices.
- Strength & Conditioning During School Hours + Team Training.
- Character and Leadership Development.
- Individual Based Skill Sessions During School Hours.

### **Staffing -**

- Goalie Coach: Kurtis Mucha Goaltending
- Skills Coaches: IHD Hockey Corp.
- Strength & Conditioning: Clubhouse Fitness - Marcus Lam - Peters / Max Mills / Taylor Robinson

# OPTION 2



This model is your standard model, this will encompass team practices / team workouts

## **Program Overview -**

Option 2 is built for athletes who are unable to commit to the full academy model. This is your standard model of Team Practices, Team Workouts etc.

## **Who This Is For -**

- Athletes Not Ready To Billet & Are From Out Of Town.
- Athletes Who Live In Lloydminster But Are Not Interested In Switching Schools.
- Athletes Who Are Happy With How It Has Been Previously.

## **Season Structure -**

### **Team Training Hours -**

On-Ice Hours: 90 +/- Hours (Dependant On Age Group)

Off-Ice Hours: 25 +/- Hours (Dependant On Age Group)

### **Development Model -**

- Team Practices.
- Team Training.
- Character and Leadership Development.
- Team Based Skill Sessions.
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# OPTION 2 CONTINUED...



## Staffing -

- Goalie Coach: Kurtis Mucha Goaltending
- Skills Coaches: IHD Hockey Corp.
- Strength & Conditioning: Clubhouse Fitness - Marcus Lam - Peters / Max Mills / Taylor Robinson

# DIVISION DETAILS



## 19U

100 +/- Hours Total Ice (End of August - March)  
25 +/- Hours On-Ice Development and Power Skating  
35 +/- Hours Dryland Training

## 16U

95 +/- Hours Total Ice (End of August - March)  
25 +/- Hours On-Ice Development and Power Skating  
30 +/- Hours Dryland Training

## 14U

90 +/- Hours Total Ice (End of August - March)  
25 +/- Hours On-Ice Development and Power Skating  
25 +/- Hours Dryland Training

## 12U

85 +/- Hours Total Ice (End of August - March)  
25 +/- Hours On-Ice Development and Power Skating  
20 +/- Hours Dryland Training

**\*Please note, all exhibition games & tournaments will be an extra expense based on the team's desire to attend. Teams may use sponsorship/fundraising money to cover expenses if they choose.**

# 12U DIVISION OVERVIEW

(FROM THE FSL)



**(2014 & 2015 Focused / 2013 Overage / 2016 Underage)**

- The 12U division is a non-contact division, however these teams will be required to take the Online Checking Clinic so that players are eligible for affiliation during the season.
- Maximum number of two (2) underage athletes permitted, UPON LEAGUE APPROVAL
- Maximum number of two (2) overage athletes permitted, UPON LEAGUE APPROVAL
  - Minimum roster size of fifteen (15) skaters plus two (2) goalies
- Each team will be competing against other teams in their specific age group to begin the season
  - Minimum development hours are as follows:
    - 85 hours of on-ice development provided by their individual team and skills coaches
    - 12 hours of qualified goalie instruction
- Each team will compete in 32 league games which will take place in a showcase style format (3-4 games per weekend)
  - The end of the regular season will culminate with a final FSL Championship Weekend Tournament
- 2-hour long game slots, periods will be 20-20-20 minute stopped time with floods after the 2nd and 3rd periods.
- Games ending in ties will include a 3-player shootout (time permitting, as per league rules)

Teams in these divisions are expected to be the equivalent to the following:

# 14U DIVISION OVERVIEW

(FROM THE FSL)

14U (2012 & 2013 Focused / 2011 Overage / 2014 Underage)



