



BANTAM/MIDGET

HIGH PERFORMANCE REP PROGRAM

2019-20 SEASON

Revised May 2019

TRAINING ATHLETES WHILE **B**UILDING FAMILY



GOAL OF THE HIGH PERFORMANCE PROGRAM

In the increasingly competitive rep hockey landscape, our new High Performance Rep Program offers players access to expert on-ice and dryland coaching and skill development, while providing them with the ability to stay at home and in their school in a lower-cost program than is currently available elsewhere.

Program Elements

On-ice program (~125 hours per season)

- Bi-weekly skills session (~12 per season)
- Two team practices per week (~40 per season)
- Participation in PCAHA league (~45 games including exhibition, placement, league and playoffs)
- Additional financial support to attract a strong coaching staff for all teams in the bantam and midget rep level

BE A PART OF IT

Our dryland program is offered through a partnership with Twist Performance + Wellness (Optional for A2 players)

- Team strength and conditioning sessions (biweekly rotation offset of skills sessions) with assigned Twist strength and conditioning coach
- Weekly supplementary workout plan (to be done at players' preference of location on own time) via app and monitored by Twist's strength and conditioning coach
- Full gym membership to Twist Performance + Wellness – Vancouver
- Priority booking with integrated sports rehab clinic (within 24 hour to physiotherapist, massage therapy, kinesiologist, medical and/or naturopathic doctors)
- Concussion treatment and return to play protocols through an all-in-one integrated health and treatment approach
- Recovery Program that uses pre-game activation and post- game recovery strategies utilized by Olympic and professional athletes

Apparel package (Optional for A2 players)

- A full apparel package from Cyclone Taylor will be provided to players including a team jacket, track suit, and warm up attire.
- Rep pant shell rental fee
- Two pairs TBird socks (one home and one away)

Tournaments

- Program cost will include pre-payment of tournament entry fees for up to three tournaments for each team





SOARING
TO NEW
HEIGHTS WITH
THUNDERBIRDS

COMMUNITY DRIVEN – ATHLETE FOCUSSED

PROGRAM COST

All players selected for the A1 teams will participate in the full High Performance program. Players selected for the A2 teams will participate in the program's on-ice elements and will have the ability to opt-in on a player-by-player basis for the off-ice program and the apparel package.

Both levels will receive additional on-ice skill development and participate in up to three tournaments through the season (entry fees are covered in the program cost). **The cost of the program is an amalgamation of last year's registration fee, rep fee and the costs associated with the majority of items that traditionally make up team fees. It is very similar to the overall cost paid by last year's Bantam A1 families.**

A1 HIGH PERFORMANCE PROGRAM FEE: \$3854

A2 ENHANCED PROGRAM FEE: \$2875
with optional add-ons for Dryland (\$682.50)
and Apparel (\$296.80)

The total anticipated* cost per player will be payable in two or three installments:

1. Base fee at registration (same for all TBirds bantam or midget players)
2. 50% or full amount of the remaining by September 30
3. For those that choose three installments, remaining amount on November 15

* Note: final cost per team will be dependent upon securing contracts with a high level head coach and a minimum of one assistant coach and acceptance into a minimum of two tournaments by September

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WHY STAY WITH TBIRDS?

When today's Bantam and Midget players first started their hockey careers, the variety of alternative programs targeting these players was not available. Now there are many options for higher performing players to participate in, but they come with a high price tag.

Our members have urged us to provide a true high performance program for our older players to help them on their development pathway at the local level — at a more modest price than is currently available. The new High Performance Program provides a compelling alternative for those players who want to continue developing as an athlete in the sport they love, while staying at home in their school and community.

At Thunderbirds, we want to see our athletes play where they are best suited, be it at home, provincially or even nationally. However, we want every one of our players — and their families — to know they can spread their wings and soar here in Vancouver with Thunderbirds, in a challenging and rewarding hockey high performance hockey community.

OPPORTU- NITIES FOR GROWTH AND **S**UCCESS

HOW TO REGISTER?

All players selected to play in all levels of the Bantam and Midget rep programs will be part of the new program.

All interested players must register for the rep tryouts and participate in those sessions. If a player would like to be considered for the A1 level, a toggle switch will be added to our registration page to ensure those who do not wish to be enrolled in the program are identified prior to tryouts.

FINANCIAL ASSISTANCE

All our Thunderbird players may be eligible for a variety of financial assistance programs. We do not want our program costs to restrict a player from participating. We will assist families to identify all potential assistance options, internal and external to Thunderbirds.





FOR MORE INFORMATION

An information meeting will be held in the spring, but should you require more information prior to that session, please contact Tanya Foley, Executive Director at tfoley@vancouverbirds.ca

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