

SPORT-ÉTUDES PROGRAM

To allow student-athletes to meet their sport and academic demands more easily and have a balanced life.

PRO ACTION HOCKEY

The logo for Pro Action Hockey is a large, stylized red star with a grey 3D border. Inside the star, the words "PRO ACTION" are written in large, white, blocky letters with a grey outline. Below "ACTION", the word "HOCKEY" is written in smaller, white, blocky letters with a grey outline. At the bottom of the star, there are two rows of three white stars each.

12th year operating the hockey program at John Rennie

Director Mathieu Montreuil involved as a coach since 2002

PRO ACTION HOCKEY

The logo for Pro Action Hockey is a large, stylized red star with a grey outline. Inside the star, the words "PRO", "ACTION", and "HOCKEY" are written in white, bold, sans-serif capital letters. "PRO" is at the top, "ACTION" is in the middle, and "HOCKEY" is at the bottom. There are also several small white stars scattered around the bottom of the word "HOCKEY".

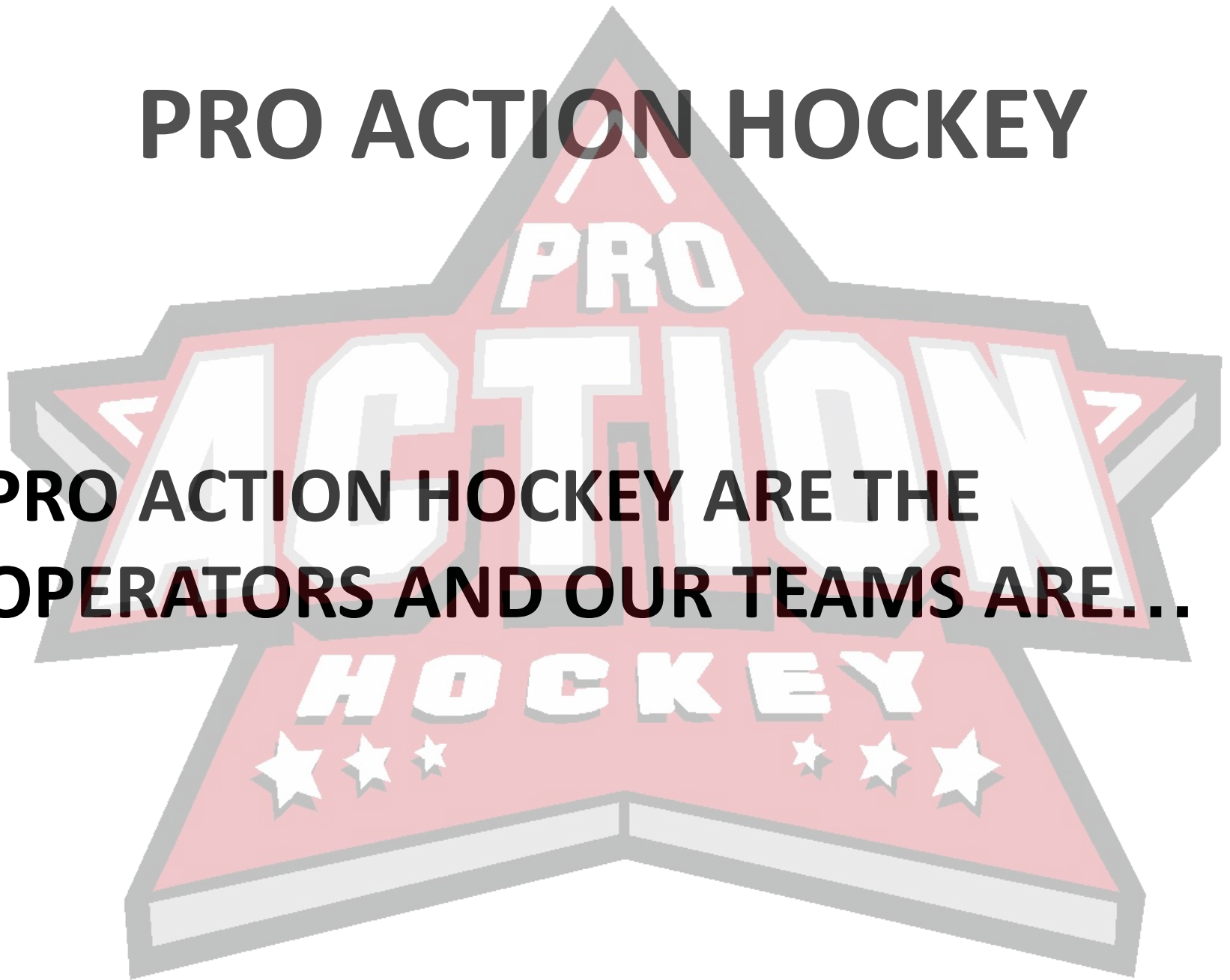
Developed numerous athletes playing at the highest levels

