



CENTRAL  
**HOCKEY**  
ACADEMY

**ELITE HOCKEY TRAINING**

(children 5-10 years old)

**REGISTER ONLINE NOW**  
[centralhockeyacademy.com](http://centralhockeyacademy.com)



## WELCOME

The Central Hockey Academy (CHA) is a community-based company offering hockey and sport/recreational activity programs for children ranging in age from 5 to 10 years old. CHA trains players from beginners up to AAA level and everywhere in between. Professional and certified coaches provide high-level competitive training at George Bell Area, with the focus on pushing and challenging our players to be their best, how to conduct themselves and be responsible on and off the ice, and most importantly ensuring that they have fun every time they step on the ice with us.

## WE PROVIDE

- Safe environment with professional, language and expert team conduct.
- Expert instructors (Ontario Certified Teachers)
- Hockey Canada training protocols
- Use of modalities (parachutes, stick handling aids, targets, etc)
- In-house shop (skate sharpening, sticks, tape, etc)
- Based out of George Bell arena, and are associated with many organizations around the GTA.

## BENEFITS

- One of the best instructor to student ratios anywhere. Often 1:5
- High level skilled kid friendly instructors.
- Adapted instruction to individual player needs.
- Player confidence and performance.
- Testing protocols and reporting at every camp
- Increase fitness conditioning, endurance and agility.



# PROGRAMS

AFTER  
SCHOOL  
DROP IN  
CLINICS

PA DAYS &  
HOLIDAYS

DEFENCE  
CLINICS

OFF  
ICE TEAM  
TRAINING &  
SHOOTING

SHOOTING  
CLINICS

CHA ELITE  
ACADEMY

CUSTOMIZED  
TEAM  
TRAINING





## PROGRAMS

Offering Hockey clinics weekly all year round, including team training, after school drop in skills sessions, camps and PD day specialty focus training. Register online now to take your child's hockey development to the next level ages 5 - 10 years old.

Please note, these are not learn to skate programs.

## AFTER SCHOOL DROP IN CLINICS

Every **MONDAY & WEDNESDAY @ 4:00 p.m. - 5:00 p.m.**

September - end of April at George Bell Arena.

Suitable for elementary school ages in grade 1 - 6

**Cost per session: \$30**

Have your child participate in a full power skating, puck handling and shooting/passing session. The groups are divided into groupings where skill levels are matched and players are always able challenge one another.

- Edge work, transitions, stops and starts, quick steps & stride
- Shooting, release point, backhand and forehand shot
- Puck handling, quick hands, receiving/giving a pass with accuracy and precision
- Have a ton of FUN!

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# PA DAY & HOLIDAY 2 HOUR CLINICS

**10:00 a.m. - 12:00 p.m.** every TDSB PA Day - George Bell Arena

Player/instructor ratio 1:7

**2 hours \$70 plus HST**

Join our PA Day and Holiday Clinics run by our professional coaching staff. From defence-specific drills and skills to shooting, scoring tactics and power skating. Learn challenging puck handling drills, receiving and giving as pass with drills specific to your child's skill set.

Specific skill development with personalized instruction!

## Shooting Clinics

The Fastest Way to **Increase Your Scoring Percentage!**

Executing a proper shot is a complex skill. Repetition, proper technique and varied drills are the best practices for improving a player's shot. With CHA your child will improve their:

- **Release Point** - to manipulate the puck on the stick and how to maximize power, speed and accuracy all by how the blade and stick are positioned.
- **Grip** - Making sure your child has their hands in the right spot according to their size, age and strength is critical to producing a good shot.
- **Body Position** - Ensure proper foot placement, weight transfer and arm position, all impacting how you shoot.

## Defence Clinics

Highly specialized **defence-specific training** where you learn techniques used by the pros.

- High level defence tactics and skating suitable for all rep and AA/AAA players
- Point shots, one-touch passing, puck handling and edge work.
- Shot blocking, one on one battles, and more!!

