

BCS Elite Hockey Program – 18U/Varsity & 16U/Prep

Sample Weekly Hockey Schedule (September – March)



BCS | Bishop's
College
School



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:25-7:25 AM	Forward Skills	Goalie Practice Defense Skills	Goalie Practice Skills Development	16U Ice time	OFF If Travelling or Hosting Game OR Extra Ice	Mock Away Game Day	
7:30-8:20 AM	Breakfast	Breakfast (7:45-8:35 AM)	Breakfast	Breakfast (7:45-8:35 AM)	Breakfast		
8:25-8:45 AM	Morning Assembly		Morning Assembly		Morning Assembly		
8:50 AM-12:00 PM	Class	Class	Class	Class	Class	8:30 AM: Breakfast provided	
12:00-1:15 PM	Lunch	Lunch	Lunch	Lunch	Lunch		
12:15-1:00 PM	Skills Development	Skills Development	Skills Development	Skills Development	Coach Bus to Destination (If Away) Class	10:00 AM: Team Stretch/Work with Athletic Therapist	
1:15-3:10 PM	Class	Class	Class	Class		12:00 PM: Lunch Provided	
	Academic Coaching Sessions	Academic Coaching Sessions			18U Ice Time (if no games)	1:00-3:00 PM: Team Academic Prep Time with Coaches	
3:35-4:35 PM	18U Ice Time 16U Fitness	18U Ice Time 16U Fitness	18U Ice Time 16U Fitness	Cadets Program	16U Ice Time (if no games)	Mid-Afternoon/Evening: Warm Up Team Game	
4:45-5:45 PM	18U Fitness 16U Ice Time	18U Fitness 16U Ice Time	18U Fitness 16U Ice Time				
5:15-6:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner		
6:00-6:50 PM				18U Ice time	16U/18U Home or Away Game	7:00 PM: Dinner Provided	
7:30-9:15 PM	Academic Prep	Academic Prep	Academic Prep	Academic Prep			
Fitness	Strength	Cardio	Agility	Team Training	OFF	8:00 PM: Cool down and team activities	
Ice Time Practice Plan	Skills Development Practice <i>Individual positional skills.</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	Team Practice (if no games) <i>Concepts, special teams, creating habits.</i>		



Admissions Contact:

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Program Highlights

AT A GLANCE

- 16U/Prep & 18U/Varsity teams.
- Hockey season runs September through mid-March.
- Approximately 55-60 games per season across USA & Canada for both teams.
- Hockey Canada sanctioned program. Allows tournament play in Canada and USA.
- Typically one (1) game per day when possible during weekends, tournaments, showcases, etc.
- GameOn livestreaming available for home games. Away games streaming available based on the rink's facilities.
- Player development and exposure focus.
- Professional coaching staff dedicated solely to hockey operations.
- Goalie coach on campus two days a week, with additional sessions possible.
- 250-acre campus features a hockey arena, weight training room, cardio room, Trekfit, and running trails.
- Access to Jane & Eric Molson Arena at Bishop's University.
- Nutritious meal and snack options on campus and while travelling with teams.
- No additional cost for busing, accommodations associated with the program.
- Six (6) hours per week of structured ice time, in addition to games, with voluntary on-ice training/skill development also available.
- InStat software used for individual/team instructional video breakdown sessions with coaches.
- TeamSnap used with families for scheduling and communications.
- Certified Strength & Conditioning Coach works with each team, and creates individualized program for players.
- Regular fitness testing to identify player fitness strengths and weaknesses and assist with goal setting.
- Full-time Physiotherapist on-campus, available throughout the week for injury prevention and recovery.
- BCS Athletic Therapist travels with teams when on-site coverage is not available.
- Regular one-on-one player meetings paired with three written reports from Head Coach and Strength & Conditioning Coach at key intervals (late October, January, and the end of season).
- Guidance and support in helping players advance to the appropriate next level after BCS. Recent alumni have moved on to next-level hockey programs, including the NHL, NCAA, CHL, USHL, BCHL, and NCDC, among others.

STAFF

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Alex Carrière

Goalie Coach

Josh Bray, BCS'15

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Nick Samson

Academic Coach

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BCS Hockey Department

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ACADEMIC SUPPORTS

- R.D.W. Howson Enrichment Centre evening supports.
- Dedicated Academic Coach
 - proactively tracks all players' academic progress
 - helps players develop effective time management and study habits
 - promotes student accountability
 - offers structured supports
 - manages 'BCS Bears Absence Playbook'
 - coordinates alternative planning based off BCS school assessment calendar

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 on and off the ice.
- Expose and prepare players for Junior and collegiate hockey.