

Canada Winter Games
Overview of Men's Hockey
Program
2007

Outline

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What is Canada Winter Games

- Major event held every four years to prepare athletes for Winter Olympics.
- Geared towards Canada's elite athletes.
- Every province and territory represented.

Who will participate in Men's Hockey

- Men's hockey has the best under 17 players from each province (must be 16 years or younger as at December 31, 2006).
- Many players from the larger provinces play Major Junior Hockey and will be drafted by NHL teams.
- Players that have competed at Canada Winter Games – Sidney Crosby, Chris Pronger, Paul Karia, Joe Sakic, Michael Peca, Derek Morris.

Who will participate in Men's Hockey

Competition Format

- 4 pools – 3 with 3 teams and 1 with 4 teams.
- Top two teams in each pool advance to qualifying round. The other 5 teams go to the Relegation Round.
- Yukon will play **Quebec** and **Nova Scotia** in the first round.

Who will participate in Men's Hockey

Team Quebec 2003

- 11 players played in the “Q” (Quebec Major Junior); All other players are midget aaa. One 1st yr midget.
 - Forwards – average height – 5’10”; weight 181lbs.
 - Defense - average height – 6’; weight 184 lbs.

Who will participate in Men's Hockey

Team Nova Scotia 2003

- No major junior players – all Midget aaa.
 - Two first year players one of which was:
Sidney Crosby.
- Averages: Height 5'11"; Weight 172lbs.

How can Yukon players prepare

- Try to play at the highest level of hockey that you can. Whitehorse Rep programs or rep programs down south and/or junior hockey if you are good enough.
- Work on individual skills, shooting, stick handling on your own in your driveway or at your local rink.
- Undertake a summer training program. Also, cross train in other sports such as soccer, boxing (before you train consult with a professional trainer or coach).
- develop mental aspects of the sport (detailed mental training).
- Attend hockey schools and camps during off season. Goaltenders need to attend goalie schools and ideally have a access to goalie coach on a year round basis.

When will Team Yukon be selected

- Final roster will be named in January 2007. Can name up to 20 players.
- Summer Training squad will be identified in April 2006.
- Final Training squad will be picked in Fall of 2006.
- Players will be evaluated over the next 9 months.

What type of commitments will be required.

- 2006 Training squad
 - You will need to train hard over the summer to prepare for next falls hockey season.
 - Team Yukon will make available a fitness trainer to help you develop a dry land program.
 - You are strongly encouraged to play rep hockey at the AA or AAA level or play junior hockey.

The Challenge: How will Team Yukon compete

- Team Yukon will have to be in peak physical condition, will have to play strong defensive systems, have superb goaltending, have a strong work ethic and will have to be mentally tough.
- Yukon players will have to be exposed to high level competition in the next year.
- Coaches will need Advanced Level Coaching prior to 2007.