



NORTHERN ONTARIO HOCKEY ASSOCIATION

110 LAKESHORE DRIVE
NORTH BAY, ONTARIO P1A 2A8
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Date: February 14, 2020

To: 2006-Born NOHA Players and Goaltenders
Parents of 2006-Born NOHA Players and Goaltenders

From: Claudette Myre

Re: **2020 NOHA Program of Excellence Under-14 Camp – May 22 to 24, 2020 - Sudbury**

The Northern Ontario Hockey Association (NOHA) is pleased to announce the details of the second Program of Excellence Under-14 Camp to be hosted as part of the 2020 NOHA Development Weekend on May 22 to 24, 2020 in Sudbury.

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 and through their young hockey careers. 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 and an off-ice fitness session.

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.



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Eligibility

The NOHA POE Under-14 Camp is open to all players registered on NOHA rosters that are born in 2006. If the Camp reaches capacity, and we are unable to accommodate more players, preference will be given to those players that are playing at the AAA and Representative (AA to C) Level in the season proceeding the Under-14 Camp.

Camp Details

The Camp will begin in the evening of May 22 and conclude in the afternoon on May 24, 2020 in Sudbury.

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

Unlike the OHF/OHL Under-15 Camp that will be occurring on the same weekend in Sudbury, 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.

The NOHA Under-14 POE Camp is not treated as an evaluation camp, but it is a tremendous opportunity to develop our 2006-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, the OHL Gold Cup Under-16 Camp, and the Hockey Canada National Under-17 Camp. Hockey Canada has repeatedly stated that majority of players **are not** sufficiently prepared for these camps. This is one of the development opportunities that the NOHA is offering to ensure this changes for future seasons. It is also an excellent opportunity for players across the NOHA to measure their ability against like skilled players.

What a Player Receives by Attending the Under-14 Camp

- Ice Allocation:
 - Forwards/Defencemen
 - 2 or 3 Practices (depending on the amount of players attending), focus of practices under consideration
 - Skating Skills Practice with our Skating Skills Lead.
 - Position Specific Skills Practice with our Forward/Defencemen Skills Leads.
 - Small Area Skills Practice
 - 2 Games
 - Goaltenders
 - 1 Goaltender Specific Skills Practice with our Goaltender Leads
 - 2 or 3 Practices (depending on the amount of players attending) with your team, and our Goaltender Leads



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- 2 Games (rotated evenly)
- Classroom sessions presented by subject matter experts:
 - Current list of Topics (subject to change):
 - Program of Excellence/Hockey Pathways
 - Physical Performance
 - Practical Nutrition
 - Mental Performance/Goal Setting
 - Technical Skills Performance
 - Intro to Officiating
- Off-Ice Gym Session focused on the proper warm-up/cool down
- NOHA Under-14 Jersey
- NOHA Branded Under-14 Apparel
- Meals and Snacks throughout the weekend
 - Saturday – Lunch / Dinner / Snacks at Rink
 - Sunday – Lunch / Snacks at Rink

Registration and Cost

The cost to attend the 2020 NOHA Under-14 POE Camp is \$380.00 + HST.

To register, please fill out the online survey [here](#). Once the survey is completed, you will be transferred to our online payment portal.

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 April 3, 2020.

Full details of the Camp will be available in early to mid-April with a complete information package, including the camp schedule. For an idea of what the Camp Schedule will look like this year, please see an enclosed copy of last year's schedule.

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

Yours truly,

A handwritten signature in cursive script, appearing to read 'Claudette Myre'.

Claudette Myre
NOHA President