

CAC Bantam AAA Program

Coaches

Steve MacLeod - 23 years coaching experience, last 14 years HC - MM AAA/BAAA /BAA - CAC/ KC. Spring coach for Wolfpack . HP 1 ,NCCP Level 2, Checking clinic, Respect in Sport

Tim Tymchuck -35 years coaching experience last 12 years HC - MAAA/MMAA/BAAA/BAA - Ft SASK, MLAC/KC . Spring coach NAA/NAS. 5 year instructor for Skills/Thrills Hockey School . Jr scout past 11 years . HP 1 , NCCP Level 2, Checking clinic ,Respect in sport .

Gord Yake- 5 years coaching experience . 5 years coaching experience - 3 years AC BAA 1 year AC BAAA 1 year HC BAA (CAC) . HC and AC in 2 Alberta Cups , HC Alberta Winter Games . NCCP level 2 , Checking clinic , Respect in Sport

Brett Tymchuck - 4 years coaching experience AC -MAAA, MMAAA, BAAA. NCCP level 1 , Respect in Sport

Development

Minimum 3.50 hours on ice per week (minimum 1 practice at CAC arena) . Minimum 1 hour off ice session (at CAC arena) . 2 goalie sessions per month . Once a month Sports Psychology session (at CAC arena)

Team coaches -Highly experienced staff . Skills , tactics ,life skills, team play provided in positive environment

Skills coach - Marek Babic - owner Euro Pro Hockey , 12 years of Pro hockey experience www.marekhockey.com- minimum 1 session per week - Shooting , skating , passing enhancement

Goalie coach - Ian Gordon - owner Ian Gordon Goaltending , 18 years of Pro hockey experience in both North America and Europe - minimum 2 sessions per month

Off Ice Conditioning

Certified Trainer - Chris Sharkey - owner Shark Bodies Fitness , CAC alumni , Jr Hockey Experience . National academy of Sports Medicine certified Nutrition Specialist , corrective exercise specialist - minimum 1 session per week (Upstairs CAC)

Sports Psychology

Zone Performance

Minimum 1 session a month

Competition

Play in AMBHL - one of the best leagues in Western Canada - Heavily Scouted. Games - 32 in town and 2 away league games in Calgary . Minimum 1 out of town tournament .