



# U15 PEAK PERFORMANCE PROGRAM

*IGNITING PASSION, ELEVATING PERFORMANCE*

We're excited to announce the return of NVMHA's U15 Peak Performance Program beginning September 2025 and running for the entirety of the 2025-26 hockey season.

This program works in coordination with the North Vancouver High School course schedule. Players must apply for the Peak Performance Program and gain acceptance through their respective school to participate. NVMHA is happy to sign off on any paperwork required by your school.

## **The 2025-26 NVMHA Peak Performance Program offers student athletes the following:**

1. Stay connected to their school community: Athletes can continue to live at home, play at any U15 Rep level within NVMHA, fully participate in their teams' week-to-week activities, attend their North Vancouver high school of choice, and experience an affordable athlete centric high performance development focused program.
2. Quality programming to foster their growth and development: Professional coaching, individual development, and personalized attention to help players reach their future goals including playing Academy, BC Zone, Junior and/or college levels. We strive to create an environment that will produce well-rounded young hockey players, both on and off the ice. Education, leadership, respect and strong work ethic describe our program philosophy.

All players must have current or past experience playing in Rep hockey and applications are also accepted from advanced "C" Players.<sup>1</sup>

Refer to your high school and the [North Vancouver School District](#) for more details on how to apply for the 2025-26 Peak Performance Program.



# REACH YOUR PEAK

## Full Peak Performance Program (September to March):

- 65 to 75 hours of practices and on-ice skill development led by certified high performance professionals.
- 65 to 75 hours of off-ice sessions including dry-land training to improve strength and flexibility, led by dedicated Strength & Conditioning coaches along with additional weekly and monthly video analysis and educational sessions (e.g., sports psychologist, nutritionist, guest speakers).
- Specialized Forward and defense sessions led by professional coaches will run throughout the season.
- Goalies will receive goalie training during one ice time each week from qualified goalie coaches.

## Sample Peak Performance participant's weekly schedule:

Students will be dismissed from their high school daily by the beginning of 4th block (or lunch start).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30 - 2:45 PM	STUDY BLOCK	ON ICE PRACTICE	ON ICE PRACTICE	OPEN ICE	STUDY BLOCK
3:00 - 4:00 PM		OFF ICE TRAINING*	OFF ICE TRAINING*	VIDEO REVIEW**	
EVENING	TEAM PRACTICE			TEAM PRACTICE	

*GAMES WILL BE POTENTIALLY SCHEDULED ON ANY WEEKNIGHT or WEEKEND*

\*Off-Ice high performance training will take place before or after ice each day.

\*\*Video review will be every other week.

The program is limited to a maximum of 26 skaters and 4 goalies. It will start the week of September 15, 2025 and end March 9, 2026. Depending on interest and availability, NVMHA will consider extending the Peak Performance Program into spring that will run from April to June 2026 (additional program cost will be applicable).

The approximate cost for the Peak Performance Program is expected to be \$3,500<sup>2</sup> per player. Important: This doesn't include NVMHA registration fees, Rep carding fees, Rep team fees, and jerseys / apparel.

# FREQUENTLY ASKED QUESTIONS

- Q.** *How does the Peak Performance Program work with a players' team practices and games?*
- A.** Our program seamlessly integrates with our U15 Rep teams' practice schedules, ensuring that players can fully participate without conflicting with their team commitments.
- Q.** *What level and mix of coaching will be running the Peak Performance skills sessions?*
- A.** All on-ice sessions are led by professional skills coaches including specialized coaches (e.g., positional specific, skating, shooting, etc), providing expert guidance and personalized attention.
- Q.** *Can any U15 player participate in the Peak Performance Program?*
- A.** Players with current or previous Rep playing experience and advanced C-players are welcome to submit their application of interest. All players who register for the Peak Performance Program are eligible to participate regardless of what team they end up being placed on for the 2025-26 season.
- Q.** *How do I know if my player has a spot in the 2025-26 Peak Performance Program?*
- A.** We will notify players to confirm whether they have a spot in the 2025-26 Peak Performance program between April 1 to June 1, 2025. Registration and deposit will be due by June 15, 2025. The remaining Peak Performance Program fees will be added to a player's NVMHA regular season dues and paid following the same fee schedule.
- Q.** *What if my player has too much going on and needs to miss out on their team commitment or the Peak Performance Program session(s)?*
- A.** All players will be expected to attend the Peak Performance Program while fully committing to the team they are placed. However, players should always make their NVMHA team their first priority and take rest days from the Peak Performance Program vs their team commitments.

# FREQUENTLY ASKED QUESTIONS

**Q.** *This seems like a lot of programming and I'm wondering if this is good for our family?*

**A.** This program offers motivated student athletes an opportunity to apply for an alternate school schedule so they can participate in a high performance program like this that has school-friendly hours to train and compete in their specialty sport or activity. The program operates within the Peak Performance Program schedule for the majority of North Vancouver Schools and usually takes the place of their physical education block and an elective. The benefits of this structure is that it doesn't compromise academics and other life commitments.

**Q.** *What do on-ice practices look like?*

**A.** Coupled with NVMHA regular team ice schedules of games and practices, Peak Performance players can expect practice sessions focused mainly on individual skill development, led by certified high performance professional coaches.

**Q.** *What do off-ice training sessions look like?*

**A.** Dedicated strength & conditioning coaches will guide players through off-ice dryland training sessions. This component enhances strength, flexibility, and overall athleticism. There will also be educational sessions (e.g., nutrition, mental health, stress management) to complement the strength & conditioning training.

**If you have any questions or require further information**

**please email James Wall - [operations@nvmha.com](mailto:operations@nvmha.com)**

## Endnotes

1 *Must be registered with NVMHA. Must be registered in HCR. Cannot play in the High Performance League (HPL) or unsanctioned leagues. Strong desire and commitment to develop as a high performance player.*

2 *This is a program cost estimate and will be confirmed by June 1, 2025.*