



# Hockey Outaouais Initiation Program MAHG



## Initiation Coaches Clinics 2011-2012 Season

Updated 15 August 2011

### Important Note

- All registrations must be completed by email to Initiation Regional Head-Coach (“E.C.I.R.”) at: [lacar@videotron.ca](mailto:lacar@videotron.ca)
- A maximum of 35 candidates per clinic will be accepted.
- The 3<sup>rd</sup> and last clinic in Hull **will be bilingual** if necessary.
- Cost for the clinic, including tracksuit, is \$185 per candidate. The invoice will be sent to the appropriate Minor Hockey Association. (Cost may be subject to changes in 2011-12)
- For all last minute changes (clinic’s location, arena, etc. ...), only candidates registered to the clinic affected will be informed.
- All candidates who will attend clinics will require to be there from beginning to end with no exception. **No exemption will be provided.**
- **New !!! All selected candidates will have to complete, before the clinic, 3 assignments requested by Hockey-Québec:**
  - 1) Complete Hockey-Canada online training;  
« Respect in sport » <https://hq.respectgroupinc.com/secure/>
  - 2) Read the Pre-clinic document - Initiation Program which will be sent to you by email following registration.
  - 3) Before the clinic, complete the questionnaire related to the Pre-clinic document - Initiation Program and send it by email to the Initiation Regional Head-Coach (“E.C.I.R.”) (Sylvain Carle) at [lacar@videotron.ca](mailto:lacar@videotron.ca).

### Initiation Coaches Clinic

Date / Time	Location
Date : Sunday 18 September 2011  Time : 07h15 to 18h00 (Theory & Praticce)	Theory : Four Points Seasons Hotel 35 Laurier Street Gatineau (Hull Sector), Qc  On ice practice : Arena Sabourin (Hull Sector) 70, Jean Proulx Street Gatineau, Qc

### Initiation Coaches Clinic

Date / Time	Location
Date : Saturday October 1 <sup>st</sup> , 2011  Time: 07h15 to 18h00 (Theory & Praticce)	Theory : Community Center (Basement) J.A Perkins Park 17, Manoir Road Val des Monts, QC  On ice practice : Arena Le Sportium J.A Perkins Park 5, Manoir Road Val des Monts, Qc

*For the fun of hockey*



# Hockey Outaouais Initiation Program MAHG



Initiation Coaches Clinic		
Date / Time	Location	
Date : Sunday 23 October 2011	Theory :	Four Points Seasons Hotel 35 Laurier Street Gatineau (Hull Sector), Qc
Time : 07h15 to 18h00 (Theory & Praticce)	On ice practice :	Arena Sabourin (Hull Sector) 70, Jean Proulx Street Gatineau, Qc
Please note that this clinic may be bilingual if necessary.		

Typical schedule Initiation Coaches Clinic	
AM	PM
07h15 Registration and material distribution	12h30 Program: Material and content (continued)
07h45 Beginning of clinic (Welcoming briefing)	12h45 Individual tactics and Goaltenders
08h00 Correction + Review of Pre-clinic assignment	13h15 Preparation : Practices and games
08h30 Program : Material and content	13h25 Volunteers and relation with youngsters
09h30 Break and transfer to arena	13h35 Typical lesson: video and preparation
<b>10h00 On ice session – Technical skills</b>	14h30 Break and transfer to arena
12h00 Lunch and return to classroom	15h00 <b>On ice session – Typical lesson</b>
	17h00 Equipment et other notions
	17h30 Distribution of tracksuits
	18h00 End of clinic

Please that the above schedule may be modified at the request of teacher(s) and depending on classroom and ice time availabilities.

Should you require additional information, please contact me (telephone and email info hereunder).

Sylvain Carle  
E.C.I.R Hockey Outaouais  
(H) 819-595-4778  
(C) 819-661-8660  
lacar@videotron.ca

*For the fun of hockey*