- The 14U division is a contact division with 'Progressive Checking Rules'. There will be an online checking clinic sent out before the regular season begins where all athletes competing in the 14U division will be educated with the checking rules. The safety of our athletes is our #1 priority.
- Maximum number of two (2) underage athletes permitted, UPON LEAGUE APPROVAL
- Maximum number of two (2) overage athletes permitted, UPON LEAGUE APPROVAL
  - Minimum roster size of fifteen (15) skaters plus two (2) goalies
    - Minimum development hours are as follows:
      - 90 hours of on-ice development provided by their individual team and skills coaches
      - 12 hours of qualified goalie instruction
- Each team will compete in 32 league games which will take place in a showcase style format (3-4 games per weekend)
  - The end of the regular season will culminate with a final FSL Championship Weekend Tournament
- 2-hour long game slots, periods will be a 20-20-20 minute stopped time with floods after the 2nd and 3rd periods.
  - Games ending in ties will include a 3-player shootout (time permitting, as per league rules)
- 2013 born athletes will be available for affiliation to 14U teams for call-ups only, as per league rules.
- All affiliation requests must be approved by both the FSL (according to the FSL affiliation policy) AND the affiliated athletes current team. The affiliated athlete is mandated to participate in their current teams' games, before affiliating for another team.
- Teams in the 14U (contact) division MUST have an approved team trainer on the bench at all times. This individual must complete all league requirements. Teams not having said required trainer will be subject to a bench minor penalty and/or a fine.

# 16U DIVISION OVERVIEW

(FROM THE FSL)

16U (2010 & 2011 Focused / 2009 Overage / 2012 Underage)



- The 16U division is a contact division with 'Progressive Checking Rules'. There will be an online checking clinic sent out before the regular season begins where all athletes competing in the 16U division will be educated with the checking rules. The safety of our athletes is our #1 priority.
  - Maximum number of two (2) underage athletes permitted, UPON LEAGUE APPROVAL
  - Maximum number of two (2) overage athletes permitted, UPON LEAGUE APPROVAL
    - Minimum roster size of fifteen (15) skaters plus two (2) goalies
      - Minimum development hours are as follows:
        - 90 hours of on-ice development provided by their individual team and skills coaches
        - 12 hours of qualified goalie instruction
- Each team will compete in 32 league games which will take place in a showcase style format (3-4 games per weekend)
  - The end of the regular season will culminate with a final FSL Championship Weekend Tournament
- 2.25-hour long game slots, periods will be a 20-20-20 minute stopped time with floods after each period.
  - Games ending in ties will include a 3-player shootout (time permitting, as per league rules)
- 2011 born athletes will be available for affiliation to 16U teams for call-ups only, as per league rules.
- All affiliation requests must be approved by both the FSL (according to the FSL affiliation policy) AND the affiliated athletes current team. The affiliated athlete is mandated to participate in their current teams' games, before affiliating for another team.
- Teams in the 16U (contact) division MUST have an approved team trainer on the bench at all times. This individual must complete all league requirements. Teams not having said required trainer will be subject to a bench minor penalty and/or a fine.

# 19U DIVISION OVERVIEW

(FROM THE FSL)

19U (2008 & 2009 Focused / 2007 Overage / 2010 Underage)



- The 19U division is a contact division with 'Progressive Checking Rules'. There will be an online checking clinic sent out before the regular season begins where all athletes competing in the 16U division will be educated with the checking rules. The safety of our athletes is our #1 priority.
- Maximum number of two (2) underage athletes permitted, UPON LEAGUE APPROVAL
- Maximum number of two (2) overage athletes permitted, UPON LEAGUE APPROVAL
  - Minimum roster size of fifteen (15) skaters plus two (2) goalies
    - Minimum development hours are as follows:
      - 90 hours of on-ice development provided by their individual team and skills coaches
      - 12 hours of qualified goalie instruction
- Each team will compete in 32 league games which will take place in a showcase style format (3-4 games per weekend)
  - The end of the regular season will culminate with a final FSL Championship Weekend Tournament
- 2.25-hour long game slots, periods will be a 20-20-20 minute stopped time with floods after each period.
- Games ending in ties will include a 3-player shootout (time permitting, as per league rules)
- 2011 born athletes will be available for affiliation to 16U teams for call-ups only, as per league rules.
- All affiliation requests must be approved by both the FSL (according to the FSL affiliation policy) AND the affiliated athletes current team. The affiliated athlete is mandated to participate in their current teams' games, before affiliating for another team.
- Teams in the 16U (contact) division MUST have an approved team trainer on the bench at all times. This individual must complete all league requirements. Teams not having said required trainer will be subject to a bench minor penalty and/or a fine.