

Building Vernon's Athletes right here in Vernon !!

Current Situation – Hockey

- Hockey is now faster and more skilled than ever before.
- Rule changes (2006) have steadily driven the game toward speed, conditioning, agility and skill.
- Female hockey growth past 5 years in Canada is very strong
- Teams today, look for great skaters with a complete skills and character “toolbox”.

Key Opportunity

Build a program that accelerates young players development pace without burning them out.



Needs Review – Hockey



Players play hockey for many reasons

- #1 is to have fun and meet new friends
- Learn new skills & challenge themselves
- Pursue their dreams (Rep, Jr., College, Pro)



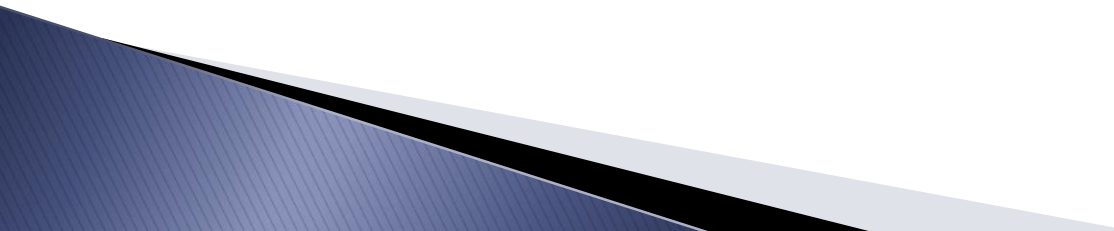
Parents also have needs to balance

- Ensure their player gets the best support possible during their hockey experiences
- Help navigating the hockey landscape
- Provide best development opportunities for their kids w/o turning life upside down or breaking the bank



What does OTE offer? (or our “Why”)

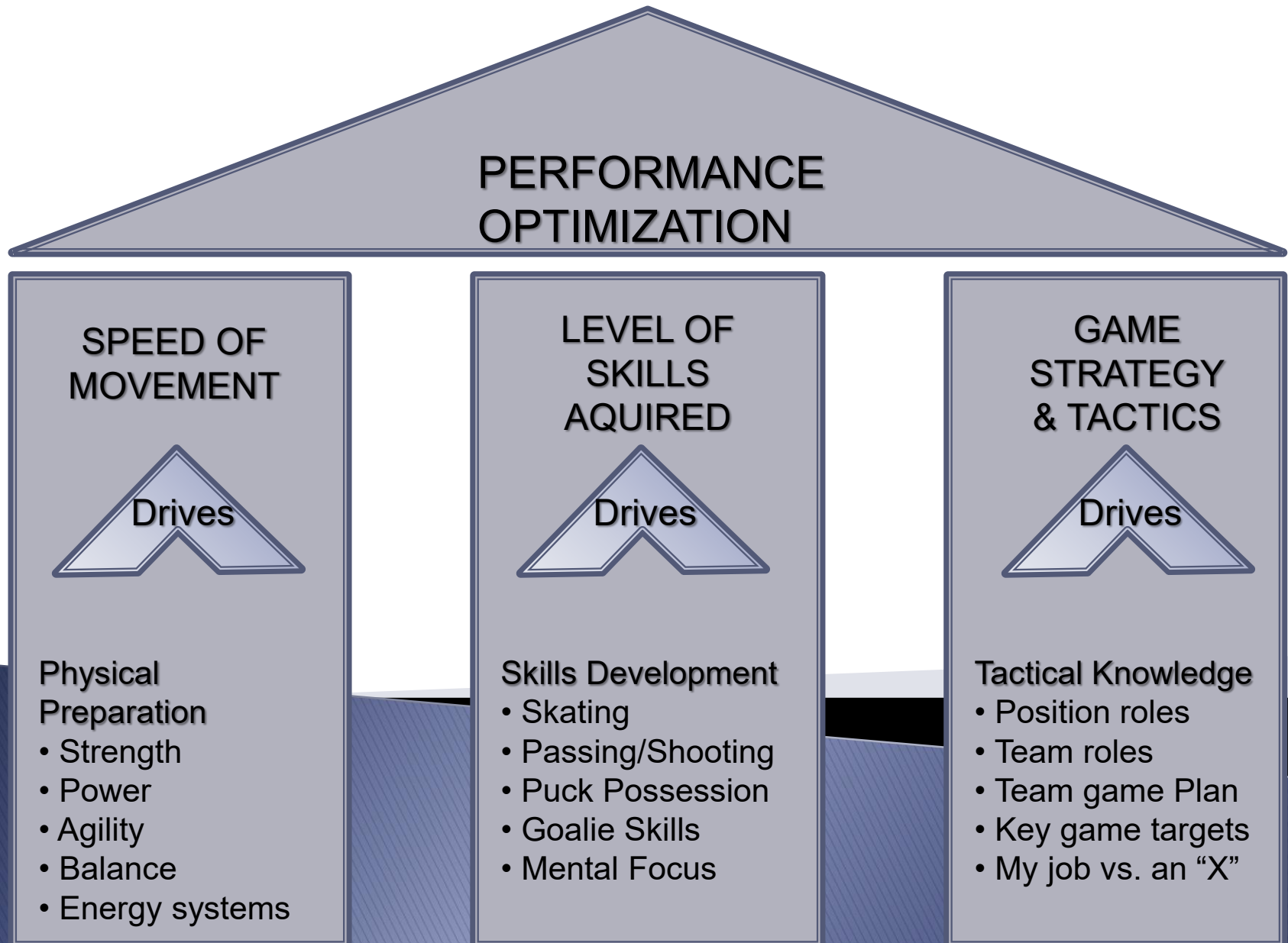
Develop better players right here in Vernon

