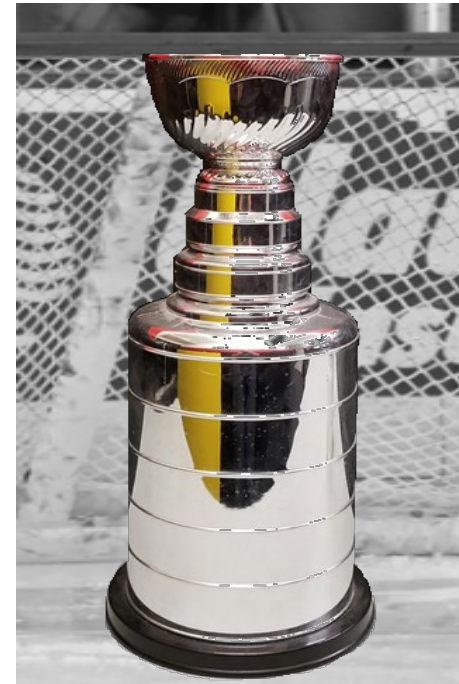




INFORMATION PACKAGE



SPECTRUMHOCKEY.CA



Program Coordinators



Johann Cherry

- Bachelor of Education (Phys. Ed)
- Masters of Education Degree (Coaching Studies)



Mike Adams

- Bachelor of Education (Phys. Ed)
- Masters Degree (Leadership & Administration)

School Administrators



Aaron Norris
Principal



Christina Pelletier
Vice-Principal



Phil Ohl
Vice-Principal

Brad Cook – Ice Instructor

Brad has been coaching all levels for nearly 30 years throughout North America. Growing up in Detroit, Brad had the privilege of playing for and training with some of the top hockey minds in the industry. As a player, Brad played in the OHL for the Detroit Jr Red Wings and also won a Royal Bank Cup with the Vernon Vipers.

Following his Junior career, Brad went on to play over 600 games of professional hockey, and since retiring from playing in 2006, Brad has worked as Head Coach/General Manager and assistant coach in the BCHL and the VIJHL. Brad has also been an integral part of developing young talent in Victoria, BC for the past 14 years as Head Hockey Instructor at the Spectrum High School Hockey Academy, and most recently Head Skills Coach / Associate Coach with BC Hockey Programs of Excellence. Brad is also currently an associate coach with the U18 Island Wild in the Junior Prospects League.

Brad's experience as an elite player, passion for giving back to the game and being instrumental in moving numerous players on to the WHL, NCAA, and BCHL.



Specialty Instructors



Justin Manz

Strength & Conditioning

Owner, Empire Athletics &
Wellness



Chris Kinnear

Nutrition / Supplements

Owner, Popeyes Supplements



Austin Roden

Victoria Royals
Goaltending Coach

Owner, Rodes Closed
Goaltending



Shayla MacDonald

On Ice Instructor

Anna Maria College (NCAA)
Alumni & Spectrum Hockey
Alumni

Using Sport to Create Success in Life!

- Integrating academics and hockey so they benefit from each other
- Using hockey as a vehicle for personal growth
- Helping each student/athlete develop a sense of self-worth as a contributing member of our hockey, school, and greater community
- Creating a culture and identity that future students will aspire to follow

“Hockey is the tool we use to teach our student athletes important life skills. Character development, commitment, fitness, and dedication are all areas of emphasis as athletes are guided through opportunities designed to develop a healthy, balanced lifestyle. Student athletes reap the benefits of working together to maintain a high level of motivation while they share their passion and enthusiasm pursuing excellence in sport. We believe that learning to activate your mind and body will lead to a higher level of learning.”





