

TRAINING + PLAYING AT THE COE

To be successful in today's game, we believe a hockey player must possess three qualities: (1) high compete level, (2) high level of hockey sense, and (3) a high caliber overall skill set.

At the same time, improve a player's strength, speed, athleticism and endurance, and now you have an elite **Hockey-Athlete**, which is the goal when training and playing at the CoE.

Five training phases, daily training themes, positive hands-on coaching, innovative training methods and video analysis are utilized to accelerate the development process of The Hockey-Athlete, and prepare each individual for advancement to the highest levels of junior, collegiate and professional hockey

ON-ICE

Emphasis is placed on quality repetitions, performed:

- In-part, as well as combined as a whole.
- Individually, as well as within a group.
- In no pressure, light pressure and full pressure situations.

OFF-ICE

Quality repetitions remain the focus off the ice, as athletes train to develop:

- The strength of a football player and the explosive quickness of a track runner.
- The balance, stability, agility and range of motion that comprises overall athleticism.
- Durability to avoid injury, and endurance to withstand the demands of a long season.

STUDY. TRAIN. PLAY.

TO YOUR FULL POTENTIAL.

#TPHTRAINED

Though just six years old, the CoE model has already produced an impressive list of #TPHTrained players who have competed at the highest levels of junior hockey. As our model grows, so too will this list, with many players soon graduating to the collegiate and professional levels.



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NHL 29

NAHL 29



PROUD PARTNERS

edmentum **BAUER** adidas

TOTAL PACKAGE HOCKEY

Founded in 2001, Total Package Hockey is a hockey service provider committed to exceeding the expectations of student-athletes and their families, one choice at a time. Through various platforms and programs, our vision is to positively impact the lives of student-athletes through the game of hockey. No TPH platform provides a greater opportunity to apply this vision than our Center of Excellence model.

THE CENTER OF EXCELLENCE MODEL

The Total Package Hockey Center of Excellence is a focused environment where dedicated student-athletes *Study, Train* and *Play* to their fullest potential. Our environment combines proven, accredited blended learning with hands-on, innovative on and off-ice training and instruction. TPH believes in a holistic approach, and recognize that our greatest responsibility is to prepare our student-athletes for success in the ultimate game: the game of life.



Well-rounded, resilient, self-starting - this is the type of student our academic culture looks to foster. This process occurs in a selective learning environment that offers students the flexibility to balance academics and hockey.

DISCIPLINED, DAILY STRUCTURE

Students maintain a disciplined, daily structure at the CoE. While actual schedules vary by location, a typical CoE day strikes an appropriate balance between studying, training and playing. Like a traditional classroom, all CoE's implement policies to ensure students are accountable and perform academically.

STRIVING FOR ACADEMIC EXCELLENCE

Through dedication in the classroom, CoE attendees have committed to play collegiate hockey at top universities. TPH has student-athletes currently attending or committed to these 18 universities, all of which are in US News' Top 100. ◦



INDIVIDUALIZED & CUSTOMIZED LEARNING PLANS

TPH is proud to offer a customized learning platform, built specifically for the CoE, through Edmentum, the official learning partner of Total Package Hockey. Edmentum's coursework is rigorous, robust and most importantly, NCAA accredited. Our academic program allows student-athletes to balance their individual learning pace with hockey schedules and rest. Our academic team prides itself on our ability to craft individual education plans for each-student athlete. In short, we'll help you choose the right courses and tailor the program to fit both your schedule and learning style.

APPLICABLE AND FAR REACHING EXPERIENCES

Skills such as the ability to time manage and learn in different settings are taught at the CoE, all in an effort to prepare our student-athletes for an independent lifestyle. Real-world experiences such as field trips, community service projects, guest speakers and TPH's mentorship program take learning beyond the classroom. Mentoring future leaders who understand what it means to do the right thing on and off the ice is central to positively impacting the lives of our student-athletes.