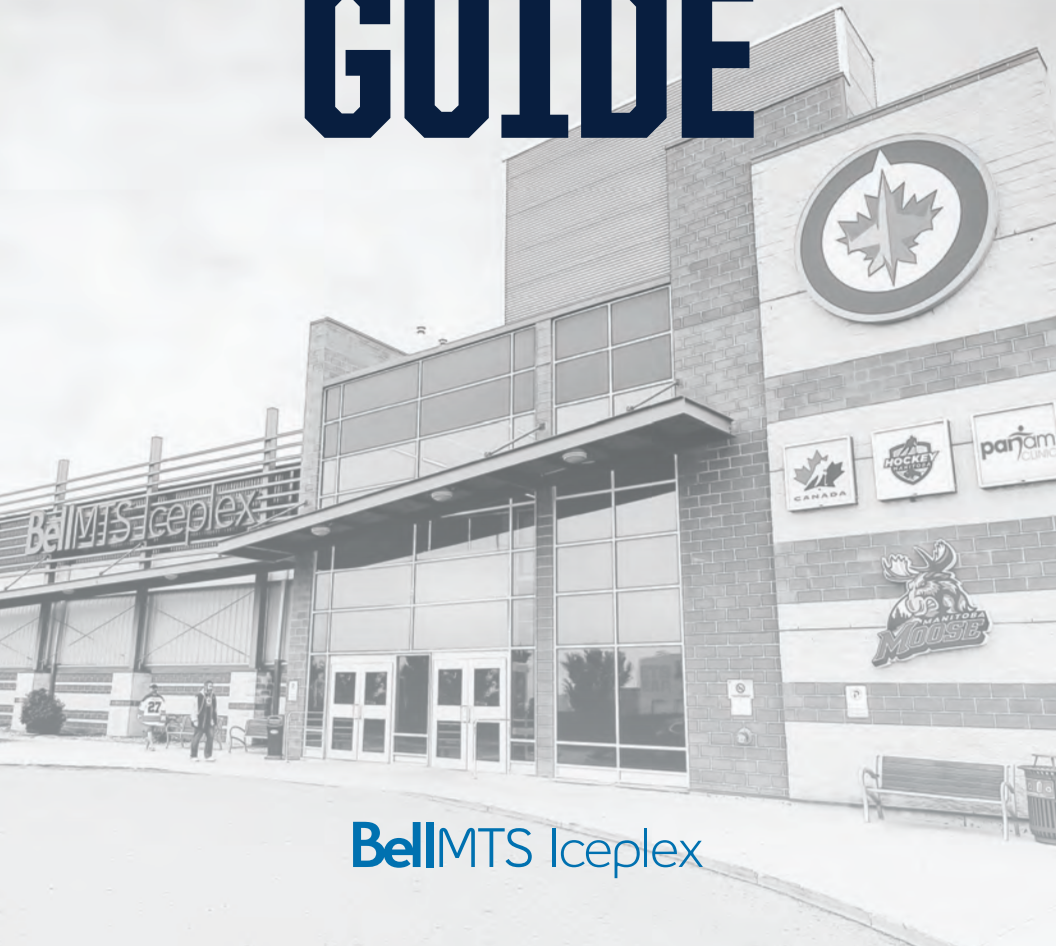




BELL MTS ICEPLEX

PROGRAM GUIDE



Bell MTS Iceplex

Welcome to Bell MTS Iceplex

Dear Hockey Players, Coaches, and Families,

Welcome to Bell MTS Iceplex, Manitoba's Community Hockey Complex and home of Jets Hockey Development. Our team of professional coaches is here to help all players develop and improve their individual skills. We are pleased to offer programs for all ages and skill levels from grassroots all the way to the pros to help players learn and grow.

Iceplex is also the home of Focus Fitness, our 8,500 sq. ft. strength and conditioning facility as well as the Ice Lab, goalie training rink.

On behalf of our team at Bell MTS Iceplex, thank you and we look forward to seeing you this season at Jets Hockey Development, on the ice or in the gym.

DAVID SATTLER, CPA, CGA
General Manager
Bell MTS Iceplex

Program produced March 2020, all dates, prices, and information is subject to change.
Please reference Bell MTS Iceplex website for most up-to-date information.



PRIVATE TEAM TRAINING SESSIONS



Professional hockey programs for players of all ages and skill levels.