- Fully Accredited High School Credits
- Full Academic Support
- Professional Coaches
- Balanced Student-Athlete Schedule
- Over 120 hours of on ice Skill Development
- Overall Athletic Development with Multi-Sport Implementation
- 10 Month on Ice Program
- Professional Resources



CHARACTER



ACCOUNTABILITY



CITIZENSHIP



TIME MANAGEMENT



HEALTHY ATHLETIC LIFESTYLE





ELIGIBILITY REQUIREMENTS

- Any high school aged student going into grades 9, 10, 11, or 12 may be accepted into the program
- Have the ability to balance a full academic schedule with a high-performance training program
- Demonstrate responsible behavior and a positive attitude
- Demonstrate determination, commitment and a desire to play at the competitive level
- Playing minor hockey with a local hockey association
- If accepted, students must register as a full-time student at Spectrum



YEAR ONE

Three 70 minute on-ice blocks per week (Sept – June)
Two classroom sessions per week
Credit for P.E. 9 (4 credits) and Principles of Sport 9 (4 credits)

YEAR TWO

Three 70 minute on-ice blocks per week (Sept – June)
Two classroom sessions per week
Credit for P.E. 10 (4 credits) and Cross Training 10 (4 credits)

YEAR THREE

Three 70 minute on-ice blocks per week (Sept – June)
Two classroom sessions per week
Credit for P.E. 11 (4 credits) and Cross Training 11 (4 credits)

YEAR FOUR

Three 70 minute on-ice blocks per week (Sept – June)
Two classroom sessions per week
Credit for P.E. 12 (4 credits) and Cross Training 12 (4 credits)

ALTERNATIVE CREDITS

Some students may also receive credits depending on additional course enrollment for:

- Fitness & Conditioning (4 credits) linear (outside timetable)
- Principles of Sport (4 credits)
- Athletic Leadership (4 credits)
- Sport Science (4 credits)

SPECTRUM HOCKEY (BLOCK B) CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERED
BLOCK A 8:35-9:55	BLOCK B CROSS TRAINING 8:35-9:45	BLOCK A 8:35-9:55	BLOCK B CROSS TRAINING 8:35-9:55	BLOCK A 8:35-9:45	BLOCK A 8:35-9:50
TRANSITION (9:55-10:05)	TRANSITION (9:45-9:50)	TRANSITION (9:55-10:05)	TRANSITION (9:55-10:05)	TRANSITION (9:45-9:50)	TRANSITION (9:50-10:00)
BLOCK B ICE 10:05-11:30	BLOCK A 9:50-11:00	BLOCK B ICE 10:05-11:30	BLOCK A 10:05-11:25	BLOCK B ICE 9:50-11:15	BLOCK B ICE 10:00-11:15
LUNCH (11:25-12:10)	LUNCH (11:00-11:35)	LUNCH (11:25-12:10)	LUNCH (11:25-12:10)	LUNCH (11:00-11:35)	EXTENSION 11:15-11:35
BLOCK C 12:10-1:30	BLOCK D 11:35-12:45	BLOCK C 12:10-1:30	BLOCK D 12:10-1:30	BLOCK C 11:35-12:45	BLOCK C 12:20-1:35
TRANSITION (1:30-1:40)	TRANSITION (12:45-12:50)	TRANSITION (1:30-1:40)	TRANSITION (1:30-1:40)	TRANSITION (12:45-12:50)	TRANSITION (1:35-1:45)
BLOCK D 1:40-3:00	BLOCK C 12:50-2:00	BLOCK D 1:40-3:00	BLOCK C 1:40-3:00	BLOCK D 12:50-2:00	BLOCK D 1:45-3:00
	COLLAB 2:00-3:00				



**SPECTRUM HOCKEY (BLOCK C)
CLASS SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERED
BLOCK A 8:35-9:55	BLOCK B 8:35-9:45	BLOCK A 8:35-9:55	BLOCK B 8:35-9:55	BLOCK A 8:35-9:45	BLOCK A 8:35-9:50
TRANSITION (9:55-10:05)	TRANSITION (9:45-9:50)	TRANSITION (9:55-10:05)	TRANSITION (9:55-10:05)	TRANSITION (9:45-9:50)	TRANSITION (9:50-10:00)
BLOCK B 10:05-11:25	BLOCK A 9:50-11:00	BLOCK B 10:05-11:25	BLOCK A 10:05-11:25	BLOCK B 9:50-11:00	BLOCK B 10:00-11:15
LUNCH (11:25-12:10)	LUNCH (11:00-11:35)	LUNCH (11:25-12:10)	LUNCH (11:25-12:10)	LUNCH (11:00-11:35)	EXTENSION 11:15-11:35
BLOCK C 12:10-1:30 ICE 12:00-1:10	BLOCK D 11:35-12:45	BLOCK C 12:10-1:30 ICE 12:00-1:10	BLOCK D 12:10-1:30	BLOCK C 11:35-12:45 ICE 11:30-12:30	BLOCK C 12:20-1:35 ICE 12:00-1:10
TRANSITION (1:30-1:40)	TRANSITION (12:45-12:50)	TRANSITION (1:30-1:40)	TRANSITION (1:30-1:40)	TRANSITION (12:45-12:50)	TRANSITION (1:35-1:45)
BLOCK D 1:40-3:00	BLOCK C 12:50-2:00	BLOCK D 1:40-3:00	BLOCK C 1:40-3:00	BLOCK D 12:50-2:00	BLOCK D 1:45-3:00
	COLLAB 2:00-3:00				

