**PANDAS HOCKEY TRAINING GROUP**

**WHAT?** A Pandas Hockey Training Group that operates within the Green & Gold Athlete Academy. The members of this group benefit from a comprehensive technical, tactical, physical, and mental training program that is delivered by the U of A’s varsity coaching staff and integrated into the school day. This training program is designed to enhance our student-athletes’ current and future performance.

**WHY?** We believe there is a better way to develop the elite female hockey players of the future while creating a better sport-life balance in the process. Our student-athletes’ hockey skills are greatly enhanced through the extensive training that is built into their school week. They also gain an academic advantage by way of the unique timetable at Vimy Ridge Academy and the credits they receive between Physical Education and Career and Technology Studies (CTS).

**WHO?** Everyone included in the Pandas Hockey Training Group is considered to have the potential to compete at the post-secondary level and beyond. Specifically, this group is made up of student-athletes in Grades 9, 10, 11, and 12. Priority will be given to members of an Edmonton Pandas team that competes in the Alberta Female Hockey League.

**WHEN?** The Pandas Hockey Training Group operates from Monday to Friday between 1:00 and 4:00 pm. This totals 12 to 15 hours of weekly training delivered by our expert coaches. The weekly schedule also includes dedicated blocks of time for self-directed academic study. Athlete Academy hockey players can also expect to have two additional evening practices with their Edmonton Pandas teammates, and to play the full Alberta Female Hockey League schedule.

**WHERE?** The Pandas Hockey Training Group is based at the University of Alberta’s North Campus, and utilizes Claire Drake Arena for its’ sport-specific training. This group also travels to South Campus twice a week for strength and conditioning sessions in the Sport Performance Centre (SPC).

For more information about the Green & Gold Academy’s Pandas Hockey Training Group, please visit: [uab.ca/sportsystem](http://uab.ca/sportsystem)