ON ICE SESSIONS



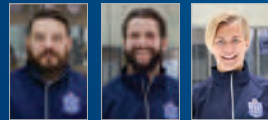
OFF ICE SESSIONS

+BOARDROOM TRAINING SESSIONS

WE CAN HELP ELEVATE YOUR GAME!



Larry Bumstead Dean Court Dave Cameron Devin Himpe



Andy Kollar AJ Zeglen Venla Hovi

FOR MORE INFO:
BellMTSIceplex.ca or JHD@tnse.com.

BellMTS Iceplex



Learn to Skate

The Learn to Skate program is designed to offer all levels of skating skills from Basic to Competitive. Participants will be grouped based on skill level. For skaters just lacing up for the first time, they will come away with skills such as standing up, balancing, forward skating, gliding and more. Skaters that advance through the fundamentals and power skating programs will learn forward skating, stopping, turning, backward skating, cross overs, and transition skating to become a proficient skater.

FALL SESSION: October – December

WINTER SESSION: January – March

(Parents are not allowed on the ice, CSA Approved helmets are required)



- **Preschool (3-5 Years)** \$140/player
- **Fundamentals (Ages 5+)** \$160/player, Level 1, 2, 3



Intro to Skating

This program is for athletes with skating experience. The Intro to Power Skating and Advanced Power Skating program emphasizes speed, agility, lateral movement, transition skating, and more.



- **Intro to Power Skating (Ages 8+)** \$160/player
- **Advanced Power Skating (Ages 8+)** \$160/player



Ice Lab

PRIVATE SESSIONS



Year Round

Private Sessions in the Ice Lab are 30-minutes each focusing on various goalie skill components. All lessons will be tailored to each individual goaltender's level.

- Pick 1 Goalie Lesson: \$68
- Pick 5 Goalie Lessons: \$325 (\$65/session)
- Pick 10 Goalie Lessons: \$620 (\$62/session)

FOOTWORK AND CONDITIONING SPRING CAMP



May – June

Create proper habits and continued development. The eight-week program will focus on, footwork, cardio, muscle memory and proper mechanics.

- Eight-Week Program: \$250

SUMMER BIG ICE GOALIE CAMP



July – August

A fun and educational camp focusing on the breakdown of goaltending movements and training to become as efficient and effective as possible. The full 5-day camp includes 2 on-ice sessions, 1 gym session, 1 classroom session, and lunch each day.

- Weeklong Camp: \$810
- Rising Stars Camp: Ages 9-12
- Elite Camp: Ages 13-17

Email akollar@tNSE.com or call 204.926.5869.



JOIN US UPSTAIRS

Book a team meal or private event with us in the restaurant on the 2nd Floor over-looking the Canadian Tire or RE/MAX rinks.

The Press Box RESTAURANT & SPORTS BAR

2019-20 ICEPLEX ADULT HOCKEY LEAGUE

VISIT THEIAHL.CA



The IAHL is a dedicated, safe, organized, fast, and fun adult hockey league at Bell MTS Iceplex. Change what you expect from your adult recreation hockey experiences and join the IAHL. Our amenities will make you feel more Big League than “Beer League”.

Visit TheIAHL.ca for more information or to register!



JHD In-Season

BOARDROOM SESSIONS



Expand player's hockey IQ and gain a competitive edge. Book your Team Training Boardroom Session with Jets Hockey Development to provide an opportunity for players to gain more knowledge about the game. The more players learn and understand the game, the better they will be able to make decisions on the ice.

September – March

During these sessions, all players will be engaged through answering questions, discussions, and recognition of situations using National Hockey League video clips.

- Session: \$100

TEAM TRAINING



Teams can book an on-ice session with one of our professional coaches to work on skills to improve the overall level your team.

- One Coach: \$100
- Two Coaches: \$175

(Not including the cost of ice)

September – March

IN-SEASON DEVELOPMENT



The Academy is designed to complement a player's hockey season by offering a positive learning environment to increase skill development. This is a dedicated program taking advantage of limited downtime with high tempo drills and innovative drill design.

September – March

- Program: \$485



JHD Year-Round Programs

PRIVATE/SMALL GROUP SESSIONS



Our individual sessions contain tailored content working on specific areas of each players' game.

Small groups of 2-10 players may also attend semi-private sessions, working together to help address specific areas. Often, position specific groups will come together to work on defensive or forward skills related to their game. If a group comes with mixed positions, the topics that are decided on will allow for each player to develop in that area. These topics may be more general and can then be applied to their position (quick release shooting, fakes and deception with the puck, pass reception in stride, etc.). All players will receive feedback in the session and the necessary repetition to take their game to a higher level.

