



PHA SUMMER SCHOOL 2022 WEEKLY CURRICULUM

[JUNE 6TH – AUGUST 12TH]

****SCHEDULE SUBJECT TO CHANGE****

Week 1: June 6th-10th

- Introduction week
- Focus of the week [Fixed/Growth Mindset]
- Friday's enrichment activity: Rink/Trail cleanup

Week 2: June 13th – 17th

- Focus of the week [Nutrition for elite athletes]
- Nutrition seminar educating players on the best practices for athletes
- Friday's enrichment activity: Yoga

Week 3: June 20th – 24th

- Focus of the week [Sleep & Recovery Education]
- Educating players on how to correctly recover and how much sleep is needed for athletes to perform at the highest level possible
- Friday's enrichment activity: Community Service (TBD)

Week 4: June 27th – July 1st

- Focus of the week [Hockey IQ]
- How to develop hockey IQ, educating players on how to correctly break down game film and systems
- Friday's enrichment activity: Yoga

Week 5: July 5th – 8th

- Focus of the week [Recap of curriculum from weeks 1-4]
- Skills Competition (accuracy shooting, hardest shot, fastest skater, stick handling and breakaway challenge)
- Game Day [Full ice game on last ice session of the week]
- Friday's enrichment activity: Spike ball tournament

Week 6: July 11th – 15th

- Focus of the week [Fixed/Growth Mindset]
- Introduction to Fixed/Growth Mindset for second 5-week participants. 10-week participants will continue to build on previous exercises
- Friday's enrichment activity: Yoga

Week 7: July 18th – 22nd

- Focus of the week [Nutrition combined with Recovery and Sleep education]
- Introduction to Nutrition, Sleep and Recovery for second 5-week participants. 10-week participants will have a great opportunity to give feedback and continue to develop the correct eating, sleeping, and recovery habits for elite athletes
- Friday's enrichment activity: Rink/Trail clean up

Week 8: July 25th – 29th

- Focus of the week [Hockey IQ]
- Introduction for the second 5-week participants. 10-week participants will continue to develop and improve hockey IQ practices.
- Friday's enrichment activity: Yoga

Week 9: August 1st – 5th

- Focus of the week [social media and how to use it responsibly]
- Educating players how to responsibly use social media platforms
- Friday's enrichment activity: Community Service (TBD)

Week 10: August 8th- 12th

- Focus of the week [Recap of curriculum from week 1-10]
- Skills Competition (accuracy shooting, hardest shot, fastest skater, stick handling and breakaway challenge)
- Game Day [Full ice game on last ice session of the week]
- Friday's enrichment activity: Whiffle ball tournament, concluding with pizza and ice cream for all participants.