

**Your
Southside
Academy
Choice**

Mount Carmel Hockey Academy

Elementary (grades: 3-6) Junior High (grades: 7-9) 2009-2010



MTC Hockey Academy Facilities

MTC Hockey Academy is committed to providing hockey academy members with the highest level of off-ice training programs and facilities. Our performance trainers and hockey staff provide two 2 hour sessions per week for hockey academy members. The focus is to support student athletes' development into becoming a better hockey player.



MTC Hockey has many resources located in the school to provide a variety of off-ice performance training for students. We currently have three facilities that each provide a unique type of training program for our academy students.

In our facilities we focus on: speed, agility, power, strength, flexibility, aerobic and anaerobic training, conditioning, coordination, yoga, passing, shooting, skating and many other hockey specific activities.

Rod Buga Fitness Centre

The Rod Buga fitness centre was the first facility that MTC Hockey built in its first year of existence. This facility is equipped with a variety of equipment, machines and weights to provide students with the highest level of off-ice training and development. The Rod Buga fitness centre develops academy members' strength training, conditioning, power and flexibility.

MTC Academy Fitness Centre

MTC Hockey is proud to have a new fitness centre this school year, adding to the already highly regarded Rod Buga Fitness Centre. Students work on their conditioning, speed, agility in this facility. In addition students have yoga class every month to improve their strength, flexibility and focus. It is equipped with cardio bikes, rowing machines, and plyometric equipment.

Hockey Performance Centre

MTC Hockey Academy is excited to announce the opening of its new Hockey Performance Centre. The HPC is equipped with an Xplosive Ice skating treadmill, Xtralce synthetic ice and shooting tarp, and cardio bikes to help further develop player's hockey skills.

MTC Hockey X600 Skating Treadmill

The MTC Xplosive Ice skating treadmill X600 is the most advanced product yet. The new X600 model is the quietest, fastest, most durable, simplest in design, easiest to operate, safest, most expandable and has the best belt tracking/change system on the market. The X600 Skating Treadmill is a product that is built to train an NHL player, but will help assist in the development of players of all ages and skill levels.

MTC Hockey Synthetic Ice

Xtralce synthetic ice was developed with the most exclusive clientele in mind. The synthetic ice replicates real ice without the refrigeration costs. It is the only synthetic ice used by an NHL team and it can be found in over 40 countries on five different continents. Xtralce is also the only eco-friendly ice and is 100% recyclable. The synthetic ice is used by MTC Hockey students to develop their shot power, accuracy, and shot release as well as their puck handling skills during off-ice sessions without the need of an arena. Academy students wear their skates and gloves during these sessions for their own skill development.

mtcsports.com

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Louis St. Laurent High School Hockey Academy

Mark Valtr

Born: February 17th 1994
Birthplace: Vancouver, BC
Current Team: Midget AA Lakewood
(Former MTC Academy player for 3 years)
Number: 31
Position: Goalie
Height: 6' 1"
Weight: 215 lbs
School: Louis St. Laurent 2009-Present
Favorite Team: Vancouver Canucks
Favorite Player: Roberto Luongo



Contact Information

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Mark Valtr was born in Vancouver, BC and moved to Edmonton as a preschooler where he has played his entire minor hockey for confederation and SSAC club. As a goalie he played Bantam AAA for 2 years where he won both major Major Bantam tournaments, Medicine Hat and John Ferguson, 2 years in a row. Mark was also invited to attend a Canadian Development Program in the Czech Republic where he was awarded the international goalie Most Valuable Player of the program. In 2009 Mark was drafted by the Everett Silvertips. Mark is currently in his 3rd year of the Louis St. Laurent Hockey Academy and hopes to continue his hockey success while attending college next year.

"Joining the Hockey Academy at Louis St. Laurent School was one of the best choices that I have made. I get to receive credits and play a high level hockey with outstanding players, many of whom are now playing in the WHL. I also get to play with my friends and get amazing coaching which has done nothing but improve my level of play. I hope to someday make it to the next level."

"Mark has done a great job of working hard every day at Louis St. Laurent Hockey Academy! Mark has been able to take his game to a new level thanks to his dedication and passion for the position of goal. I look forward to another successful year with Mark in 2012!!

~ Jamie McCaig - Head Goaltending Instructor LSL Academy

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