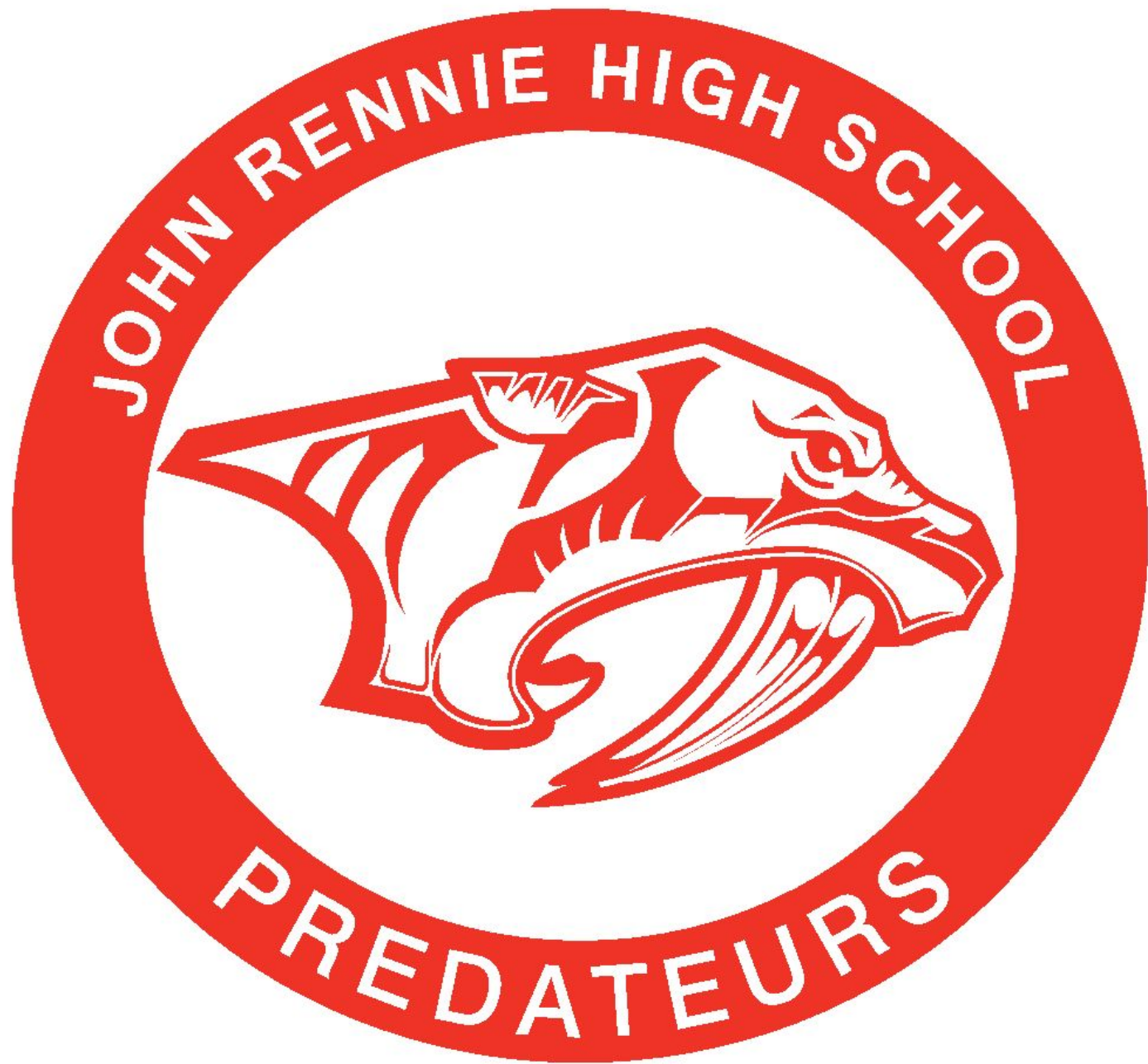
Adapted to the major changes by HQ

Professionalism and stability of the coaching staff

PRO ACTION HOCKEY

**PRO ACTION HOCKEY ARE THE
OPERATORS AND OUR TEAMS ARE...**





5 YEAR PLAN AT JRHS

TEAMS	GRADE
PEEWEE D1/D2	7 & 8
BANTAM D2	8 & 9
BANTAM D1	8 & 9
JUVENILE D2	10 & 11
JUVENILE D1	10 & 11

STUDENTS ARE ALSO TRAINING



Academic Success

- Overall average is 4 to 8% higher than the school average
- Academic awards (Governor General Award)
- Alumni at top Universities in USA and Canada

Athletic Environment

- 352 student-athletes
- 27 sports

Hockey Success

- Since 2006, 11 players drafted in the NHL (6 playing in the NHL)
- NCAA D1, NCAA D3, Prep Schools, Junior A/B
- QMJHL, CCHL, BCHL, USHL, CIS
- Juvenile D1 team
 - 5 Divisional Championships in 6 years
 - 1 Provincial Championship

PLAYING SCHOOL HOCKEY

- **Quality of life**
- **Strong Academic and Educational experience**
- **Structured Environment**
- **Achieve Hockey Goals**

A LOT OF CHANGES IN 2019...

Since 2007, we have had 3-4 teams training and playing at Westwood Arena in Dorval.

This year, all our teams practice and play across the street at Bob-Birnie Arena.

With all our players and coaches in one location, we felt it was a good time to bring changes to the program.

LOCATION

All practices and games at Bob-Birnie Arena, from Peewee to Juvenile

- 2 ice sheets: the Main and the Annex

Off-ice sessions at Terra Cotta, school and Pointe-Claire pool

Kids have lockers at the arena for their equipment (sharing)

FIRST 5 WEEKS (SEPT-OCT)

Skill development/Training camp

3 groups on Tuesday and Wednesday

- Power Skating/Skills sessions
- Forward-Defense split
- PHL - Monday

THE PHL

The PHL is like the NHL but only better!

Players from the program, from grade 7 to 11, are divided into 6 teams.

Teams play each other each Monday for first 4 weeks and then every 2-3 weeks during the season.

2 seasons - Sept-Dec and Jan-March

Stats, standings, national anthem, music and great referees each game!

THE PHL



profilehockey



profilehockey

DRAGON BOATING

Team building activity in September



DRAGON BOATING



BOX HOCKEY

Fun and challenging game!



