

# ELITE PROGRAM

2023-2024 SEASON



[www.kchockey.ca](http://www.kchockey.ca)

# KC HOCKEY CLUB ELITE PROGRAM

## OUR MISSION:

*To promote minor hockey and develop athletes to their highest potential in a positive environment while encouraging discipline, commitment and sportsmanship.*

Developing hockey skills while building character and helping young athletes grow. Making new friends, learning new hockey and life skills, and giving players the opportunity to make the most of their potential.

# OUR VALUES

DEVELOPING PLAYERS AND PEOPLE

Logan Dochuk (pictured) was drafted by the WHL Kelowna Rockets.



## KC Hockey Club Elite Program Values


- To play as one club while fostering teamwork and a KC culture.
- To encourage each player to experience and enjoy playing KC hockey.
- To foster in each player a strong work ethic where commitment, integrity and self-worth lead to personal development.
- To develop a framework for achieving excellence in our players and coaching staff.

## KC Hockey Club Elite Program Goals

- To support our hockey organization so it may provide a quality program for players during their minor hockey years at all levels.
- To encourage the development of players as overall athletes.
- To value the contributions of coaching staff and volunteers in our program.
- To educate and commit our organization to a philosophy which develops a style of play that is progressive and focused on player development and success.



# OUR ARENA



The KC Hockey Club is run out of the KC Twin Arenas. Having our own arena means that our clubs can get extra ice time in addition to that provided by Hockey Edmonton - which is very important as ice time becomes increasingly scarce in Edmonton. The arena complex also features meeting rooms that can be booked by teams at no cost for video review, team meetings, fitness activities, or other events.

# OUR TEAMS

2022-23 LEADERSHIP GROUP

U18AA



2022-23 Head Coach:  
Blake Boaz

U17AAA



2022-23 Head Coach:  
Scott Lancaster

U16AA



2022-23 Head Coach:  
Doug Borys

U15AAA



2022-23 Head Coach:  
Ehren Menard

U15AA



2022-23 Head Coach:  
Mike Lees

U15AA



2022-23 Head Coach:  
Brian Knowles

U13AA



2022-23 Head Coach:  
Peter Gouveia

U13AA



2022-23 Head Coach:  
Hector Young

Coaches for the 2023-2024 season will be announced in the summer.





## Dryland Training

The KC Hockey Club works with Athletes Nation ONE in St. Albert for off-ice development and conditioning. Athletes Nation One (Sport Performance Training) is owned by Dan LaJoie and trains some of the top athletes in Canada in all speed/power Sports, and customizes training for each team to ensure maximum results.



## Coretex Goaltending

Coretex Goaltending owner Evan Kurylo has extensive training and experience working with goalies at all levels, from beginners right up to U18AA. Evan is made available to KC elite teams and works with our teams to ensure all KC goalies are able to develop and reach their full potential.

## Sport Psychologist

HONE is an initiative of Mindful Athletics, an organization dedicated to supporting athletes' mental health. Mindful Athletics has worked with individual athletes, teams, associations, universities, and national level sporting organizations to develop healthier, happier, better-performing athletes.

## Nutrition Sessions

Chew Nutrition owner Murphy McIntosh works with the KC Hockey Club to make sure our elite athletes understand the nutritional demands of their bodies, and the way they can support their development and athleticism through their diet.

KC Hockey takes a wholistic approach to developing athletes, recognizing there is more than just hockey skills that go in to performing at peak levels.

# GOALTENDING

"I don't fear stopping a 100MPH slap shot. I fear not stopping it."  
- Roberto Luongo



Pictured is KC goalie Madden Mulawka, who was drafted by the WHL Prince George Cougars.

## A Vital Part of the Game

Bill Ranford in 1990, Ed Belfour in 1999, Tim Thomas in 2011, Pekka Rinne in 2017...

The list of goalies who have carried their teams to Stanley Cup victories is a long one, and at KC we recognize what an important part of the game it is. We also recognize that it takes special training to develop.

That's why we have dedicated goalie coaching to support our teams and help our goalies develop and meet their full potential.



# KC ADVANTAGE

## CLUB HOCKEY BENEFITS



### Landon Young

Longtime KC player, drafted by the WHL Winnipeg Ice.

45%

9 out of the first 20 players selected in the 2021 WHL draft came from club hockey teams like KC.

CLUB HOCKEY PROVIDES HIGH QUALITY DEVELOPMENT OPPORTUNITIES AT A FRACTION OF THE COST OF OTHER HOCKEY PROGRAMS.

KC Hockey Club elite teams take part in a range of tournaments, both locally and in other cities and provinces, to ensure our players get as much exposure as possible.





## Cole Miller

Longtime KC player drafted in the 1st round of the WHL draft by the Lethbridge Hurricanes

## Start Dates

### Spring ID Camps

U13 - U18: May 12-14, 2023

### Conditioning Camps

U13 AA: August 18-22, 2023

U15 AAA/AA: August 19-25, 2023

U16 AA | U17 AAA | U18 AA: August 26-29, 2023

### Tryouts

TBD

# TRYOUT INFO

## Fees

### Spring ID Camps

U13 - U18: \$75

### Conditioning Camps

U13 - U18: \$150

### Tryouts

Early Bird available until Jun. 30

U13 AA

\$300 (Early Bird - \$200)

U15 AAA/AA

\$350 (Early Bird - \$250)

U16 AA

\$350 (Early Bird - \$250)

U17 AAA

\$350 (Early Bird - \$250)

U18 AA

\$350 (Early Bird - \$250)

## 2022-2023 Registration Fees

We've calculated our registration fees to keep the costs as affordable as possible, while still including all of the following:

- Hockey Edmonton, Hockey Alberta, and Hockey Canada fees
- League fees
- Player and coach insurance coverage
- Coach development clinics and certification
- Player and goalie development
- Dryland training
- Trainer fees (U15-U18)
- Assigned practice ice
- Game ice
- Referee fees for league play and playoffs
- Timekeeper fees (U13-U18)
- Equipment (shells, socks, bags, jersey costs as well as team equipment like pails, pucks, first aid kits and coach equipment)
- Team apparel
- Preseason evaluation tournament fees (where applicable)
- Banquet and awards
- Travel costs – bus, hotel, meal allowance for league games out-of-town
- Post season play expenses
- Administration fee



# Contact

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## ADDRESS

KC Twin Arena  
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Edmonton, AB, T6V 0M4

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## PHONE

KC Hockey Office:  
780-457-4527

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## WEBSITE

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