

Keystone Hockey Academy



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Follow us on social media!

Weekly Recap Videos

Highlights

Q&A Sessions

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Keystone Hockey Academy is the next step in youth hockey for participants that have passed the “Alpha” level in the Learn to Skate program. KHA is broken into four tiers of development; Learn to Play, Foundational Skills, Select Skills, and Elite Skills. KHA is designed to focus on individual development through skill-specific practices that are instructed by an impressive staff of USA Certified/IYHA/RLC Coaches. Practices will be conducted in a camp-style manner while advancing players through the tiers as they learn new skills and perfect familiar skills. Individuals will be evaluated at the end of each session on a Coach Grading Scale and must pass 75% of the skills.



KEYSTONE
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Elite

Select

Foundational

Learn To Play

Learn To Skate

Public Skate

General Overview

Our skating academy is designed to teach ice skating in a way that is progressive, safe, and structured for all children and teens. During the sessions, skaters will be tested according to Ice Skating Industry (skateisi.org) standards that will determine when they are ready to move up to the next level of achievement. Evaluations will be built into the sessions with progress reports and badges. Through our professionally run program, skaters will learn the skills and techniques that are necessary in becoming a competitive figure skater, an elite hockey player, or a life-long recreational skater.

Each session is 8 weeks long and held once a week, either on Tuesday or Friday evenings. You can choose to register for one session at a time or multiple sessions concurrently. Each lesson consists of 30 min instruction and a 30 min practice per day. A completed registration form and payment in full is required to hold your spot.

**Registrations are not accepted after the second class of a session*

Discounts:

Returning Enrollment - \$10 off consecutive program session registrations for Learn to Skate / Learn to Play (Discount applied to each participant)

Multi Child - \$10 off for enrolling multiple children in Learn to Skate / Learn to Play (1st child = Full Price. Discount applied to the 2nd child and so forth)

What Is Included With My Fee?

- **Membership with ISI** - this includes Insurance and the ability to compete in local and regional competitions
- **Level Testing and progress reports**
- **Badge awards for passing levels**
- **Rental Skates** - provided each day
- **One punch card redeemable for 8 public skates** - Rental Skates included



Learn to Skate

Session Days/ Times	Fee: \$110 (8 week sessions)
Tuesday Sessions (1, 3, 5, 7):	5:30pm-6:30pm
Friday Sessions (2,4,6):	5:20pm-6:20pm

Levels/Skills:

Tots 1-4 (ages 4-5)

Participants will be taught how to fall and stand up, marching, 2-foot glides, 2-foot jumps, dips, forward and backward swizzles, push & glide stroking, snow plow stops, T-position stroking and backward wiggles

Pre-Alpha (ages 6 & up)

Participants will be taught the skills similar to Tot 1-4, but they will be designed for older participants and will also include 1-foot glides

Alpha

Participants will develop forward skating skills such as stroking techniques, forward crossovers in both directions, and 1-foot snowplow stops on both feet

*Tots 1-4, Pre-Alpha (6&7), Pre-Alpha (8 & up), Alpha (Figure) and Alpha (Hockey) are offered in **BOTH** the Tuesday and Friday sessions!

Requirements:

- Figure Skates and Hockey Skates will be provided as part of our program.
- Helmets are required for ALL skaters; regardless of age. Bike helmets are allowed.
- Dress in warm layers with gloves or mittens. Jackets, pants, thin & high socks. NO bulky clothing that prohibits movement.

**All Tot and Pre-Alpha level skaters are required to start the Learn to Skate program in figure skates. Please see the Skating Director for more details concerning the transition from figure skates into hockey skates for those that are interested.*

General Overview

After passing the Alpha level, therefore completing our Learn to Skate program, aspiring hockey players will then take the next step into our Learn to Play program. In Learn to Play there is still a strong emphasis on individual skating skills, but participants will also be introduced to hockey equipment, skills and drills. Our Coaches separate players into groups with like abilities and provide instruction based on the group. Full hockey equipment is REQUIRED in order to participate. Kelly's Hockey Shop is our full service pro-shop located inside of the arena and has all of the latest merchandise.

Discounts:

Returning Enrollment - \$10 off consecutive program session registrations for Learn to Skate / Learn to Play (Discount applied to each participant)

Multi Child - \$10 off for enrolling multiple children in Learn to Skate / Learn to Play (1st child = Full Price. Discount applied to the 2nd child and so forth)

What Is Included With My Fee?

- *Rental Skates - provided each day if needed*
- *One punch card redeemable for 8 public skates - Rental skates included*

Little Penguins Learn to Play Hockey (Ages 5-9)

We have partnered with the Pittsburgh Penguins to provide 10 on- ice sessions designed for beginner and first-time players only. Each player will receive head-to-toe CCM hockey equipment along with a Little Penguins Jersey and will also become USA Hockey certified.

To register for Little Penguins visit:

www.nhl.com/penguins/community/learn-to-play

Or email:

Littlepenguins@pittsburghpenguins.com

Learn to Play Hockey

Session Days/Times

Friday Sessions (1, 2, 3, 4): 6:30pm-7:30pm

Fee: \$110
(8-week sessions)

Little Penguins Learn to Play Hockey:

(Starting January 2024)

Winter: Registration opens

mid-November/

On-Ice starts Jan

Fee: TBD
(10-week session)



Skills:

Skating—Landing jumps on 2 feet, Landing jumps on 1 foot, Backwards “footballs”

Shooting/Passing—Pass to players blade, Shooting with aim

Puck Control—1 hand forward puck carry, Forehand to backhand carry

Grading Criteria:

The following skills will be evaluated on a 100 point scale, which the participant must pass 75% before moving up to Foundational Skills.

