



The Program:

The students enrolled in the Hockey Focus Class at Blessed Trinity Catholic Secondary School are provided training in hockey skills through out the semester in conjunction with the Ontario Physical Education Curriculum.

- 20 Hours on Ice @ Peach King Centre
- Skating, Shooting, Passing & Puck Control
- On Ice Skills Testing & 4 vs. 4 Scrimmage
- Floorball
- Handball & Dodgeball
- Concussion Management and Injury Prevention
- TRX Suspension & Cross Fit Training
- Battle Ropes & Parachute Training
- Weight Training
- Boxing, Yoga & Rowing
- Medicine Ball & Landmine Training
- Speed-Agility-Balance & Plyometric Training
- Open to Male & Female Students

