





SD69 hockey program

School District 69 (Qualicum) is pleased to offer high school students a hockey program. Students will be able to select this option if they are interested in developing the basic skills of hockey while attending Ballenas or Kwalikum Secondary School. The philosophy of the program is for all students to develop the five core skills as laid out by Hockey Canada (skating, passing, puck control, shooting, checking) and to utilize the Player Development Pyramid overall depending on age. Goaltenders also play a big part in this program and we will be providing for this through a dedicated Goalie Instructor.



Some of the key features of the program include:

-  3 ice-sessions and two dry land/strength training sessions per week. (approx. 65 hours on-ice in total).
-  One Semester, double block allowing for time to change after and transportation time back to BSS or KSS. Grade 8/9 students will take their CORE courses in the regular timetable and receive a PE and elective credit for hockey. Grade 10-12 student will take a blended Social Studies or CEAP DL course and receive a PE or elective credit in conjunction with the hockey program.
-  It is run as a cohort – Grades 8/9 and Grades 10 – 12 depending on student interest.
-  The program fee includes jersey/socks, on-ice training aids, transportation from the rink to BSS or KSS , access to program website with drills and practice planning and your ice time.

Your Head Instructor – SD69 Hockey Program

Greg Lewis started playing hockey at age four and coached his first hockey team at age 19 (PeeWee Rep). Prior to this he played Jr. "A" in the BCHL for the Sidney Capitals and Juan de Fuca Whalers (three seasons) and then played for the Peninsula Eagles in the VIJL for two seasons. He has coached at every level of minor hockey (a combination of house and rep) including a short stint as a Jr. B coach while attending university. He has given coaching seminars for BC Hockey and has his Level III coaching certificate. Additionally, he is heavily involved with Oceanside Minor Hockey Association where he is the Development Coordinator. Greg has taught in the public school system for 20 years and currently works at Ballenas Secondary School in Parksville (BEd – Physical Education/History). When he is not busy he also instructs at Vancouver Island University (Masters in Educational Technology) where he works with undergrads and Masters students. He is starting to explore the use of video to present drills to players and to also critique their skills so as to provide very specific feedback as well as showing drills via a laptop when "front-end loading" new information for players.