**SPECTRUM HOCKEY (BLOCK D)
CLASS SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ALTERED
BLOCK A 8:35-9:55	BLOCK B 8:35-9:45	BLOCK A 8:35-9:55	BLOCK B 8:35-9:55	BLOCK A 8:35-9:45	BLOCK A 8:35-9:50
TRANSITION (9:55-10:05)	TRANSITION (9:45-9:50)	TRANSITION (9:55-10:05)	TRANSITION (9:55-10:05)	TRANSITION (9:45-9:50)	TRANSITION (9:50-10:00)
BLOCK B 10:05-11:25	BLOCK A 9:50-11:00	BLOCK B 10:05-11:25	BLOCK A 10:05-11:25	BLOCK B 9:50-11:00	BLOCK B 10:00-11:15
LUNCH (11:25-12:10)	LUNCH (11:00-11:35)	LUNCH (11:25-12:10)	LUNCH (11:25-12:10)	LUNCH (11:00-11:35)	EXTENSION 11:15-11:35
BLOCK C 12:10-1:30 ICE 12:00-1:10	BLOCK D 11:35-12:45	BLOCK C 12:10-1:30	BLOCK D 12:10-1:30	BLOCK C 11:35-12:45	BLOCK C 12:20-1:35
TRANSITION (1:30-1:40)	TRANSITION (12:45-12:50)	TRANSITION (1:30-1:40)	TRANSITION (1:30-1:40)	TRANSITION (12:45-12:50)	TRANSITION (1:35-1:45)
BLOCK D 1:40-3:00 ICE 1:45-2:45	BLOCK C 12:50-2:00	BLOCK D 1:40-3:00 ICE 1:45-2:45	BLOCK C 1:40-3:00	BLOCK D 12:50-2:00 ICE 1:00-2:00	BLOCK D 1:45-3:00 ICE 1:45-2:45
	COLLAB 2:00-3:00				

DEPOSIT PAYMENT

\$250
NON-REFUNDABLE*
DEPOSIT

(2 WEEKS AFTER
ACCEPTANCE)

SECOND PAYMENT

\$1,000
PAID TO SPECTRUM
VIA SCHOOLCASH ONLINE

SEPTEMBER 15, 2026

FINAL PAYMENT

\$500
PAID TO SPECTRUM
VIA SCHOOLCASH ONLINE

JANUARY 31, 2027

\$1,750
ANNUAL
(+ District Transaction Fees)

WHAT IT COVERS

- Practice Ice (120 Hours) September - June
- Professional Daily Instructors
- Goaltending Coaches
- Mental Performance Coach
- Storage Containers
- Program Apparel
- Program Equipment, Props, & Pucks

REFUND POLICY

Refunds will only be administered in the situation of a season ending injury that excludes participation for the remainder of the year



AWARDS



Most Outstanding Student Athlete

Voted by players and staff. Presented to the athlete who demonstrates: Leadership qualities on and off the ice, dedication to academics, outstanding citizenship & commitment to the growth of their hockey skills



Top Academic Student Athlete

Presented in both the Junior and Senior Category to students that demonstrate:

- Top Grade Point Average



Most Improved Student Athlete

Presented by staff to the athlete who has demonstrated: Dedication to improvement of their on ice skills & knowledge, growth in cross training activities and athletics as a whole. Must be a student in good standings



Spectrum Cup Champions

At the conclusion of each school year players will compete in a Best of Seven Game Series. Winners will forever have their name engraved on the Spec Cup!



