ELITE HOCKEY
SAMPLE WEEKLY SCHEDULE
SEPTEMBER - MARCH

Time	Monday (Practice Day)	Tuesday (Practice Day)	Wednesday (Practice Day)	Thursday (Practice Day)	Friday (Practice Day)	Friday (Game Day)	Saturday	Sunday
6:15 - 7:15 AM	Player Skills Development	Goalie Practice	Player Skills Development	U17/Prep Ice Time			Mock Away Game Day	
7:30 - 8:20 AM	Breakfast	Breakfast (7:45 - 8:40 AM)	Breakfast	Breakfast (7:45 - 8:40 AM)	Breakfast	Breakfast	8:30 AM Breakfast	
8:20 - 8:40 AM	Morning Assembly		Morning Assembly		Morning Assembly	Morning Assembly	10:00 AM Team Stretch/Work with Athletic Therapist	
8:45 - 11:25 AM	Class Periods 1 & 2			Class Periods 1 & 2	Class Periods 1 & 2	Class Periods 1 & 2	12:00 PM Lunch	
11:25 - 12:35 PM	Lunch & Open Ice			Lunch & Open Ice	Lunch & Open Ice	Lunch	1:00-3:00 PM Team Academic Prep with Coaches	
12:35 - 3:10 PM	Class Periods 3 & 4			Class Periods 3 & 4	Class Periods 3 & 4	Coach Bus to Destination (if Away)	Mid-Afternoon/Evening Travel to Rink Team Meeting Off-Ice Dynamic Warm Up On-Ice Warm Up **Game**	
3:35 - 4:35 PM	U18/Varsity Ice Time U17/Prep Fitness			Cadets Program	U18/Varsity Ice Time			
4:50 - 5:50 PM	U18/Varsity Fitness U17/Prep Ice Time			U18/Varsity Ice Time	U17/Prep Ice Time	U18/Varsity U17/Prep Home or Away Game	7:00 PM Dinner	
6:00 - 6:30 PM	Dinner			Dinner	Dinner		8:00 PM Cool Down and Team Activities	
7:30 - 9:15 PM	Academic Prep			Academic Prep	Weekend Activities			
Fitness Plan	Strength Training	Conditioning	Agility	Team Training	OFF	OFF		
Practice Plan	Skills Development *Position Specific Skills*	High Speed Execution *Shooting, Passing, Small Area Games*	Team Practice *Concepts, Special Teams, Habit Formation*	Coaches' Discretion	Team Practice (if no games) *Concepts, Special Teams, Habit Formation*	GAME		

Staff & Contact Information

BCS Hockey Department
819-566-0238 x255

Brodie Dupont
Director of Hockey Operations
U18/Varsity Head Coach
bdupont@bcs1836.com

Jonathan Lachance
Assistant Director of Hockey Operations
jlachance@bcs1836.com

Michel Périard
U17/Prep Head Coach
mperiard@bcs1836.com

Rob McCoy
Head Skills Coach
U18/Varsity Assistant Coach
rmccoy@bcs1836.com

Dallas Farrell
U17/Prep Assistant Coach
dfarrell@bcs1836.com

Josh Bray, BCS '15
Strength & Conditioning Coach
joshbray@bcs1836.com

Alex Carrière
Goalie Coach

Katelyn MacDonald
Physiotherapist
kmacdonald@bcs1836.com

Cameron O'Connell
Athletic Therapist
coconnell@bcs1836.com

Daylen Dueck
Academic Coach
ddueck@bcs1836.com

Justin Masella
Admissions Officer & Athletic Liaison
jmasella@bcs1836.com
819.566.0238 x248
Cell: 514.944.3451

Greg McConnell
Director of Admissions
gmcconnell@bcs1836.com
819.566.0238 x296
Cell: 819.432.3251

Program Highlights

AT A GLANCE

- U18/Varsity & U17/Prep teams.
- Hockey season runs from September through mid-March.
- Approximately 50-60 games per season for the U18/Varsity team and 45-50 games per season for the U17/Prep team across the USA & Canada.
- Hockey Canada-sanctioned program. Allows tournament play in Canada and the USA.
- Typically, one (1) game per day when possible, during weekends, tournaments, showcases, etc.
- FloHockey livestreaming is available for home games. Away games streaming is 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.
- 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.
- Software used for individual/team instructional video breakdown sessions with coaches.
- Regular check-ins and goal setting with coaches and academic support team.
- Certified Strength & Conditioning Coach works with each team and creates individualized programs for players.
- Regular fitness testing to identify players' 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 two written reports from the Head Coach and the Strength & Conditioning Coach at key intervals (late November and the end of the season). 3 formal self-reports to the coaching staff with formal feedback. (In October, January, and February)
- 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.
- Full-time Skills Coach with QMJHL experience.

ACADEMIC SUPPORTS

- R.D.W. Howson Enrichment Centre evening supports.
- The Hockey-études program (Forms II-V) focuses on academic growth and life skills, helping students balance academics with hockey. Key areas include time management, study skills, personalized schedules, and absence tracking. We emphasize effective study habits, organization, and proper email communication, with additional support in Science and Math.
- Independent periods throughout the academic cycle to allow time to catch up on schoolwork for Form VI and VII students.
- Dedicated Academic Coach
  - proactively tracks all players' academic progress
  - help players develop effective time management and study habits
  - promotes student accountability
  - offers structured supports
  - manages 'BCS Bears Absence Playbook'
  - coordinates alternative planning based on the 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.