



**#SETTHESTANDARD**

**#ATHLETICSHOCKEY**

# WHAT IS INCLUDED?

- UNPARALLELED STUDENT ATHLETE LIFESTYLE
- PROFESSIONAL COACHES
- PROFESSIONAL GOALIE INSTRUCTION
- ELITE ATHLETE SERVICES
- OPTIMIZED ATHLETE AND COACH DIGITAL FOOTPRINTS
- FULLY BROADCASTED EVENTS
- COMPETITIVE HUB ENVIRONMENT
- ELITE SHOWCASE EXPOSURE
- CUTTING EDGE SOCIAL MEDIA EXPOSURE
- PROFESSIONAL SCOUTING DEPARTMENT
- SIGNATURE EVENTS
- BEST-OF-PLAYOFFS
- STATE OF THE ART TRANSPORTATION
- 2-ATHLETES PER ROOM ACCOMMODATIONS
- CATERED MEALS ON THE ROAD
- MENTAL TRAINING SKILLS
- LEAGUE NUTRITIONIST
- MOBILITY PERFORMANCE
- STRENGTH & CONDITIONING
- EDUCATION SUPPORT / PLANNING
- HEALTHY LIFESTYLE BALANCE
- COLLEGE LIFESTYLE EXPERIENCE

[CLICK HERE TO LEARN MORE](#)

# **DEVELOPMENT MODEL**

**OUR EXPERIENCE OPERATING ELITE, MAJOR JUNIOR  
AND JUNIOR "A" PROGRAMS, OUR 18U, 17U, 15U  
AND 14U ATHLETES WILL RECEIVE THE FOLLOWING  
MINIMUM STANDARDS:**

## **150 +/- HRS OF ON-ICE DEVELOPMENT**

- **POWER SKATING**
- **PUCK SKILLS**
- **SHOOTING & SCORING**
- **GAME SENSE**
- **TECHNICAL SKILL APPLICATION**
- **GOALTENDER SPECIFIC TRAINING**

## **100 +/- HRS OF OFF-ICE DEVELOPMENT**

- **MENTAL TRAINING**
- **STRENGTH AND CONDITIONING**
- **SPORTS PERFORMANCE TRAINING**



# **DEVELOPMENT /** **COACHING PHILOSOPHY**

**OUR ENVIRONMENT ALLOWS PLAYERS TO DEVELOP THEIR SKILLS WITH DETAILED PRACTICES THAT HAVE PURPOSE, TO BE COMFORTABLE BEING THEMSELVES THROUGH TEAM BUILDING ACTIVITIES, AND TO BUILD CONFIDENCE INDIVIDUALLY. BY GETTING TO KNOW EACH PLAYER'S INDIVIDUAL NEEDS SO WE CAN COACH TO THEIR STRENGTHS, WHILE DEVELOPING THE AREAS LACKING IN THEIR GAME.**

**OUR TEAM WILL FOCUS ON DEVELOPING IMPORTANT LIFE-SKILLS SUCH AS:**

- **HOW TO BE CREATIVE AND IMAGINATIVE**
- **HOW TO BUILD CHARACTER**
- **WHAT IT MEANS TO BELONG TO A TEAM**
- **HOW TO COMMUNICATE**
- **HOW TO THINK CRITICALLY AND SOLVE PROBLEMS**
- **TIME MANAGEMENT**

**HOCKEY IS A COMPETITIVE SPORT, IT IS MEANT TO BE PLAYED AT A HIGH INTENSITY LEVEL. OUR TEAMS EMBODY A CULTURE THAT DEVELOPS COMMITTED AND DEDICATED ATHLETES. A TEAM CULTURE THAT INSPIRES CAMARADERIE. OUR PLAYERS GROW AS PEOPLE, DEVELOP INDIVIDUALLY, AND COMPETE AS A TEAM.**

**#SETTHESTANDARD**

# PROGRAM STAFF

- **General Manager: Ambrose Firkus**
- **Director Of Hockey OPS: Kyle Tapp**
- **Development Director: Jeff Woywitka**
- **Brand / Marketing Director: Max Mills**
- **Head Of Logistics: Kylar Hope**
- **Director Of Scouting: Clay DeBray**
- **Social Media: Modern Creative**
- **Skills Instruction: IHD Hockey Corp.**
- **Goaltending Instructor: Kurtis Mucha**
- **Strength & Conditioning: Marcus Lam-Peters**
- **Billet Coordinator: Kristin Graham**
- **Massage Therapist: Sheena D'Entremont**