PROGRAM ALUMNI



Wade Murphy
2009-2012

- Drafted 2013 Round 7 # 185 Overall by Nashville Predators (NHL)
 - Arizona State (NCAA Div 1)
- Victoria Grizzlies (BCHL)



Nolan DeJong
2009-2011

- Drafted 2013 Round 7 #197 Overall by Minnesota Wild (NHL)
- University of Michigan (NCAA Div 1)
- Victoria Grizzlies (BCHL)



Shawn McBride
2009-2013

- New York Rangers (NHL)
- American International College (NCAA Div 1)
- Victoria Grizzlies (BCHL)



Brendan DeJong
2012-2016

- Drafted 2017 Round 6 #166 overall by Carolina Hurricanes (NHL)
- Portland Winterhawks (WHL)
- University of Calgary (USports)

PROGRAM ALUMNI



Sean Strange
2014-2018

- University of Calgary (USports)
- Kamloops Blazers (WHL)
 - Faculty: Arts



Zach Guerra
2014-2018

- University of Central Oklahoma (ACHA)
 - Major: Business & Marketing



Shayla MacDonald
2016-2020

- Anna Maria College (NCAA Div 3)
- Major: Social Work



Makenna Percival
2018-2022

- Mount Allison Mounties (MIAA)
 - Major: BA Psychology

PROGRAM ALUMNI



Jason Spizawka
2017-2021

- Victoria Royals (WHL)
- Drafted 1st round, 19th Overall in 2019



Ryan Spizawka
2017-2021

- Victoria Royals (WHL)
- Drafted 7th round, 137th Overall in 2019



Nathan King
2020-2022

- Victoria Grizzlies (BCHL)
- Merrimack College (NCAA Div 1)



Ollie Josephson
2021-2022

- Red Deer Rebels (WHL)
Drafted 1st round, 5th Overall in 2021
- Seattle Kraken (NHL) Drafted 105th overall in 2024

ACADEMIC ALUMNI HIGHLIGHT

Katie Banman (2015-2019)

I am currently in my 4th year of a Bachelor of Commerce degree at Gustavson School of Business (Uvic), but I am on an exchange semester in Mannheim, Germany as we speak. I'm in the process of studying for the LSAT, and I plan to attend Law School at Uvic for joint Juris Doctor (JD) and Juris Indigenarum Doctor (JID) degrees post graduation.

I have become a keynote speaker for the Bachelor of Commerce program, and I help organize student events with the Commerce Student Society. Recent awards would just be the continuation of scholarships throughout my four year undergrad. My biggest achievement recently was Summer 2022 Uvic Intramural Ice Hockey Championship!



FREQUENTLY ASKED QUESTIONS

Transportation – How does my son/daughter get to/from the rink?

All ice sessions are hosted at G.R. Pearkes Recreation which is less than a 10-15 minute run from the school.

What about my son/daughter's hockey equipment?

We have two seacan containers with shelving at Pearkes where families can pickup/drop off gear at their convenience. You can access these through a lockbox. We encourage players to take their gear home on non-ice days to let it air out.

Will my son/daughter have enough time between classes to get to the rink/back to school?

Yes, the schedule has been carefully put together so there is minimal disruption to academic class time providing a student sticks to the schedule. Most teachers will give some flexibility around leaving 10 minutes early or arriving 10 minutes later at the maximum depending on block providing the student is in good standing and not disruptive entering/exiting.

What about showering?

Shower facilities are available at both Pearkes and Spectrum and players are encouraged to practice good hygiene.

What if I cannot afford the lump sum payments?

We are able to setup payment plans in smaller, more frequent increments (if needed).

What does it mean to be a student in 'good standing' and is there a minimum required GPA?

We do not require a specific GPA. Players are expected to be positive citizens and leaders within their classes and the school. If a student is behind in academics they will be pulled from hockey activities until they are again in good standing.



QUESTIONS?

IF YOU ARE LOOKING FOR FURTHER
INFORMATION, PLEASE CONTACT
PROGRAM COORDINATORS

JOHANN CHERRY

(jcherry@sd61.bc.ca)

or

MIKE ADAMS

(mjadams@sd61.bc.ca)

SPECTRUMHOCKEY.CA



 @SPECTRUMHOCKEYACADEMY