Louis St. Laurent Hockey Academy – A Journey Together!!!

Louis St. Laurent Barons Hockey Academy offers both a Senior and Junior hockey academy class for young motivated athletes dedicated to improving their hockey skills. Our goals are to implement a hockey development program for 'U 16' and 'U 17' players that focus on skill techniques, character attributes, discipline, and individual player and team tactics. Incorporated in this program, we will be looking to address any deficiencies not attended to by the 'club teams' that focus heavily on systems and strategies. Also within the on-ice curriculum we will focus on "what coaches are looking for in a player both in character and individual skill sets." To help achieve these goals Louis St. Laurent Barons Hockey Academy has put together a dedicated and qualified coaching staff next to none that include:

Head Coach:	Rick Swan	Strength and	
Associate Coach:	Larry Draper	Conditioning Coach:	Barry Butt
Goalie Coach:	Jamie McCaig	Sports Biomechanist:	Brian Shakel
Goalie Coach:	Dave Rathjen	Sports Psychologist:	Nic Allen

Not only do we want to help the athletes become better hockey players but help them realize what it means to be a good person and be successful in life after hockey. Our entire coaching staff helps the athletes get ready to enter society after their hockey and high school time is completed. It is important to us that we make an impact on the lives of these young athletes in big way by 'sticking to the plan' and ensuring that each day represents personal hockey and life growth. It is critical to us that every student 'has to grow' each and every single day.

LSL Hockey Academy Features:

- Outstanding Coaching
- Strength and Conditioning
- Transfer to and from Facilities
- A Strong Academic Program
- Individual Skill Analysis

- Training Packs
- 45 on Ice Hockey Sessions
- Hockey Gear (On ice/off ice)
- Life Skills/Goal Setting Logbooks
- I.B. World School Diploma Program

** Please visit our website:
www.baronshockeyacademy.com