PROFILE HOCKEY

Josh Lavery, Profile Hockey and PAH instructor

Skate sharpening at PC Arena pro shop

60\$ for the season

Kids drop off skates and pick-up next afternoon

IN SEASON TRAINING SCHEDULE

Team practices
 Off-ice as a team
 Study Hall sessions
 Team meetings
 Video sessions
 League games
 Tournaments
 Ped Support*

Tuesday 22			
PEEWEE D1			
15:00	16:30	GAME	PC MAIN
LBPHS			
BANTAM D1			
13:00	14:30	ON-ICE	PC ANNEX
14:45	15:15	VIDEO	EAST CONCESSION
BANTAM D2			
13:00	14:00	ON-ICE	PC MAIN
14:00	15:00	OFF-ICE	MEZZANINE
JUVENILE D1			
14:30	16:30	GAME	KIRKLAND
KUPER			
BUS LEAVES 13:00			
JUVENILE D2			
12:50	13:30	OFF-ICE	MEZZANINE
14:30	16:00	ON-ICE	PC ANNEX
TRAINING GROUP			
12:50	13:30	OFF-ICE	MEZZANINE
14:00	15:00	ON-ICE	PC MAIN

IN SEASON TRAINING SCHEDULE

Team/program activities (NCAA game, McGill-Concordia game, Laval Rockets, outdoor hockey)

PHL days

End of regular season/playoffs: training, tryouts, Power skating, off-ice, etc.

REGULAR SEASON



The background features a large, faint, circular logo for John Rennie High School. The outer ring of the logo contains the text "JOHN RENNIE HIGH SCHOOL" at the top and "PREDATORS" at the bottom. In the center of the logo is a stylized illustration of a predator's head, possibly a cougar or panther, facing right.

LHIQ

Local rivalries

Kuper Academy, Loyola, LCC, Selwyn, Heritage

Less travel (time and distance)

Improved practice/game ratio

Focus on player development

GRADE 7

PEEWEE TEAM (D1/D2)

Daily on-ice and off-ice training (end of May)

40 games for the season

- 24 regular season games
- Tournaments (Kuper, LCC, Quebec)

Transportation to and back from all weekday games

Cost for 2019-2020 season is \$4,800 plus taxes

WHAT CAN YOU EXPECT?

2-3 coaches on the ice

Goalie coaches (Goyette)

