



High Performance Program

High Performance Program Newsletter

Established 1996

High Performance Program

Pride
Commitment
Expectation

2010 Spring Camps

Male U15 & U16 - April 9-11 /2010

Male U14 - April 16-18 /2010

Female U15 & U18 - April 30-May 2 / 2010

HPP Male Alumni

Sidney Crosby, Pittsburgh Penguins

Joe Dipenta, Anaheim Ducks

James Sheppard, Minnesota Wild

Aaron Johnson, New York Islanders

Brad Marchand, Boston Bruins

Steve Dixon, World Jr. Team

HPP Female Alumni

Tara French, Team Canada Under 22

Brittany Haverstock, Team Canada Under 18

Jill Saulnier, Team Canada Under 18

Jessica Wong, Team Canada Under 18

For More Information on Development Programs Contact:

Darren Sutherland
Technical Director
Hockey Nova Scotia
454-9400

dsutherland@hockeynovascotia.ca

www.hockeynovascotia.ca

Hockey Nova Scotia's High Performance Program

The High Performance Program, while being focused on preparing and identifying the very best players in our province for future provincial and national program opportunities, offers a strong commitment to player development. The program concentrates on exposing players to high level training programs including a focus on skill development, off-ice training and conditioning, and class sessions on many topics relevant to aspiring hockey players.

The High Performance Program has provided a unique opportunity to many players who have advanced within the Hockey Canada National Programs. Players who have participated in Nova Scotia's High Performance Program include Aaron Johnson (Columbus, NHL - Canada Winter Games), Sidney Crosby (Pittsburgh, NHL - Canada Winter Games, National Team), Steven Dixon (Portland, AHL - National Junior Team), James Sheppard (Cape Breton, QMJHL - National Under 18 Team), Joe Dipenta (Anaheim, NHL - Canada Winter Games), Brad Marchand (Providence Bruins, AHL - National Junior Team), and Alex Grant (St. John, QMJHL - National Under 18 Team)

High Performance Program Spring Camps

This section is designed to provide you with the information you require with respect to enjoying your experience during the HNS Spring Camp.

The HNS Spring Camp is an event designed to provide you with the experience of playing with and against players who are of an elite level. As well, the HNS Spring Camp is used as an evaluation tool for all players for the next stage of the HPP.

Players are expected to conduct themselves in a professional manner both on and off the ice at all times. Players are also expected to act in a manner worthy of a participant in the HNS High Performance Program. Should a player require discipline for off-ice activities, their involvement in the HNS High Performance Program may be terminated.

Players are expected to be at the arena one hour prior to the scheduled start of all assigned games and practices. Punctuality at all off-ice activities is also mandatory.

Please note that players are required to attend all camp activities!

Hockey Canada rules and regulations will be in effect during the Spring Camp competition. Please note that game misconducts, match penalties, etc. will be dealt with in the same manner as in League play.

The registration fee for the HNS Spring Camp includes the following:

- Practices
- 4 games
- Goaltenders will also attend a separate session
- Off-ice classroom sessions/briefings
- Souvenir HNS High Performance Program t-shirt
- HNS High Performance Program Camp sweater



Note: Accommodations, travel and meals are the responsibility of the individual players and are not included in the registration fee. Players are also responsible for the care and custody of all personal belongings and hockey equipment for the duration of the camp and should not leave them unattended.



Pride, Commitment, Expectation

Hockey Nova Scotia High Performance Program

