

NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
PHONE: (705) 474-8851 • FAX: (705) 474-6019
www.noha.on.ca



Date: January 22, 2019

To: 2005-Born NOHA Players
Parents of 2005-Born NOHA Players

From: Claudette Myre

Re: **2019 NOHA Program of Excellence Under-14 Camp**

The Northern Ontario Hockey Association (NOHA) is pleased to announce the details of the inaugural Program of Excellence Under-14 Camp to be hosted as part of the 2019 NOHA Development Weekend in Sudbury on May 24 to 26, 2019.

Introduction to the Hockey Canada Program of Excellence

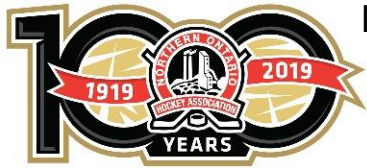
The Program of Excellence (POE) is Hockey Canada's elite development and competitive program that provides players with exposure to international competition and the best high-performance coaching in the country. The POE allows Hockey Canada to identify and develop Canada's most gifted young hockey players, to encourage and motivate them to play for their country and to provide them with the opportunities to measure and refine their skills at the top international competitions. These international competitions include the World Under-17 Championships, World Under-18 Championships, World Junior Hockey Championship, World Hockey Championship, and Olympic Games.

Introduction to the NOHA Under-14 Program of Excellence

The NOHA U-14 Program of Excellence Camp is an introductory program with the purpose of preparing our young hockey players for the challenges they will encounter throughout Hockey Canada's POE Pathway. Players will be introduced to Hockey Canada's Four Pillars of Excellence, which are Physical Performance, Mental Performance, Technical Performance, and Environment for Success. They will develop their skills on the ice through skills sessions, and off the ice through lectures.

Eligibility

The NOHA POE Under-14 Camp will be open to all players registered within the NOHA that are born in 2005. Preference will be given to those players that are playing at the AAA and Representative (AA to D) Level in the season preceding the Under-14 Camp.



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Capacity

The capacity of the Camp is 80 players (44 forwards, 24 defensemen, 12 goaltenders). If there is significant interest, we will do our best to accommodate more participants depending on ice availability and scheduling.

Camp Details

The Camp will begin the evening of May 24 and conclude on May 26, 2019.

Players will be divided into equal teams consisting of players from all areas of the NOHA.

Unlike the Under-15 Camp, players will not be housed at Laurentian University; instead, they will be in the care of the parents at night. The NOHA is working with local hotels to provide blocks of rooms for those who are from out of town.

This is not an evaluation camp, but it is a tremendous opportunity to develop our 2005-born players to ensure they are more prepared for the challenges they will face when competing at future Camps such as the OHF/OHL Under-15 Camp, and the OHL Gold Cup Under-16 Camp.

What a Player Receives by Attending the Under-14 Camp

- Approximately 7.5 to 8 hours of ice.
 - Individual Skill Sessions with Hockey Canada/OHL Instructors
 - Position Specific Skill Sessions (Goaltender, Defenseman, Forward)
 - Two Scrimmages
- Classroom sessions presented by subject matter experts:
 - Current list of Topics (subject to change):
 - Program of Excellence/Hockey Pathways
 - Physical Performance
 - Mental Performance
 - Technical Performance
 - Social Media
- Off-Ice Gym Session
- NOHA Under-14 Jersey
- NOHA Branded Under-14 Apparel
- Meals and Snacks throughout the weekend

Registration and Cost

The cost to attend the 2019 NOHA Under-14 POE Camp is \$360.00 + HST.



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To register, please fill out the online survey [here](#). **The survey must be filled out in the name of the player attending the Camp, however, please provide the email and phone numbers of the parent or guardian as this will be the main way we communicate important information.**

Applications are due March 29, 2019.

Full details of the Camp will be available in the middle of April with a complete information package, including the camp schedule.

Should you have any questions, please contact NOHA Technical Director, Andrew Corradini at (705) 474-8851 or acorradini@noha.on.ca.

Yours truly,

Claudette Myre
NOHA President