- Provide leading edge hockey skills training at best value
 - Elite program can be delivered by top local instructors
 - Ensure your cost/time investment is focused on development
 - \$35.58 per day includes OTE Academy + Mid-day bus service
 - Minimum of two SD22 academic course accreditations/semester
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Just a few of our Graduates

- ▶ Eric Pastro Vipers C (U of Nebraska/Omaha)
- ▶ Cameron Moger BCHL (Mich Tech)
- ▶ Matt Kowalski, Vipers BCHL (Queens)
- ▶ Nicholas Cherkowski Vipers BCHL (Merrimack)/Pro
- ▶ Jagger Williamson, Vipers “C”, (Michigan Tech)/Pro
- ▶ Powell Connor, Trail BCHL (Michigan State)
- ▶ Jenna Fletcher, UBC (Lady T-Birds)
- ▶ Laine Grace, U of C (Lady Dino's)
- ▶ Holly Magnus U of A
- ▶ Aspen Cooper (Minot State University)
- ▶ Jayden Perpelitz (NAIT)
- ▶ Lily Roberts SAIT
- ▶ Mena Bhatt/Hailey Sitter/Anna Lovelace/Emily Boyd (AAA Lakers)

The Focus at OTEis Accelerating Skill Acquisition



2024 Academy – Results !!

- Above avg. attendance
- Speed +7.8% (Includes sprint/lap times)
- Shooting Velocity +9.2%
- Shooting Accuracy +8.6%
- Passing Accuracy +10.4 %
- Goalie tests +14.1%

ACADEMY STUDENTS SUCCEED !!

Academy Student Philosophy

Where students learn how to

- Become student/athletes
- Construct a complete skills toolbox
- Set S.M.A.R.T. goals.
- Build plans needed to help achieve their goals

Remember.....

“if you fail to plan, you likely plan to fail”



Meet Your Academy Leaders/Coaches



Contact: Sam Mowat (250) 550-4046

Sam Mowat

Academy Director



- ▶ Director, ON THE EDGE Premier Hockey Academy (OTE)
- ▶ Director, High Performers Golf Academy (HPGA)
- ▶ Principal, Total Approach Strength & Conditioning (TASC)
- ▶ Primary focus on driving athlete performance/skill capabilities
- ▶ Former Marketing/Sales Executive (P&G, Scott Paper, Tolko)
- ▶ Skills include goal setting, planning and development, execution mapping, and organizing the right people with the right work.
- ▶ Minor hockey coach 20 years – Oakville, Toronto, Vernon
- ▶ Former Hockey Scout Nanaimo Clippers (BCHL)



**HIGH
PERFORMERS
GOLF
ACADEMY**

Rod Peters



Online Learning Lead (vLearn)



- ▶ Masters Degree in Learning Technology
- ▶ B. Ed., B.A.
- ▶ 25 + years teaching experience
- ▶ Former pro hockey player (ECHL)
- ▶ Point person for all Academy execution at vLearn



Max Mowat

Head skating/skills Instructor/Video Lead



- ▶ North Zone AA Kings – Head Coach
- ▶ Major Bantam Rockets – Head Coach (3 yrs)
- ▶ OTE Academy – Assist. Director (6 years)
- ▶ HP1 Certified
- ▶ Train 2.0 Certified (underway)
- ▶ BCMML – 1st team All-Star/Top Scoring Defensemen for the league 2010
- ▶ Vernon Vipers Jr. A – 2010/2011 Royal Bank Cup Finalist

Josh Evans / Liam McOnie

Goaltending Instructors

- 17 years of combined goalie coaching experience
- Travis/Josh ensure shared teaching techniques are on the leading edge
- On Ice sessions are 30 minutes with goalie instruction. Then skills stations are supervised