# **IHD HOCKEY CORP.**

**IHD HOCKEY CORP IS A HOCKEY DEVELOPMENT COMPANY  
BASED OUT OF LLOYDMINSTER ALBERTA. IHD IS A HIGHLY  
SOUGHT AFTER LONG TERM DEVELOPMENT DEVELOPMENT  
COMPANY!**

**“AT IHD HOCKEY CORP. WE HAVE ONE GOAL: TO MAKE OUR  
ATHLETES BETTER. ONCE YOU BECOME A MEMBER OF THE  
#IHDFAM, YOU BECOME PART OF OUR FAMILY AND WE WILL  
DO EVERYTHING POSSIBLE TO ENSURE YOU ARE READY TO  
TAKE THE NEXT STEPS IN YOUR HOCKEY CAREER!”**

**IHD HOCKEY’S APPROACH TO SKILL DEVELOPMENT IS  
FOCUSED ON THE INDIVIDUAL NEEDS OF EACH ATHLETE. WE  
BEGIN WITH THE FUNDAMENTALS AND ENCOURAGE OUR  
ATHLETES TO FAIL FORWARD THROUGHOUT THEIR  
DEVELOPMENT PROCESS WITH US!**



**[VISIT THE WEBSITE](#)**

# **SHOWCASE MODEL**

**ATHLETES WILL RECEIVE 36+- REGULAR SEASON  
GAMES + ADDITIONAL TOURNAMENT  
OPPORTUNITIES**

**WEEKEND GAMES IN A CENTRAL  
LOCATION! YOU WILL PLAY BETWEEN 3  
GAMES DURING COMPETITION WEEKENDS.**

**THE JPHL AIMS TO HAVE A HEALTHY SPORT  
/ LIFE BALANCE WHICH WILL SEE ATHLETES  
HAVE 3 GAMES TWICE A MONTH INSTEAD  
OF YOUR TRADITIONAL EVERY WEEKEND!**

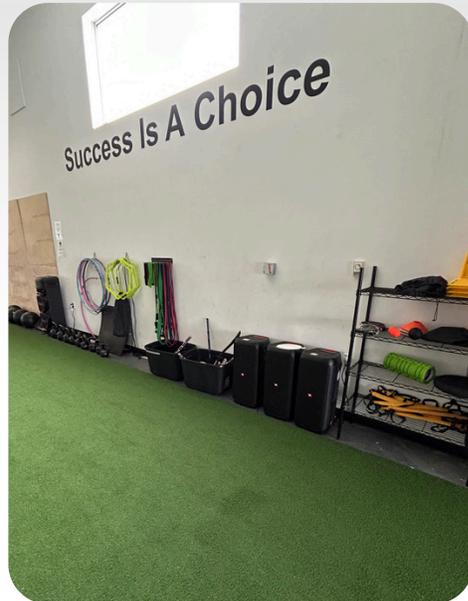
**THE SHOWCASE MODEL OF COMPETITION  
HAS PROVEN TO KEEP THE ATHLETES EAGER  
TO PLAY WHILE ALLOWING THEM ENOUGH  
TIME AT THEIR AGE TO PROPERLY TRAIN /  
DEVELOP AND SEE THE BENEFITS DURING  
COMPETITION**

# THE CLUBHOUSE

## Gym Floor



## Turf - 1,200 S/F



# THE CLUBHOUSE

## Golf Simulator



## Video Room



# THE CLUBHOUSE

## SHOOTING LANES



## ATHLETES LOUNGE



# DAILY SCHEDULE

<b>Schedule</b>	<b>U14</b>	<b>U15</b>
<b>On- Ice/Gym/ Video</b>	<b>8:00 - 11:00 AM</b>	<b>8:00 - 11:00 AM</b>
<b>School</b>	<b>11:15 - 3:32 PM</b>	<b>11:15 - 3:32 PM</b>

<b>Schedule</b>	<b>U18</b>	<b>U17</b>
<b>School</b>	<b>9:00 AM - 1:26 PM</b>	<b>9:00 AM - 1:26 PM</b>
<b>On- Ice/Gym/ Video</b>	<b>2:00 - 5:00 PM</b>	<b>2:00 - 5:00 PM</b>

# GAME WEEK SCHEDULE

\*PENDING WEEKEND LOCATION

Day:	Daily Activities:
Monday	Practice / Gym / School
Tuesday	Practice / Gym / School
Wednesday	Practice / Gym / School
Thursday	School/Travel Day*
Friday	Game Day/Travel Day*
Saturday	Game Day
Sunday	Game Day/Travel Day