Per Player Cost (per session):

- 1 Player – \$205
 - 2 Players – \$105 ea.
 - 3 Players – \$75 ea.
 - 4 Players – \$62.50 ea.
 - 5-6 Players – \$50 ea.
 - 7 Players – \$44 ea.
 - 8 Players – \$40 ea.
 - 9 Players – \$37 ea.
 - 10 Players – \$33 ea.
- (plus tax for all)*

ADULT HOCKEY PROGRAM



Adult hockey provides a unique opportunity for those who still have a passion to play. The program practices once a week for 3 months.

This program is designed for adults who want to get on the ice to improve their basic hockey skills. Sessions will begin with technical instruction from our professional coaches which will lead into drills working on specific topics. The goal of this program will be to help players build confidence in their game no matter their ability.

Fall Program:
October – December

Winter Program:
January – March

Summer Program:
April – June

Spring Program:
July – September

- Wednesdays at 6:30 a.m. – \$200

Tournaments



WINNIPEG JETS AAA CLASSIC **U18: NOVEMBER 5-8, 2020** **U15: NOVEMBER 19-22, 2020**

The 4th annual Winnipeg Jets AAA Classic is put on in partnership with Winnipeg AAA Hockey and True North Sports + Entertainment. The two tournaments welcomes Provincial AAA U18, Minor Bantam and Bantam AAA teams to compete at the Bell MTS Iceplex; The Official Training Facility of the Winnipeg Jets. Our goal is to bring the top talent from across North America to compete in a world class facility.



WINNIPEG JETS CHALLENGE CUP **DECEMBER 2020 AND JANUARY 2021**

True North Sports + Entertainment is proud to host the Winnipeg Jets Challenge Cup tournament held annually in December and January at the Bell MTS Iceplex. The tournament welcomes teams aged 5/6 up to 14 years of age bringing together youth hockey teams from across North America to participate in a grassroots minor hockey tournament.



WINNIPEG JETS AA SHOWDOWN **JANUARY 1-3, 2021**

The Winnipeg Jets AA Showdown kicks off the New Year in January and brings together the top AA PeeWee and Bantam teams from across North America to compete at Bell MTS Iceplex; The Official Training Facility of the Winnipeg Jets.



ALL GIRLS SPRING CLASSIC **APRIL 3-5, 2020**

Bell MTS Iceplex is excited to celebrate and host the 16th Annual All Girls Spring Classic, a fun weekend of competition and camaraderie as players showcase their skills and development.



Spring Hockey Teams

FUTURE JETS



April – May

This spring is a great opportunity to help your child work on their individual skills and be introduced to age appropriate team systems and concepts with the Future Jets Spring Hockey Program.

Program includes:

- All on-ice practices at Bell MTS Iceplex
- 18 x 75-minute practices
- 9 team training sessions in Focus Fitness
- 2 local tournaments (5 game guarantee each)
- Program cost: \$1,500



FUTURE JETS SPRING HOCKEY

BellMTS Iceplex

VISIT BELLMTSICEPLEX.CA FOR MORE DETAILS



Spring & Summer Programs



April – May,
July – August

INTRO TO HOCKEY

Introduce your son or daughter to Canada's favorite game! The Jets Hockey Development Intro to Hockey program is a great way to emphasize the fundamentals of hockey such as skating, puck handling, passing, shooting, and having fun.

- Program cost: \$290



April – May,
July – August

POWER SKATING

Skating is the foundation in which the game is built on and all players regardless of position need to be able to move around the ice efficiently to be effective. All players have two different categories of skating; skating speed and speed with the puck. The goal for players should be to bring their puck speed up to their skating speed so they can go just as fast with the puck as they can without it.

- Program cost: \$300



April – May,
July – August

PUCK SKILLS

In order to have confidence with the puck in games, players need to build confidence with the puck in practice. By giving players the necessary repetitions in practice, we can begin to challenge them and expand their existing skill sets.

- Program cost: \$335



POE PREP CAMP

Are you invited to the Hockey Manitoba Female U16 or U18 Program of Excellence Camp? Do you want to be ready to compete from the moment you step onto the ice?

- April: \$150
- May: \$85



Summer Development Program

JULY - AUGUST The summer development program is designed for players to improve their game during the off season. The eight-week program includes on-ice instruction with the professional Jets Hockey Development Team and off-ice strength and conditioning training with Focus Fitness. Players must have played the appropriate level to register for the program. Schedules and cost vary by level.



