



BURNABY WINTER CLUB HOCKEY ACADEMY

**CULTIVATING CHAMPIONS IN ACADEMICS,
HOCKEY AND LIFE!**

BWC ACADEMY

WHERE TRADITION INSPIRES EXCELLENCE



- THE BURNABY WINTER CLUB ACADEMY IS COMMITTED TO EXCELLENCE THROUGH MENTORING AND FOSTERING STRONG LIFE HABITS IN THE CLASSROOM, ON AND OFF THE ICE AND IN RELATIONSHIP BUILDING. PROVIDING STUDENT ATHLETES, A SAFE AND SUPPORTIVE ENVIRONMENT TO GROW IN STRUGGLES AND SUCCEED IN ADVERSITY. PROVIDING YOUNG, MOTIVATED PEOPLE A STRUCTURED ENVIRONMENT, SUPPORTED BY A WORLD CLASS STAFF AND SUPPORT SYSTEM DELIVERING A CONSISTENT MESSAGE AND VALUE SYSTEM THAT SUPPORTS THE LONG-TERM DEVELOPMENT OF OUR STUDENT ATHLETES.

BWC ACADEMEY- **WHERE WE ARE!**

- THE BURNABY WINTER CLUB ACADEMY WAS ESTABLISHED IN 2013 AND IS IN BURNABY, BRITISH COLUMBIA, CANADA.
- BURNABY IS CENTRALLY LOCATED WITH PROXIMITY TO VANCOUVER INTERNATIONAL AIRPORT, FERRY TERMINALS AND DOWNTOWN VANCOUVER BC.



BURNABY CENTRAL SECONDARY

PRINCIPAL

TIM WOZNEY

SCHOOL & BWC ACADEMY LIAISON

THOMAS VITOVEC



BURNABY CENTRAL



STUDENT-ATHLETES ATTEND BURNABY CENTRAL SECONDARY SCHOOL. PROGRAM AND HIGH ACADEMIC STANDARDS.

LEAD PUBLIC SCHOOL GOLD STANDARD IN (LEADERSHIP, ENERGY AND ENVIRONMENTAL DESIGN)

"THE SCHOOL PROVIDES AN ACADEMIC ADVISOR TO WORK WITH EACH STUDENT ATHLETE TO SUPPORT ATTENDANCE/LATES, WORK EFFORT AND ACADEMIC PERFORMANCE.



BURNABY CENTRAL AND BWC ACADEMY

- THE BWC ACADEMY IS ALIGNED WITH THE BURNABY CENTRAL SECONDARY SCHOOL WHICH IS LOCATED A SHORT 4 MIN WALK FROM THE BURNABY WINTER CLUB FACILITIES.
- BURNABY CENTRAL IS A SEMESTER-BASED SCHOOL PROGRAM WHERE STUDENT ATHLETES IN OUR PROGRAM HAVE A 4-PERIOD SCHOOL BLOCK WHERE 1 PERIOD IS DEDICATED TO PRACTICE, THUS EVERY STUDENT ATHLETE WILL BE AT SCHOOL FOR 3 CLASSES AND 1 PERIOD FOR PRACTICE.
- BURNABY CENTRAL HAS A STRONG SUPPORT NETWORK OF COUNSELORS AND TEACHERS THAT SUPPORT BWC ACADEMY STUDENTS TO HELP THEM ACHIEVE THEIR ACADEMIC GOALS THROUGH STRONG COMMUNICATION AND KNOWLEDGE.



ACADEMIC MONITORING

- GRADES ARE MONITORED BI-WEEKLY IN PROGRESS REPORTS. TEACHERS COMMUNICATE WITH OUR ACADEMY LIAISON THOMAS VITOVEC. COACHES ARE PART OF THE ACADEMIC TEAM APPROACH TO SUPPORTING OUR STUDENT ATHLETES. WE ALSO COMPLETE A QUARTERLY UPDATE OF ALL TEAMS AND THEIR WORK HABITS. WORK HABITS ARE CLASSIFIED AS
 - G- GOOD
 - S- SATISFACTORY
 - N- NEEDS IMPROVEMENT
- ACADEMIC PROBATION IS A CASE-BY-CASE SITUATION. WE MAKE STUDENTS ATHLETES ACCOUNTABLE BASED ON WORK HABIT MARKS AS WE UNDERSTAND SCHOOL DOES NOT ALWAYS COME EASY TO EVERYONE. WE PUT EMPHASIS ON THE STUDENT'S DAY TO DAY WORK HABITS IN THE CLASSROOM. WE STRIVE ALL ATHLETES TO HAVE A G, BUT IF TEACHERS FEEL A STUDENT ONLY ATTAINS A S OR AN N THEN HOCKEY PRIVILEGES WILL BE IMPACTED UNTIL WORK HABITS ARE IMPROVED.

