

**BARONS
HOCKEY**



LOUIS ST. LAURENT

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It's a great time of the year!

The start of the 2012-13 hockey season is upon us. The hockey academies have started, winter teams are formed and parents are organizing "Tim Horton" coffee runs! It's a great time of the year!

Here, at Louis St Laurent Hockey Academy, we are very excited about the upcoming year. We have had a few changes over the summer. The first big change was LSL Head Coach, Rick Swan, taking an associate coaching position with the Bonnyville Pontiacs for the Alberta Junior Hockey League. Rick, along with the other coaches, has done an excellent job creating Edmonton's best skill development hockey academy! Before Rick left his position with LSL, he was instrumental in bringing Blair Becker to take over the on-ice training at the hockey academy. Blair has been coaching since 1998, is current owner of Core Hockey Training and is an assistant coach with Camrose Kodiaks of the Alberta Junior Hockey League. We are thrilled to have Blair on board! Blair stated, "I was very honored when Rick asked me to consider taking over LSL Hockey Academy. Knowing Rick for numerous years, I knew his program would be nothing but 'top notch.' It was an easy decision to come and continue to grow the culture that Rick has worked so hard to achieve!"

Further to continuing Swan's legacy, Blair has brought off ice skill sessions to LSL Hockey Academy. Off ice skills are an excellent way to work on specific areas of a players game. This allows the player to focus on technique and high quality repetition for the passing and stick handling skills. These sessions started at the beginning of October and will continue through December.

LSL Hockey Academy has also added Quantum Speed, under the direction of Vanessa Hettinger, to the program. We want to have a successful hockey program, to do this we believe it is mandatory to surround ourselves with excellent people. Vanessa has created a skating system that works and will drive the players at LSL towards excellence! Benefiting our skaters by polishing the first skill that every player learns and requires to play in a game that is becoming faster every year! We welcome Vanessa to LSL Hockey Academy!

We look forward to another fantastic year!!

LOUIS ST. LAURENT
CATHOLIC SCHOOL

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