

Sample Weekly Hockey Schedule (September - March)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 6:30-7:15 AM 7:45-8:20 AM - Breakfast 8:25-12:25 PM - Class	Optional Skills Development	Goalie Practice	Optional Skills Development	Optional Skills Development	OFF If Travelling or Hosting Game OR Optional Skills Development	Mock Away Game Day 8:00 AM: Team meeting/ instructional video session 8:30 AM: Breakfast provided 10:00 AM: Team Stretch/Work with Athletic Therapist 12:00 PM: Lunch Provided 1:00-3:00 PM: Team Academic Prep Time with Academic Coaches Mid-Afternoon/Evening: Warm Up Team Game 7:00 PM: Dinner Provided 8:00 PM: Cool down and team activities	
Afternoon 11:55 AM-1:15 PM - Lunch 12:15-1:00 PM 1:15-3:10 PM - Class 3:30-4:30 PM 3:35-4:35 PM 4:45-5:45 PM 5:15-6:30 PM - Dinner 7:30-9:00 PM - Academic Prep Time (Sunday to Thursday)	Optional Skills Development	Optional Skills Development	Optional Skills Development	Optional Skills Development	(If Away) Coach Bus to Destination		
Fitness Ice Time Practice Plan	Academic Coaching Sessions	Academic Coaching Sessions			18U Ice Time (if no games) 16U Ice Time (if no games) 16U/18U Home or Away Game		
	Strength	Cardio	Agility	Team Training	OFF		
	Skills Development Practice <i>Individual positional skills. *Guest skill coaches on-campus periodically</i>	High Speed Execution Practice <i>Shooting, passing, small area games.</i>	Team Practice <i>Concepts, special teams, creating habits.</i>	Practice plan at coach's discretion Typically an Off day for BCS Cadets program OR Team Training	Team Practice (if no games) <i>Concepts, special teams, creating habits.</i>		

BCS Hockey Program Highlights

AT A GLANCE

- 16U/Prep & 18U/Varsity teams
- Hockey season runs September through mid-March
- Approximately 55-60 games per season across US & Canada for both teams
- Typically one (1) game per day when possible during weekends, tournaments, showcases, etc.
- GameOn livestreaming for home games
- Player development and exposure focus
- Professional coaching staff dedicated solely to hockey operations and player development
- Goalie coach on campus one day a week, with additional access available through multiple channels
- 250-acre campus features a hockey arena, weight training room, cardio room, and outdoor shooting gallery
- Access to Jane & Eric Molson Arena at Bishop's University
- Nutritious meal options on campus and while travelling
- No additional cost for busing, accommodations, or meals

LEAGUE AFFILIATIONS



New England
Prep School
Athletic Council
NEPSAC



Canadian Prep
School Hockey
Alliance
CPSHA



Two Nations Prep
Hockey League
TNPHL



Midwest
Prep Hockey
League
MPHL
(18U only)



East Coast Elite
League
ECEL



Power Prep
Hockey League
PPHL

ICE TRAINING

- Six (6) hours per week of structured ice time, with voluntary on-ice training/skill development options also available.
- In Stats software used for individual/team instructional video breakdown sessions with coaches.
- Optional spring ice sessions twice a week: April through to June 5, at additional cost.

SUPPORTS

- Certified strength & conditioning coach works with each team, and creates individualized program for players.
- Full-time physiotherapist on-campus, available throughout the week for injury prevention and recovery
- School athletic therapist in attendance at all home and away games.
- R.D.W. Howson Enrichment Centre & two academic coaches on campus to provide additional academic support for students in the hockey program on Monday & Tuesday afternoons.
- Academic coach travels with the teams.
- Support structure in place to help players advance to the appropriate next level after BCS. Recent alumni have moved on to next-level programs, including NHL, NCAA, CHL, USHL, BCHL, and NCDC, among others.

PROGRAM GOALS

- Integrate hockey and academics at the highest level
- Develop and expand players' current skill set with professional coaching
- Build individuals' confidence on and off the ice with a supportive structure and approach to teaching
- Produce leaders
- Expose and prepare players for Junior and collegiate hockey