Skill development

Developing Hockey IQ

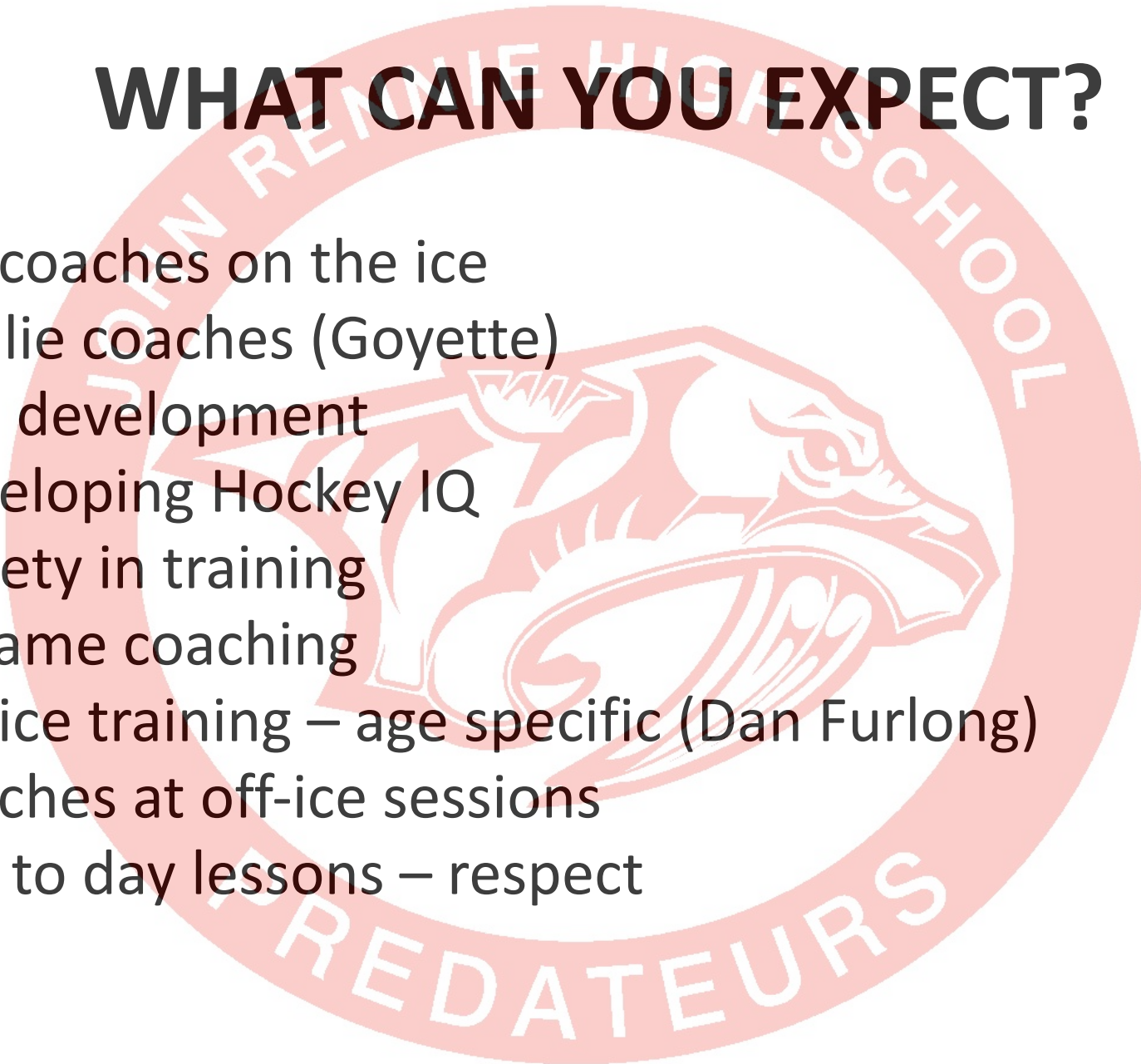
Variety in training

In game coaching

Off-ice training – age specific (Dan Furlong)

Coaches at off-ice sessions

Day to day lessons – respect



PREDATEURS CHARACTER TRAITS

- Good people
- Committed student-athletes
- Desire to learn and get better
- Competitive players

Come in with a smile, have fun and work hard!

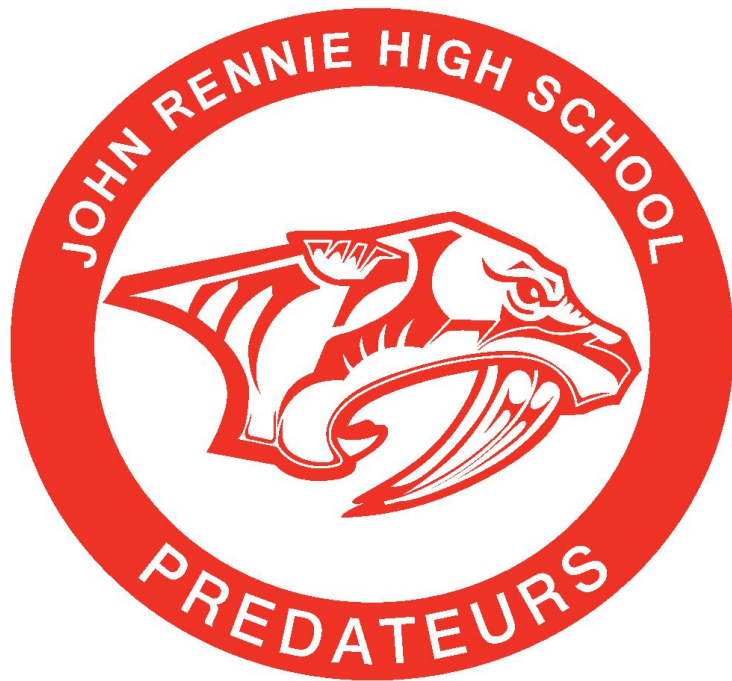
A DAY WITH THE PREDATEURS

Kids will experience what an afternoon in the hockey program is all about!

When? Late April/early May

for 2021, if we can with COVID

Email us at
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