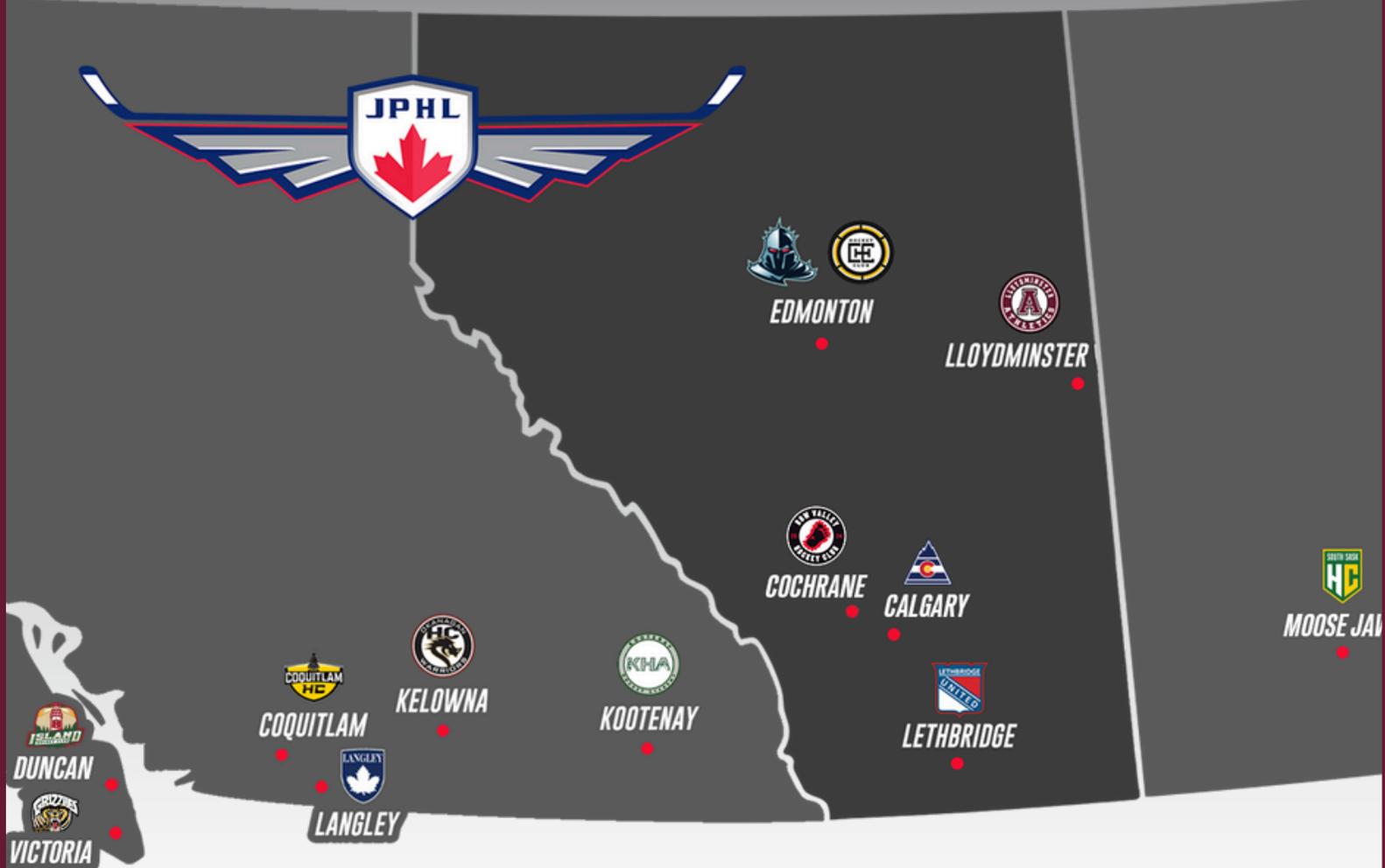
# NON-GAME WEEK SCHEDULE

Day:	Daily Activities:
Monday	Edgeboss or Powerskating / Gym / School
Tuesday	Skills / Gym / School
Wednesday	Skills / Gym / School
Thursday	Skills / Gym / School
Friday	Small Area Games / Gym / School
Saturday	OFF
Sunday	OFF