## Practice, Practice, Practice. Nothing beats practice.

Practice properly and prevent bad habits from forming.

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## TEAM TRAINING: OFF-ICE, PUCK HANDLING & SHOOTING

Year round at George Bell Arena in our private indoor **PLAYER CAVE**.  
Suitable for all ages and skill levels.  
**\$100/hour plus HST**

Have your team players participate in expert instruction in shooting, puck handling skills, while building strength in a fun and challenging way.

- Developing each player's shot accuracy, power, release and technique.
- Strength and speed as well as working up a **BIG SWEAT**.
- Increase dexterity and puck handling skills.
- Team building, working together in fun, engaging and interesting training activities
- Smash balls, plyo boxes, stairs, battle ropes, peg boards, resistance bands, parachutes, pull ups, push-ups, agility ladder, and much more.
- Have a ton of FUN!

## CUSTOMIZED ON-ICE TEAM TRAINING

We typically provide up to 2 instructors per session.

**Fees: \$115/session or 10 sessions for \$100/session**

Our team training is always customized to suit the needs of the individual coaches running their team. We consult with the coaches prior to each session and design a practice plan that engages and challenges their team players. We always invite coaches to record the drills and use them for future sessions.



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# DAY CAMPS

**MARCH BREAK, HOLIDAY BREAK & SUMMER**

**8:30 a.m. to 4:00 p.m.** (optional extended care to 5:30 p.m.)

**\$422/week plus HST**

CHA Day Camps are exciting, challenging and popular. We focus on pushing and challenging our players to be their best, while ensuring that they have fun.

## SEGMENTED INTO 2 DIVISIONS

- 1. Pro** (house league & select)
- 2. Elite** (select tier 1 & 2, AA & AAA)

## CAMPS OFFER

- **1:5 instructor** to player ratio.
- **3 hours** of on-ice training. Varied drills, position, skills, tactics and power skating instruction.
- All camps include **multi-sport activities**, including Boxing, Lacrosse, Soccer, Ultimate Frisbee, Baseball, and many more.
- **T-Shirts**, Jerseys provided.
- Fitness and **on-ice tests**.

**Optional Meal Plan** with Snacks and Smoothies.



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# CHA ELITE ACADEMY

## AA to AAA

Joining this one-of-a-kind Hockey Academy is an opportunity to have your child trained by top experts, with transportation included in the morning to their local school. The academy offers on-ice skills and skating training for players at the AA and AAA level, suitable for both boys and girls in Minor Novice to Pee-Wee.

We have some of the top players in the city attending our program. If you are invited, we will help your child move to the next level.

Individual skill development speed, acceleration – with and without the puck, shot, quick release, timing, receiving and making quality passes, battling, foot speed, agility and edge work.

### What is included?

- C.H.A Hat and Jersey
- Dressing room/storage
- Approximately 11 on-ice sessions per term (33 sessions in total)
- Expert, on-ice skills instructors
- Bus to school each morning
- Morning power breakfast provided
- 3 on-ice tests and progress reports



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CENTRAL  
**HOCKEY**  
ACADEMY

# Elite Hockey Training

## **WE'RE DIFFERENT, HERE'S WHY:**

CHA is owned and operated by Neil Doctorow, the former owner of PEAC School For Elite Athletes. Neil not only created the first Sports School of it's kind, but was able to attract athletes such as Jordan and Malcolm Subban, Connor McDavid and many other outstanding student-athletes.

Neil is passionate about sport and wants to open the door for excellence at every level. This is done through individualizing his programs and paying special attention to the most skilled, and most needy players so that everyone receives the right level of instruction. Neil is a qualified teacher, former principal and holds a specialized honours degree in Kinesiology. He has worked with and coached players from house league all the way to AAA hockey players as well as many other sports teams in the TDSB and YRDSB.

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