



Barons Hockey Academy News!!

Benefits of a High School Hockey Academy

Hockey, like any team sport, can play an important role in your child's growth and development as an athlete and as a young adult. The life values learned from a positive experience in sports are invaluable for any young person. Here is a list of what the game of hockey can do for your son.

Hockey Academies...

- Are FUN;
- Provide regular, healthy exercise for the student athletes;
- Build an appreciation of personal health and fitness for the student athlete;
- Provide a stress release from the daily pressures of school and family life;
- Provide an understanding of the importance of discipline in an environment where team structure is an important attribute;
- Provide an understanding of the importance of teamwork, fair play, dedication, loyalty, responsibility, commitment, and sportsmanship;
- Teaches respect for others as well as themselves and allows every one to 'recognize the good that every one brings' in a learning environment;
- Help students resolve issues and disputes without violence (Together Everyone Achieves More);
- Improves self confidence, self worth, and promotes a positive self-image for the student athlete;
- Provides an opportunity to meet new friends;
- Help student athletes develop great work habits, a stronger commitment to the game and more confidence in their abilities;
- Teaches student athletes the importance of always doing your very best – **“Workers Are Winners;”**
- Provides athletes with additional ice time in order to develop their technical and tactical skills at a faster rate due to the increased repetitions and instruction. Late bloomers, starters and maturing athletes receive the greatest improvement gains;
- Provides students an opportunity to take “their game” to the “next level;”
- Improves creative hockey skills with the student athlete while at the same time develops life skills that will enrich all aspects of their daily lives.

These are just a few of the benefits your child can gain from participating in hockey academies as well and there is no doubt that you as parents can add a few of your own to this list. Winning and self-serving motives have no room in youth sports. **At Louis St. Laurent High School Hockey Academy** our focus is on ensuring that every student athlete has a positive growth experience where we can build **“Better People through Hockey.”**