



## 2022-23 High Performance Fee

The following will identify the High Performance Fee for each team and outline a breakdown of what is included.

Team	1st Installment	2nd Installment	What does this cover?
U11A1	\$800	\$610	<ul style="list-style-type: none"> <li>- <b>Contract Coaches:</b> Paid head coach</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> HP U11 Gold program enrolment. HP fee is charged separately from the rep fee.</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U11A2	\$800	\$710	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills with Vancouver Hockey School on rotational basis (A2, A3, A4)</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; non parent coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U11A3	\$800	\$650	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills with Vancouver Hockey School on rotational basis (A2, A3, A4)</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; non parent coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U11A4	\$650	\$460	<ul style="list-style-type: none"> <li>- <b>Parent coached team:</b> Skill instructor to lead some practices</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills with Vancouver Hockey School on rotational basis (A2, A3, A4)</li> <li>- <b>Goalie Training:</b> 8-10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>



U13A1	\$1300	\$1120	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coach</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> HP U13 Gold program enrolment. The HP fee is charged separately from the rep fee.</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Dryland Training:</b> 2 fitness testing and 18 dryland sessions tied to weekly practice time at Richmond Olympic Oval</li> <li>- <b>Apparel:</b> pant shells, 2 pairs socks, helmet decals, hoodie, t-shirt, shorts, jacket</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; non parent coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Additional element allowance:</b> mental preparation sessions and/or video analysis</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U13A2	\$800	\$640	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coach</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills with Vancouver Hockey School on rotational basis (A2, A3, A4)</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; non parent coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U13A3	\$650	\$470	<ul style="list-style-type: none"> <li>- <b>Parent coached team:</b> Skill instructor to lead some practices</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills with Vancouver Hockey School on rotational basis (A2, A3, A4)</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U13A4	\$800	\$610	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coach</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills with Vancouver Hockey School on rotational basis (A2, A3, A4)</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; non parent coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>



U15A1	\$1350	\$1320	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coaches</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills led by Graham Thomas/Mike Sommer</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Dryland Training:</b> 2 fitness testing and 18 dryland sessions tied to weekly practice time at Richmond Olympic Oval</li> <li>- <b>Apparel:</b> pant shells, 2 pairs socks, helmet decals, hoodie, t-shirt, shorts</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Additional element allowance:</b> mental preparation sessions and/or video analysis</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U15A2	\$1350	\$1150	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coaches</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills led by Graham Thomas/Mike Sommer</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Dryland Training:</b> 2 fitness testing and 18 dryland sessions tied to weekly practice time at Richmond Olympic Oval</li> <li>- <b>Apparel:</b> pant shells, 2 pairs socks, helmet decals, hoodie, t-shirt, shorts</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Additional element allowance:</b> mental preparation sessions and/or video analysis</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U15A3	\$1350	\$1120	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coaches</li> <li>- <b>Ice costs</b> for second practice</li> <li>- <b>Skill Programs:</b> Team skills led by Graham Thomas/Mike Sommer</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Dryland Training:</b> 2 fitness testing and 18 dryland sessions tied to weekly practice time at Richmond Olympic Oval</li> <li>- <b>Apparel:</b> pant shells, 2 pairs socks, helmet decals, hoodie, t-shirt, shorts</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Additional element allowance:</b> mental preparation sessions and/or video analysis</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>

U18A1	\$1350	\$1160	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coaches</li> <li>- <b>Ice costs</b> for second practice, additional 30 minutes for game slot (2 hr)</li> <li>- <b>Skill Programs:</b> Team skills led by Graham Thomas/Mike Sommer</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Dryland Training:</b> 2 fitness testing and 18 dryland sessions tied to weekly practice time at Richmond Olympic Oval</li> <li>- <b>Apparel:</b> pant shells, 2 pairs socks, helmet decals, hoodie, t-shirt, shorts</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Additional element allowance:</b> mental preparation sessions and/or video analysis</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>
U18A2	\$1350	\$1160	<ul style="list-style-type: none"> <li>- <b>Non-parent Contract Coaches:</b> Paid head coach and assistant coaches</li> <li>- <b>Ice costs</b> for second practice, and a 1.75 hr game slot</li> <li>- <b>Skill Programs:</b> Team skills led by Graham Thomas/Mike Sommer</li> <li>- <b>Goalie Training:</b> 8 - 10 sessions with ProFormance Goalie School during practice</li> <li>- <b>Dryland Training:</b> 2 fitness testing and 18 dryland sessions tied to weekly practice time at Richmond Olympic Oval</li> <li>- <b>Apparel:</b> pant shells, 2 pairs socks, helmet decals, hoodie, t-shirt, shorts</li> <li>- <b>Tournaments:</b> \$5000 allocation for entry fees &amp; coach expenses</li> <li>- <b>Coach Development:</b> ongoing coach support and mentorship</li> <li>- <b>Additional element allowance:</b> mental preparation sessions and/or video analysis</li> <li>- <b>Miscellaneous:</b> allocation to cover bank fees as well as optional pieces such as additional skills, team activities, or other team needs</li> </ul>