Gia Mowat – Instructor

Yoga/Flexibility/Mobility

- ▶ Registered Massage Therapist (RMT)
- ▶ RTY 500 Yoga Instructor – 20 years
- ▶ Certified Personal Trainer / FMS™ Level 2
- ▶ Worked with GVMHA, BC Zone, MML, KIJHL, BCHL, WHL, NHL hockey players



Paiten Mowat

Additional Resource



- ▶ Physiotherapist (East Hill Physio)
- ▶ Masters Physiotherapy Univ. of Alberta
- ▶ BSc. University of Calgary
- ▶ Athletic Trainer U18/U15 Okanagan Rockets (5 years)
- ▶ Concussion Certified (baseline/Management)

Academy Timing/Location

Fall Semester

- September to end of classes in January
- Two weeks break at Christmas
- We follow SD-22 AB & CD block structures.
- AB (*Rep Group*) and CD (*Fast Track Group*)
- All primary activities will be held at the Parks and Recreation facilities and PV arena/gym.

Sample Week at OTE Academy

Monday (90 mins)	Edges/Skills Stations/Short ice games
Tuesday (90 mins)	Shooting/game tactics/full ice game
Wednesday (2 Hours)	S&C/Off ice skills (stations)
Thursday (90 mins)	Movement drills/game situation work
Friday (75 mins) (45 mins)	PE Activity/Skills/Flexibility/Mobility Work Classroom learning session



Sample – Rotating Weekly Schedule

Morning Block Schedule (September, 2025 week 1)			
AM	Monday/Tuesday/Thursday	AM	Wednesday/Friday
8:30	Students dropped off by parents Take gear to PV dressing rooms drop-off cell phones, weigh in and get changed for On-Ice session	8:30	Students dropped off by parents Take gear to PV dressing rooms drop-off cell phones, weigh in and get changed for Off-Ice P.E. sessions
9:00 - 10:30	On Ice Session PV Arena	8:45 - 10:00	Off-Ice P.E. Session
10:30 - 11:00	Students get changed out of hockey gear and do V-Learn Logs	10:00 - 10:30	Students get changed out of gym gear Do Vlearn logs + eat snack + clean up
11:15	Students eat lunch+ clean up	10:30 - 11:15	Classroom lecture
11:15 -11:30	Students depart (with gear) on bus back to schools	11:15 -11:30	Students depart on bus back to schools

Afternoon Block Schedule (September 2025 week 2)			
PM	Monday/Tuesday/Thursday	PM	Wednesday/Friday
12:30 -12:45	Students arrive by bus Put gear in change rooms weigh-in and drop off cell phones	12:30 -12:45	Students arrive by bus weigh-in and drop off cell phones Muster in Classroom
12:45 - 1:15	Change for On-Ice P.E. session	12:45 - 1:30	Classroom lecture
1:15 - 2:45	On Ice Session PV Arena	1:30 - 1:45	Change for Off-Ice P.E. Session/Do Vlearn Logs
2:45- 3:15	Students get changed, do Vlearn logs eat snack + clean up	1:45 - 3:00	Off-Ice P.E. Session
3:15 p.m.	Students picked up by parents (with hockey gear)	3:00 - 3:15	Students get changed + eat snack + clean up
		3:15 p.m.	Students picked up by parents

On-ice Learning Objectives – Skaters

- Stride, edge and power generation techniques
- Passing
- Puck Possession
- Shooting
- Scoring
- Angling/Checking concepts (not full contact)
- Positional tactics (escapes/puck protect etc.)
- Full Ice and Small area games

On-ice Learning Objectives – Goalies

- Balance, Agility and Edge Control
- Puck Tracking
- Rebound Control
- Reading and Following the Play
- Puck Handling
- Angles/Positioning
- Work Ethic/Compete Level (“Battlefly”)
- Focus and Attention

Off-ice Learning Objectives – P.E.

- PE/ HP Credits will be earned via V learn
- Students will focus on “tool box” skills
 - Dynamic Warm-ups Flexibility/Mobility
 - Stick-handling Skills Strength & Conditioning
 - Shooting techniques Goalie Specific Skills
- Classroom hockey learning
 - Game Knowledge Mental preparation
 - SMART goal setting Hockey career paths
 - LTAD Nutrition/Recovery

For further details

Questions ? Please feel free to contact;

Sam Mowat, OTE Director

- ▶ By e-mail info@samtasc.ca
- ▶ Phone or text (250) 550 4046

Take-away Action Steps: [Go to SD22 Academies Page](#)

- ▶ OTE Expression of Interest (EOI) sign-up
- ▶ 2025/26 [OTE Application](#)