Peewee



Bantam



Junior Prospects



Junior



Female



College



Pro

VISIT THE PRO SHOP

For all your lace, stick, blade and skate sharpening needs.

Conveniently located inside the main entrance of Bell MTS Iceplex.



JETS GEAR
AUTHENTIC PRO SHOP

SHOP WHERE THE
PLAYERS SHOP.

TEAM TRAINING



Team Training sessions are a combination of team-building exercises along with strength and conditioning programs to help your team not only perform at their highest level but also build a cohesive team unit at the same time.

- Program cost: \$205/session
-

ATHLETIC TRAINING PROGRAM (ATP)



For elite athletes looking to have a program tailored for their sport, needs, and goals. The Athlete Training Program (ATP) will allow you to train in small groups or on your own. We give you the flexibility to create your training schedule based on your practice, game, and activity schedules.

- Program cost: \$225/month
-

ADULT STRENGTH AND CONDITIONING (ASC)



Adult Strength & Conditioning (ASC) classes are for everyone. All classes are led by a qualified trainer who will take you through your workout. Classes are co-ed and run for approximately one hour in length.

- Monday–Friday at 6:15 a.m., 9:00 a.m., 5:30 p.m., and Saturdays at 10:30 a.m.
- Program cost: \$155/month
\$1,440/year (*\$120/month*)
\$20 drop-in (*includes GST*)

Email azeglen@tnse.com or call 204.926.5877.

Summer Camps

JR. A PREP CAMP

August

ELITE program for High Performance Junior and AAA players to prepare for training camp and give them the “jump on success”.

- Prep Phase: \$280
 - Full Camp: \$560
-

CHECKING CAMP

August

The goal of Checking Camp is to give every player confidence in body checking before starting their bantam season.

- Camp Cost: \$280
-

DEFENCEMAN CAMP

August

The Defenceman Camp will focus on specific skills to develop strong defensive skills. 2005, 2004 YOB AA and AAA defencemen

- Camp Cost: \$280
-

PRE-SEASON DEVELOPMENT CAMP

September

A dedicated development program to get players & goaltenders ready for their team evaluations and prepared both physically and mentally for their season.

- Camp Cost: \$280

Full Day Summer Camps

DAILY SCHEDULE

- 2 x 90-minute on-ice sessions
 - 2 x 45-minute multi-sports sessions
 - 2 x 30-minute video sessions
 - Hot lunch provided each day by the Press Box Restaurant
 - Each week players will play two 60-minute games (early evening, Wednesday and Friday)
-

MALE CAMP DATES: August 12–16, 2019

FEMALE CAMP DATES: August 19–23, 2019

INITIATION CAMP

August | Program Cost: \$495

This camp builds the ABC's for introductory / entry level to novice players.

COMPETITIVE CAMP

August | Program Cost: \$570

The Competitive phase bridges players with progressive individual and team play tactics using fun on ice activities. Emphasis on edge control and skating, quick stick, passing, scoring, contact confidence and individual and team play tactics.

HIGH PERFORMANCE CAMP

August | Program Cost: \$570

Advanced program designed to elevate accomplished players from their present comfort zone and to challenge them to push to the next level. Emphasis on overspeed skill training, assertive contact confidence and physical checking skills and individual tactics and team play tactics.

Full Day Summer Camps

REGISTRATION

Registration for all programs, camps, tournaments, and leagues can be done online at **BellMTSIceplex.ca/Register**.

1. Create an account or log in to an existing account. Note, if your last registration was prior to January 1, 2016, you will have to create a NEW account.
2. Add participants to your Account that you would like to enroll in programs. Do not forget to include yourself as the Primary Account Holder (Primary Account Holder must be at least 18 years of age).
3. To register for a program, please select one of the tabs along the horizontal menu bar above or click on the appropriate image on the right.
4. Select an activity or program that you would like to enroll in – it will be added to your shopping cart. Once you select the activity be sure to select the correct name of the registrant and select the waiver checkbox.
5. Once your selections are complete, PLEASE PROCEED TO THE SECURE CHECKOUT PROCESS. Upon completing the secure payment, a confirmation receipt will be sent by email to your inbox.

All costs subject to a 5% GST.

Contact Us

For programming inquiries, please contact Jets Hockey Development at JHD@tnse.com or call 204.926.5887.

BellMTS Iceplex | BellMTSIceplex.ca
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BellMTS Iceplex