EXAMPLE- DAY IN THE LIFE OF BWC STUDENT ATHLETE

	U15	U15 PREP	U17	U18 PREP
Workout 7:30am – 8:30am			Weights /boxing/yoga	Weights /boxing/yoga
Period 1 9:10am – 10:23am	Ice Time 9:00 -10:00am	Academic/Elective	Academic/Elective	Academic/Elective
Period 2 10:38am – 11:51 am	Academic/Elective	Ice Time 10:50-11:50am	Academic/Elective	Academic/Elective
Lunch	Lunch	Lunch	Lunch	Lunch
Period 3 12:36pm – 1:48pm	Academic/Elective	Academic/Elective	Academic/Elective	Ice Time 12:20-1:20 PM
Period 4 1:53pm – 3:05pm	Academic/Elective	Academic/Elective	Ice Time 2:15- 3:15 pm	Academic/Elective
Workout 3:30 – 4:30pm	Weights /boxing/yoga	Weights /boxing/yoga		





GENERAL OUTLINE OF THE ATHLETIC PROGRAM

- PRACTICE / TRAINING / SCHOOL DURING THE DAY
 - 125 + ON-ICE PRACTICES
 - 90 + OFF-ICE TRAINING SESSIONS
- EVENINGS OFF AND OCCASIONAL WEEKENDS
- BETTER LIFESTYLE: EVENINGS ALLOCATED FOR REST, HOMEWORK, FAMILY TIME, AND SOCIAL LIFE.
 - 10-MONTH PROGRAM



THE PROGRAM

3 COMPONENTS

CHARACTER-ACADEMICS - HOCKEY



SEASON: SEPTEMBER TO JUNE

- 4-5 PRACTICES PER WEEK IN-SEASON, 2-3 WEIGHT SESSIONS, 1-2 BOXING, 1 YOGA- PER WEEK (SEPTEMBER - MARCH)
- 2 PRACTICES PER WEEK SPRING-SEASON, OFF ICE SESSIONS PER WEEK (MARCH - JUNE)
- APPROXIMATELY 100 ON-ICE PRACTICES (SKILLS, SKATING, SYSTEMS, POSITIONAL DEVELOPMENT, AND SMALL ICE GAMES)
- 50-60 GAMES, CSSHL LEAGUE PLAY, EXHIBITION GAMES, SHOW CASE EVENTS AND TOURNAMENTS.

OFF ICE TRAINING: 5 TIMES PER WEEK, MIX OF WEIGHTS, BOXING AND YOGA

LECTURES AND SEMINARS:

- VIDEO ANALYSIS AND TEAM BUILDING EXERCISES.
- MINDFULNESS TRAINING
- SPORTS PSYCHOLOGY/PERFORMANCE COACHING PROGRAM
- LEADERSHIP BUILDING



STUDENT ATHLETE HEALTH

- HOW ARE INJURIES AND SICK STUDENT ATHLETES MONITORED?
- WE EMPLOY FULL-TIME CERTIFIED ATHLETIC THERAPISTS WHO WORK OUT OF OUR FACILITIES WHO IS AVAILABLE FOR INJURY ASSESSMENT, REHABILITATION AND COVERAGE DURING TRAINING AND GAMES.
- ATHLETE MONITORING IS TYPICALLY COMPLETED WITH DAILY CHECK-INS BUT CAN DIFFER DEPENDING ON THE INJURY OR ILLNESS.
- PARENT COMMUNICATION WILL ALSO TAKE PLACE FOR ATHLETES THAT ARE INJURED FOR ANY EXTENDED PERIOD, INCLUDING UPDATES ON THEIR PROGRESS OR CHANGES IN THEIR INJURY STATUS. PARENT COMMUNICATION WILL ALSO TAKE PLACE WHEN ANY SORT OF PHYSICIAN CONTACT, SUCH GENERAL CHECK-UPS, WALK-IN CLINICS OR EMERGENCY ROOM VISITS. THIS IS ESPECIALLY HELPFUL WHEN THE FAMILIES ARE NOT IN TOWN AND ARE KEPT UP TO DATE WITH EVERY STEP OF THE INJURY OR ILLNESS AND THEIR RECOVERY BACK TO HEALTH.

KEY STAFF

- ACADEMY DIRECTOR- DAN CIOFFI
- MIKE SANTORELLI- COACH- DEVELOPMENT DIRECTOR
- MARK SANTORELLI- COACH- HOCKEY DIRECTOR
- MARK FITZGERALD- HUMAN PERFORMANCE DIRECTOR/CONSULTANT
- NICK ADDEY-JIBB- HEAD ATHLETIC THERAPIST
- ENIO SACILOTTO- COACH & Mental Coach
- MACK GRAY – COACH
- BURT HENDERSON- COACH
- NED LUKACEVIC - COACH
- DAVE WILKIE- COACH
- TAVIN GRANT- GOALIE COACH
- CHRISTINE BIGELOW- BILLET COORDINATOR
- THOMAS VITOVEC- SCHOOL LIAISON
- Kolin Kriitmaa - Sport Psychologist & Performance Coach

CHARACTER

Building athletes but even better people!



- LEADERSHIP/ROLE MODEL TO YOUNGER BWC MINOR HOCKEY TEAMS
- FAMILY CULTURE AND ENVIRONMENT —
- STUDENT-ATHLETES GOING TO SCHOOL TOGETHER AND GROWING AS A FAMILY



PATH TO GRADUATION:



U15 AAA



U15 Prep



U17 AAA U17 Prep



U18 Prep



Junior



ACADEMY INQUIRY

If you have any questions or would like further details or a tour of our facility and school, please contact Academy Director –

Dan Cioffi – dan.cioffi@bwcacademy.ca