



ALBERNI SCHOOLS HOCKEY CANADA SKILLS ACADEMY

Written by Doug Lindores, Skills Academy Instructor



At one time every Canadian child who could put on a pair of skates and hold a hockey stick dreamed of shooting a puck and scoring a goal for either the Toronto Maple Leafs or Montreal Canadiens. The same is true for those not fortunate to have skates, their own backyard rink, and not involved in a minor hockey program but because kids loved hockey they played hockey outdoors for hours on end with a soft old tennis ball, two old nets, or something that resembled a net, with numerous friends on neighborhood roads and asphalt school grounds.

We know today that the world of computers and various computer and TV games has grown a different child and the dreams of many children have dramatically changed. However, there is one very interesting story of a child in Port Alberni who has always dreamed of shooting a puck and scoring a goal. The child, Angel, has had that dream fulfilled this school year as she has had the opportunity to participate in the Alberni Schools Hockey Canada Skills Academy.

Angel Magnusen a grade 8 student at EJ Dunn Middle School located in Port Alberni, the heart of Vancouver Island British Columbia is a Down Syndrome child who has loved hockey since her mother, Cheryl, can remember.

Angel first watched hockey on TV and admired and still very much loves the Vancouver Canucks. In September of 2002 when Angel was only five the Junior A Alberni Valley Bulldogs moved to Port Alberni. Angel has been an avid fan of the Bulldogs and has attended most of the teams' home games through the years. Angels dream was to play for her

beloved Dogs and her dream has always been to go on the ice and shoot a puck and score a goal. As Angel would say in her own words "me shoots me scores".

Two years ago Angel attended a "skate with the Bulldogs event". Due to a medical problem with her legs An-



Instructor Rick Schievink with other students in the academy

gel in truth could not skate but did get out on the ice and became friends with current Bulldog defenseman Adam Huot who spent most of his time on that particular evening helping Angel. Adam became close friends of the family and has helped in many fundraising events including the variety telethon. Adam built Angels confidence that some day she could skate and play hockey and shoot and score.

Angel went through major surgeries just over a year ago. She has had a tibia rotation and with some strength building in her post operations Angel has been able to fulfill her childhood dream which she is now living. She is playing and participating in hockey through the Alberni Schools Hockey Canada Skills Academy. To boost her confidence she participated with the grade six and seven hockey group from September through December. Every other day she would come out on the ice with power skate coach Jan Norman and participate with the other students who were all very helpful and accepting to Angel.

Angel now participates with a grade 8 group two or three times per week. Coach Jan Norman says "Angel is a joy to work with." "She struggles with the physical **More on page 6...**



Power Skating Instructor Jan Norman and Angel



YouTube Broadcast Yourself™

Check out these cool videos on Shooting:

Playmakers Hockey "Next Level" Instructional Shooting Video
<http://www.youtube.com/watch?v=kLr63oWYxWk>

Ice Hockey - Balance for Shooting
<http://www.youtube.com/watch?v=2HRN2Jp1348>

Basic Hockey Instruction - Shooting
<http://www.youtube.com/watch?v=m1kE-Eg96Us>



DON'T FORGET!!!

When submitting articles, don't forget to nominate a special student who has either excelled, improved or dedicated themselves to the Hockey Canada Skills Academy Program.

One chosen student will be sent a Hockey Canada Skills Academy gift pack which includes:

A Skills Academy Backpack

A Skills Academy Key Chain

A Skills Academy T-Shirt

Last month's gift pack winner was Keanna Lee from St. James Jr. High School In Calgary, Alberta

Thank you!

ALBERNI SCHOOLS HOCKEY CANADA SKILLS ACADEMY

Written by Doug Lindores, Skills Academy Instructor

Continued from page 5... closeness and the aggressive nature of the game." "This is not her nature but she truly loves being at the rink playing her favorite sport." Since Christmas coach Jan and Hockey Canada Skills Instructors Rick Schievink, Greg Freethy and Doug Lindores have seen a remarkable improvement in her comfort on the ice. Her skating and hockey skills have also improved.

Angels aid Diane Bridgen has remarked that the Hockey Academy has been very helpful not only with the buildup of confidence and getting exercise but it has "also helped her socially". Other kids on the ice and in the locker room see her as part of their group and have accepted her that way. For Angels' mom Cheryl the hockey academy and the exercise she is receiving has physically maintained her weight and maintained her blood sugar levels. The skating has strengthened her legs and has increased her stamina. The physical exercise has also created much improved academic activity. Her reading and math is much better than what it ever was.

"Every kid should have an opportunity" has been quoted many times. Angel has her opportunity and is living her dream. She may not score a goal for Canada's team the Leafs but she certainly has had the opportunity to "me shoot a puck, me scores." Hockey Can-

ada and the Hockey Canada Skills Academy has helped in a big way to fulfill this one child's lifelong dream.

In other news from Alberni Schools Hockey Canada Skills Academy, Head instructor Rick Schievink who has been with the program for the past three years received the Port Alberni Hockeyville award which honors an individual best exemplifying fairness, sportsmanship, and co-operation. Rick received this honorary award at a recent city hall meeting. Rick also was selected to represent Team Pacific at the 2009-10 under 17 World Challenge tournament in Ontario. Rick's title for the team was assistant director of operations. Rick has been invited as a coach at the under 17 provincial camp for the last 3 years. Rick has twice been an under 16 B.C. tournament head coach and an under 17 assistant coach. Rick played all of his minor hockey in Port Alberni and played Junior B and Intermediate A in his home community. Rick had opportunity to play semi-pro hockey in Europe where he played 2 years in Nijmegen Holland. Congratulations to Rick and thank-you for his hard work serving students at the Alberni Schools Hockey Canada Skills Academy.

Doug Lindores
Hockey Canada Skills Academy Instructor