# **EQUIPMENT** **INCLUDED**

- **GLOVES**
- **HELMET**
- **HOME & AWAY GAME SOCKS**
- **PRACTICE JERSEY**
- **PRACTICE SOCKS**
- **PANT SHELLS**
- **HOME & AWAY JERSEYS**
- **TEAM CCM BAG**
- **TEAM CCM WORKOUT SHIRT/SHORTS**
- **JPHL APPAREL ITEMS**
- **ATHLETICS APPAREL ITEMS**

# MORE ABOUT THE JPHL



[CLICK HERE TO](#)  
[LEARN MORE](#)

# LEAGUE PARTNERSHIPS



elite | hockey  
prospects

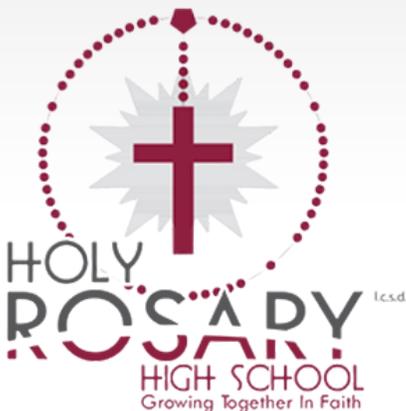
**4 VENGEANCE**  
M E D I A



# LOCAL PARTNERSHIPS



LLOYDMINSTER



SKYTECH



# **MULTI-SPORT APPROACH**

**ONCE THE HOCKEY SEASON CONCLUDES, OUR TRAINING DOESN'T STOP — IT EVOLVES. WHILE WE WILL CONTINUE DEVELOPING HOCKEY-SPECIFIC SKILLS, WE ALSO INTRODUCE A MULTI-SPORT TRAINING APPROACH THAT INCLUDES GOLF, BALL, FOOTBALL, AND MORE.**

**THESE ACTIVITIES ENHANCE KEY ATHLETIC TRAITS SUCH AS HAND-EYE COORDINATION, AGILITY, BALANCE, SPATIAL AWARENESS, AND OVERALL ATHLETICISM, ALL OF WHICH DIRECTLY TRANSLATE TO IMPROVED PERFORMANCE ON THE ICE.**

**OUR GOAL IS TO BUILD WELL-ROUNDED ATHLETES WHO GAIN AN EDGE IN THEIR HOCKEY CAREERS THROUGH DIVERSE MOVEMENT AND SKILL DEVELOPMENT.**

# **EXPOSURE**

**Given the technology and communication tools available today, it is extremely rare for athletes to go unnoticed.**

**Our role is to showcase talent and facilitate timely discovery. By using TPE (The Prospects Exchange link), broadcasting games via **4VENGEANCE MEDIA** (games can be found here or here), and hosting Showcases in centralized major centres (Edmonton, Calgary, Vancouver), the JPHL makes finding athletes easy. In addition to this the JPHL has a very large presence on TikTok highlighting players and teams through out the season (<https://www.tiktok.com/@jphlhockey>)**

**We are committed to generating scouting opportunities through our Special Event Series, to actively building a digital footprint for each athlete and to promote our players through personal networks and established relationships at the Major Junior and Junior "A" levels. All of our showcase events are fully broadcasted with additional camera angles and colour commentary to immerse viewers, scouts and junior team staff in a junior-level experience which celebrates and highlights our athletes. We also use video access for statistical data collection and analysis, which helps teams with enhanced scouting, player development and communication.**



# **ID WEEKEND**

**DATE: TBD**  
**LOCATION: TBD**

**THIS WEEKEND IS OPEN TO ATHLETES BORN IN:**

**18U AAA - 2008,2009,2010,2011**

**17U AAA - 2009,2010,2011**

**15U AAA - 2011,2012,2013**

**14U AAA - 2012,2013,2014**

**ID WEEKEND WILL CONSIST OF THE  
FOLLOWING:**

- SKILLS SESSION**
- GAMES**
- INFORMATION SESSION**
- SCHOOL TOURS**
- CLUBHOUSE TOUR**
- FITNESS TESTING**

# SOCIAL MEDIA



**@Athletics\_JPHL**



**@Athletics\_JPHL**



**@LloydAthleticsJPHL**



**@LloydminsterAthletics**

# **QUESTIONS?**

**INTERESTED IN GETTING TO THE NEXT LEVEL WITH THE LLOYDMINSTER ATHLETICS? CONTACT US TO INQUIRE ABOUT YOUR SON OR DAUGHTER JOINING OUR PROGRAM!**

**GENERAL MANAGER:  
AFIRKUS@LLOYDMINSTERATHLETICS.COM**

**DIRECTOR OF SCOUTING:  
CDEBRAYATHLETICS@GMAIL.COM**

