



High Performance Program

High Performance Program Newsletter

Established 1996

HPP Player Tips For Camp

- Play Your Game
- Pay Attention to Diet/Hydration
- Take Care of Equipment
- Arrive Early for meetings, meals, ice
- Get Your rest

'09 Atlantic Challenge Cup

Silver Medal U15 Female

Gold Medal U17 Female

Gold Medal U14 Male

Gold Medal U15 Male

Bronze Medal U16 Male

Canada Winter Games

Did you know that Halifax will host the 2011 Canada Winter Games? Past members of the Canada Games Team include Sidney Crosby (2003), Joe Dipenta (1995), Tara French (2003) and Brittany Haverstock (2007)

10' Hockey Development Festival Dates

Male Under 14 and Under 15, July 21- July 25

Female Under 15, July 25-July 29

Female U18 and Male U16-, July 29- Aug 2

For More Information on Development Programs Contact:

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Player Evaluation

The evaluation process will see all players evaluated in each and every game by a group of evaluators. Each player's performance will be rated on a scale of 1-5 with 5 being of superior performance. Past achievements with club or other teams will not be taken into consideration during this evaluation process. Players are evaluated on their performance during the Spring Camp only. The intent of this process is to evaluate players for short-term events in a short-term event. This evaluation process is identical to that which is used by Hockey Canada's National Programs.

At the end of the camp, each player's performance scores will be added with the sum determining their overall ranking among the players at the same position. The top players at each position will be selected for the next stage of the HPP. Evaluators will vote on their choices should a tie exist with respect to the evaluation scores.

All evaluations remain confidential and shall not be provided to any participant. Hockey Nova Scotia will not release any information regarding player evaluations.

In addition, Hockey Nova Scotia will not provide any report card information regarding performance at any camp. Given the number of players involved and the level of effort to evaluate each player properly and fairly, providing this form of feedback is not possible.

High Performance Program Curriculum

Hockey Nova Scotia in cooperation with coaching staffs has placed a great deal of effort on developing an on-ice curriculum for the Hockey Development Festival that will certainly allow for players to learn and refine various concepts. This curriculum includes:

- Team tactics/concepts
- Defensive Team Systems
- Offensive Team Systems
- International Concepts



Hockey Nova Scotia has established the following plan in order to deliver these topics effectively within the overall framework of the High Performance Program. This plan considers the sequence in which these topics should be delivered to our athletes as well as the opportunities built in the camp schedules that enable us to do so. Athletes will also benefit from structured in training that builds upon the previous divisions using the same approach

The off-ice content of the Hockey Development Festival is a focal point in contributing to the success of the program. Team building, leadership, communication, player interviews and educational sessions are some of the areas dealt with. Parents of former participants regularly express many positive comments with respect to the value and benefit this comprehensive off-ice package has had for their son/daughter.

High Performance Program Fast Facts

- The HPP is used to select both the Male and Female Nova Scotia Canada Games Teams
- The 2011 Canada Winter games will take place in Halifax, Nova Scotia
- Sidney Crosby was Captain of the 2003 Nova Scotia Canada Games team
- Jessica Wong and Jill Saulnier of Team Canada U18 are graduates of the HPP