

Athletes spend a minimum of two hours per day, four days per week, training both on and off the ice, within TPH's framework for *The Hockey Athlete*.



On the ice, emphasis is placed on quality repetitions, performed:

- In-part, as well as combined as a whole.
- Individually, as well as within a group.
- In no pressure, light pressure and full pressure situations.

Quality repetitions remain the focus **off the ice**, as athletes train to develop:

- The strength of a football player and the explosive quickness of a track runner.
- The balance, stability, agility and range of motion that comprises overall athleticism.
- Durability to avoid injury, and endurance to withstand the demands of a long season.



Daily training themes, positive, hands-on coaching, innovative training methods and video analysis are utilized to accelerate the development process of *The Hockey Athlete*, and

prepare each individual for advancement to the highest levels of junior, collegiate and professional hockey.

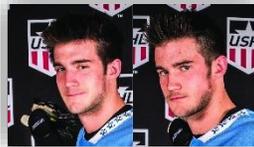
#TPHTRAINED

Though just six years old, the CoE model has already produced an impressive list of #TPHTrained players who have competed at the highest levels of junior and college hockey. As our model grows, so too will this list, with many players soon graduating to the collegiate and professional levels.



CoE by the Numbers

NHL Draft Picks	4
NHL Central Scouting Listed	8
NCAA Division I Commits	33
Ontario Hockey League Draft Picks	23
Junior Level (Super Majority USHL + NAHL)	53
Junior Gold Medalists	3



CoE alums Cole and Christian Krygier currently attend Michigan State. Cole was selected #201 overall by Florida and Christian #196 overall by the NY Islanders in the 2018 NHL draft.



Blade Jenkins attended the CoE and played for the USNTDP. He was selected #134 by the NY Islanders in the 2018 NHL draft.

"TPH offers the student-athletes an unprecedented opportunity to apply oneself to elite hockey development and education. TPH has done an excellent job creating the structure and environment where an individual can excel at both academics and hockey. After two years having my son attend the TPH CoE, it is without hesitation that I would recommend this opportunity to any young and motivated hockey player."

Dan MacKinnon, Senior Director of Player Personnel for the New Jersey Devils

**TO APPLY TO THE COE, VISIT
WWW.TOTALPACKAGEHOCKEY.COM/COE**



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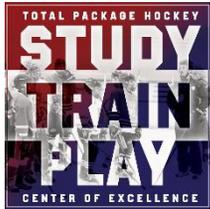
STUDY, TRAIN, PLAY TO YOUR POTENTIAL!

TOTAL PACKAGE HOCKEY

Founded in 2001, Total Package Hockey is a hockey service provider committed to exceeding the expectations of student-athletes and their families, one choice at a time. Through various platforms and programs, our vision is to positively impact the lives of student-athletes through the game of hockey. No TPH platform provides a greater opportunity to apply this vision than our Center of Excellence model.



THE CENTER OF EXCELLENCE MODEL



The Total Package Hockey Center of Excellence is a focused environment where dedicated student-athletes **study, train and play** to their fullest potential. Our environment combines proven, accredited online learning with hands-on, innovative on and off-ice training and instruction. With a focus on choices, character and culture, we believe in a *holistic approach*, and recognize that our greatest responsibility is to prepare our student-athletes for success in the ultimate game: the game of life.

ACADEMICS: STUDYING AT THE COE

Well-rounded, resilient, self-starting- this is the type of student our academic culture looks to foster. This *process* occurs in a *selective learning environment* that offers students the flexibility to balance academics and hockey.



Disciplined, Daily Structure

Students maintain a disciplined, daily structure at the CoE. While actual schedules vary by location, a typical CoE day strikes an appropriate balance between studying, training and playing.

Like a traditional classroom, all CoE's implement policies to ensure students are accountable and perform academically. A sample CoE daily schedule is included above.

Group 1 Daily Schedule	
8:15 AM	Arrival
8:15 - 8:40 AM	Video / Dynamic Warm-Up
9:00 - 10:00 AM	On-Ice Training Session
10:15 - 11:00 AM	Off-Ice Training Session
POST	Snack / Shower
11:15 - 12:15 PM	Academic Time
12:15 - 12:45 PM	Lunch
12:45 - 4:00 PM	Academic Time
4:00 PM	Departure

Individualized and Customized Learning Plans

TPH is proud to offer a customized learning platform, built specifically for the CoE, through Edmentum, the official learning partner of Total Package Hockey. Edmentum's coursework is rigorous, robust and most importantly, NCAA accredited. Our academic program allows student-athletes to balance their individual learning pace with hockey schedules and rest.



learning experience to fit both your schedule and learning style.

Striving for Academic Excellence

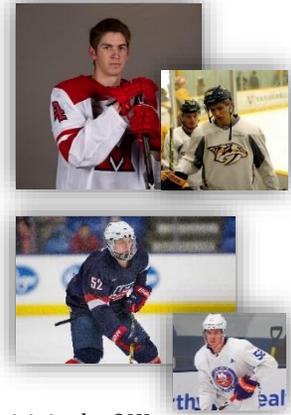
Through dedication in the classroom, CoE attendees have committed to play collegiate hockey at top universities such as Harvard, Dartmouth, Michigan, Wisconsin and U-Mass.



CoE alum, former USNTDP and current Michigan State Spartan goaltender Drew DeRidder.

COE ACADEMIC SUCCESS STORIES

Current Miami University RedHawk and Nashville Predators development camp attendee Andrew Sinard (top right) was a National Merit Finalist and AP Scholar... CoE alum Bode Wilde's (bottom right) academic performance earned him a playing opportunity at Harvard. In June 2018, Bode was selected by the NY Islanders in the 2nd round of the NHL draft. He now plays for the Saginaw Spirit in the OHL.



Applicable and Far Reaching Experiences

Skills such as the ability to time manage and learn in different settings are taught at the CoE, all in an effort to prepare our student-athletes for an independent lifestyle. Real-world experiences such as field trips, community service projects, guest speakers and TPH's weekly Life Skills & Leadership Seminars take learning beyond the classroom. Mentoring future leaders who understand what it means to *do the right thing* on and off the ice is central to positively impacting the lives of our student-athletes.



HOCKEY: TRAINING + PLAYING AT THE COE

To be successful in today's game, we believe a hockey player must possess three qualities:

1. High compete level, which is the foundation for success in hockey and life.
2. High level of hockey sense.
3. High caliber overall skill set, in the form of skating, shooting and stick skills.

At the same time, improve a player's strength, speed, overall athleticism and endurance, and now you have an elite **hockey athlete**, which is the goal when training and playing at the CoE.