



## About the Regional Development Centre

Hockey Alberta's Regional Development Centre strategy features six Regional Centres throughout the province to oversee development opportunities and programming for athletes and coaches to foster their development. The Regional Development Centre South is located in the Adams Arena in Lethbridge. The centre is staffed full time, and ready to service the programming needs of the community and its minor hockey membership.

## Regional Development Centre Staff

The coordinator of the Regional Centre South is Jesse Hale, he has a bachelor's degree in Kinesiology from the U of L and has been involved in various levels of hockey as a player, coach, referee, trainer, and equipment manager over the past ten years. Jesse is committed to development of the athletes and coaches in the South and in Alberta, and hopes that some new programming will enhance performance and development of our athletes.

All programs can be found on [www.hockeyalberta.ca](http://www.hockeyalberta.ca) for registration and information

## Team Alberta Specialty Skill Clinics

- Coach Specialty Skills Camp (Skating, Puck Control, Creating Offense, Developing D-men Goaltending, LTPD-Off Ice training)
- Skill sessions with Local Minor Hockey Associations
- Coach Mentorship Development (Skills within Drills, Mental Preparation etc.)
- Athlete Nutrition, Mental Preparation, Off-ice Conditioning/LTAD Activities

Please contact Jesse from the Regional Centre in Lethbridge

## Team Alberta Spring Development Sessions - Lethbridge

Hockey Alberta in conjunction with High Performance Hockey is hosting spring development sessions for various groups. There are groups for players born 2007, 2005/06, 2003/04, 2001/02, 1999/00. Hockey Alberta is also hosting a Female Spring Development program for players born in 2002-2004, 2000/01, 1999 and older. Each player receives 7-8 ice times, player gift and a Team Alberta Practice jersey.

**Cost:** Varies \$225 - \$250

**Dates:** Vary per group; contact Jesse Hale for more info.

## Team Alberta U15 Skills Camp

The U15 Skills Camps are an introduction to the Team Alberta Program and are open to all male players born in 1999. This camp focuses on on-ice and off-ice individual skill development based around the principles of Hockey Canada's Long Term Player Development Model. The U15 Skills Camps are a non-selection camp and are open to athletes wishing to learn more about the Team Alberta Program and what it takes to progress their skills to the next level. Each player will receive 4 on-ice sessions, 4 off-ice sessions, and a Team Alberta Practice jersey.

**Cost:** \$175

**Dates:** June 21, 22, 23

## Team Alberta Checking Skills Clinic - Lethbridge

This clinic is a weekend camp offer to all second year atom and first year peewee players to introduce the basics of body checking, and increase checking confidence. Players will get 4 one hour ice sessions.

**Cost:** \$130.00 per player

**Dates:** July 5, 6, 7



## Team Alberta Super Skills Camps – Lethbridge

The Team Alberta Super Skills camp is a week-long camp with 9 on-ice sessions and 9 off-ice sessions. Parents can drop off their young player at 8 am and Hockey Alberta staff will supervise him/her all day until 3pm (5pm on Friday). In addition to the 9 on/off-ice sessions you will receive a Team Alberta jersey. This program is open to 3 groups Novice, Atom, and Pee wee. As always Hockey Canada trained instructors will be delivering each ice session.

**Cost:** \$375

**Dates:** July 21-26



## Team Alberta Goaltender Clinic – Medicine Hat

The Team Alberta Goaltender Camps are a weekend development camp open to all male and female athletes born in 1998-2001, regardless of what level they play as the focus is on the development of goaltender specific skills. The goaltender camps are two day camps. Players will receive 4 hours of on ice instruction and 4 hours of off-ice instruction and a Team Alberta Goalie Jersey. Instructors will include WHL goalie coaches as the lead instructors and past/present WHL assisting.

**Cost:** \$275

**Dates:** July 13/14



Regional Development Centre South  
1302 9 Ave N Box 65  
Lethbridge, AB T1J3Y3  
Phone: 403-380-0195  
[www.hockeyalberta.ca](http://www.hockeyalberta.ca)

Jesse Hale, BKIN  
[jhale@hockeyalberta.ca](mailto:jhale@hockeyalberta.ca)

**Twitter:** [@HockeyABSouth](https://twitter.com/HockeyABSouth)

**Vision:** *To become the most progressive and innovative sport organization in Canada.*

**Mission:** *To create opportunities and valuable life experiences in hockey for Albertans by providing exceptional leadership and service*

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## Team Alberta Conditioning Camps

Hockey Alberta/Hockey Canada Trained Staff will travel to your association/town leading up to the 2013-2014 Hockey Season and run a conditioning camp for all ages/levels under the association's request.

Please inquire for cost details and book early as it will be tough to fit all Southern Alberta in last minute.

