



## **Jr Knights Hockey - Off Ice Training**

### **EXPECTATIONS for all athletes training in the RDV Sports Performance Center:**

*Our athletes will respect themselves, their teammates, our facility, others in it, & their sport, by doing the following:*

- You will arrive on time & be prepared to participate 100%
- You will speak properly of yourself & your teammates (no foul language)
- You will focus & do what your strength coach requires of you, leading the rest of your team by your example

### **CONSEQUENCES for not living up to the expectations:**

*We have high expectations of our athletes and know the best athletes are formed when held to the highest standards*

1st offense = Minor Penalty = 2 minutes of Proper Burpees

2nd offense = Major Penalty = 5 minutes of Proper Burpees

3rd Offense = Game Misconduct = sit down and face the wall for the rest of the session

\*Horse Play/ Running through the main gym is cause for a penalty. The head strength coach of each session has final say on all penalties and may skip directly to whatever penalty the offense warrants.

### **FOCUS for each age level:**

*We build a strong athletic foundation through proper movement and control. Our systemized approach to training has propelled many high level athletes to reach their full potential.*

**PeeWees** – Mental Focus & Control with their Emotions; Proper Athletic Positioning, Deceleration, Loading & Landing; Quick Feet Drills, Proper Arm Action & Core Stabilization.

**Bantams** - All of the above + Overhead Squats (PVC), Hip Hinging, Basics of Strength Training & Foundations for Olympic Lifts (BW > Bands > DB > Barbells)

**Midgets** – All of the above + Total Body Lifts, Olympic Lifts All sessions for all teams are run with a focus on building individual athleticism and mental toughness while developing teamwork and competitiveness.

### **COACHES:**

You are all welcomed to participate in your team's workouts with them. In our experience the kids gather together as a team and there is an extra level of accountability when their on-ice coach is present and participating.

### **PARENTS:**

Parents, we highly encourage you to be involved in your child's growth and training. We do ask that you respect our facility as well and stay in our designated waiting areas and do not move into areas within our weightroom or turf, for your safety, and the safety of our athletes training. Thank you for helping us keep your kids safe & helping us provide a positive environment in which to allow them to grow to their fullest potential.

*If you have any questions, concerns or further needs please contact Ryan McKenzie, Training Team Leader, RDV Sportsplex - 407-916-4532 - [RMcKenzie@RDVSportsplex.com](mailto:RMcKenzie@RDVSportsplex.com)*