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OHD (Off-Ice Hockey Development)

Hello Players and Parents,

WVMHA is very pleased to announce the Off-Ice Hockey Development (OHD) program this season. This program is aimed at raising the level of our technical skills and competitive play of our players. The OHD program is modelled after the off-ice training methods used by professional and major junior athletes. In this way, WVMHA players will experience first hand the environment that achieves high performance results. This experience will not only provide a solid foundation of personal development in hockey, but also translates to whatever sport the WVMHA player is involved with.

The fundamentals of OHD will foster an attitude of professional work ethic and provide correct skill development technique. The OHD utilizes top-notch training facilities with accredited high performance instructors; it will not be unusual for the players to see provincial and national levels athletes from all sport backgrounds training at the same facilities. With that, the players will gain a sense of professionalism in their approach to fitness training. Instilling proper skill technique is paramount, and as such, produces the best development and leads to higher safety. Training with improper technique leads to incorrect muscle memory instincts and leaves the player prone to injury. Proper technique also generates the desired by-products: Strength, Flexibility, Agility and Confidence.

OHD is a compulsory¹ program for the WVMHA Rep player. The knowledge and skills acquired in the program are specific to Hockey. Strengthening of core muscle groups, stretching, explosiveness and skills are Hockey specific. Involvement with other sports programs do not ensure the outcome in Hockey specific improvement that is set for OHD. OHD utilizes a core strength philosophy and so training with excessive weights is not required or used. If a player wishes to be exempt from OHD, then he/she must be registered in another hockey specific program that meets the training criteria of OHD. The after subsidy cost of OHD is \$175/player for the complete 15 week season. This equates to 20 hours of hockey specific training at a reasonable price point compared to other commercial offerings of this calibre.

OHD is divided into two training phases:

Phase 1 – Hockey Performance Centre <http://www.hockeyperformancecentre.com/>

(2 hour session) for 5 weeks:

Midget A ²	Mondays	4-6pm	Sept. 29, Oct. 6, 14, 20, 27
Atom A	Wednesdays	4-6pm	Oct. 1, 8, 15, 22, 29
PeeWee A	Wednesdays	6-8pm	Oct. 1, 8, 15, 22, 29
Bantam A	Fridays	4-6pm	Oct. 3, 10, 17, 24, 31

Phase 1 is focused on strength, endurance and skating stride development. The intent is to provide an intensive “out-of-the-gate” phase that corrects and strengthens the player’s stride as soon as possible in the season. Each 2 hour session will have the player spend 1 hour on the skating treadmill improving

¹ Atom Rep attendance is not compulsory but is highly recommended by the coaching staff and WVMHA player development.

² Midget A, Monday Oct. 13 is rescheduled to 4-6pm on Tuesday Oct. 14 due to Thanksgiving long weekend

strength/endurance as the instructor simultaneously points out stride corrections. The other hour is utilized working on core strength and balance in the gym.



Phase 2 – Level 10 Fitness

<http://level10fitness.ca/>

(1 hour session) for 10 weeks as follows :

Midget A	Mondays	5-6pm	Nov. 10, 17, 24, Dec. 1, 8, 15, 22, Jan. 12, 19, 26
Atom A	Wednesdays	5-6pm	Nov. 12, 19, 26, Dec. 3, 10, 17 Jan. 7, 14, 21, 28
PeeWee A	Wednesdays	6-7pm	Nov. 12, 19, 26, Dec. 3, 10, 17 Jan. 7, 14, 21, 28
Bantam A	Fridays	5-6pm	Nov. 14, 21, 28, Dec. 5, 12, 19 Jan. 9, 16, 23, 30

Phase 2 is focused on agility, speed and flexibility. Level 10 will utilize its indoor sprint track to run ladder drills, hurdles, jump strides and resistance bands to train agility (neuro-muscular sequencing). High intensity and competitiveness are enhanced through “fun” team building challenges. Central to Phase 2, will be an emphasis on proper stretching that will further refine the strengthening gained in Phase 1.



In closing, OHD is an integral part of the high performance initiative for WVMHA players. This initiative is committed to player development by providing experienced head coaches, professional on/off ice skills development, and competitive results through confidence and team building. As a parent of a WVMHA player, I am aware that scheduling can be problematic, but I am confident that by end of season this initiative will raise your child’s awareness of high performance hockey as well as gain valuable life-long experiences along the way. I am truly excited about the possibilities the WVMHA high performance initiative hopes to achieve this season.

Thank you,
 Karlos Prokopiuk,
 WVMHA Director Player Development