Skating—Forward 1 foot stop, ABC's of skating, Forward crossovers, 2 foot turns with inside & outside edges

Shooting/Passing—Stationary pass to boards, Wrist shot on ice, Receiving passes from Coaches

Puck Control—Slalom skating, Turns with puck, Stationary puck handling

Requirements:

- Full hockey equipment is required
- Participants must have previously passed the **Alpha level** of Learn to Skate prior to participation in this program!

Each participant will receive a KHA jersey and will receive ONE punch card redeemable for 8 public skates—rental skates included.



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General Overview

Foundational Skills is the first step in the process of becoming an Elite hockey player. After passing out of our Learn to Play program, players will learn specialized skills for their hockey development. These skills will be broken into 5 groups focusing on skating, puck control, passing and receiving, shooting, and body contact. The Tuesday session will consist of an hour long camp-style practice, where players will receive individual instruction and feedback.

Goalies will also receive individual instruction from a current IUP D1 ACHA goalie.

Parents and players will be able to follow along on social media to see weekly recaps, future drills, and off-ice training ideas.

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Foundational Skills

Typical age of 8u-10u

Session times:

Fee: \$110

Tuesday: 6:30pm– 7:30pm (8 weeks)

*see Social Media for full schedule

Skills:

Skating— ABC's of skating, Backward stops, Backward crossovers

Puck Control— Diagonal stickhandling, Acceleration with puck (one-hand carry), Attacking the defensive triangle

Passing & Receiving— Backhand passing and the concept of indirect passing

Shooting— Rebound shooting, Backhand shot, "Flip" shot

Contact— Gap Control, Angling, Poke check

Grading Criteria:

The following skills will be evaluated on a 100 point scale, which the participant must pass 75% before moving up to Select Skills. These will be included in the skills that are practiced and developed each week. We think that these skills are the most important in the development process.

Skating— Backward skating, Forward skating stride, Forward crossovers, 1 foot & 2 foot stops

Puck Control— Stick handling side-to-side in front of body, Stick handling top-to-bottom at side of body

Passing & Receiving— Forehand pass, Receiving and giving passes on target

Shooting— Wrist shot

Contact— Stick lift

Each participant will receive a KHA jersey and 10% off at Kelly's Hockey Shop until **November 1st**.

Each participant will receive ONE punch card redeemable for 8 public skates—rental skates included.



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General Overview

Select Skills is the most important part in the process of becoming an Elite hockey player. After completing Foundational Skills, players will challenge themselves by learning more advanced skills, while perfecting familiar skills learned in Foundational Skills. These skills will help the player become more advanced and progress through their development. The Tuesday session will consist of an hour long camp-style practice, where players will receive individual instruction and feedback.

Goalies will also receive individual instruction from a current IUP D1 ACHA goalie.

Parents and players will be able to follow along on social media to see weekly recaps, future drills, and off-ice training ideas.

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Select Skills

Typical age of 10u-12u-14u

Session times:

Fee: \$110

Tuesday: 7:40pm– 8:40pm (8 weeks)

*See social media for full schedule

Skills:

Skating— Backward one skate stop & two skate stop, Directional change, Landing on feet after jump, V-start, T-start

Puck Control— Change of direction with puck, Fakes/Deception with puck, Receiving pucks off boards/along boards, Attacking the triangle, Diagonal puck handling, Protecting the puck

Passing & Receiving— One touch passes, Give & Go, Area passes

Shooting— Slapshot, Fake shot, Screened shot, Deflections concept

Contact— Stick press, Angling concepts, Intro to body contact, Contact confidence

Grading Criteria:

The following skills will be evaluated on a 100 point scale, which the participant must pass 75% before moving up to Elite Skills. These will be included in the skills that are practiced and developed each week. We think that these skills are the most important in the development process.

Skating— Backward one foot stop, Backward cross under, Landing on feet after jumps, Inside edge mohawks

Puck Control— Backward puck control, Toe drag

Passing & Receiving— Backhand pass

Shooting— Backhand, Snapshot

Contact— Poke check

Each participant will receive a KHA jersey and 10% off at Kelly's Hockey Shop until **November 1st**.

Each participant will receive ONE punch card redeemable for 8 public skates—rental skates included.



KEYSTONE
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General Overview

Elite Skills is the final part of the process in becoming an Elite hockey player. After completing Foundational Skills and Select skills, players will use the skills that they have learned to push themselves to become a more advanced hockey player. These skills will take the player to the next step in their development and hockey career. Coach Cummings will use the skills and drills he has gained over the years of playing Junior Hockey and College Hockey to push the players to their maximum potential. Elite Skills will be focused on individual skills and drills, and personal feedback. Goalies will also receive individual instruction from a current IUP D1 ACHA goalie. Parents and players will be able to follow along on social media to see weekly recaps, future drills, and off-ice training ideas.

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Elite Skills

Typical age of 14u-16u-18u

Session times:

Fee: \$110

Tuesday: 7:40pm– 8:40pm (8 weeks)

Skills:

Skating— Ready hockey position, Crossover start, V start, Gliding flats, stops and starts, quick change of direction using body weight for speed and strength, using mohawk for speed and puck protection

Puck Control— Using body for puck protection, picking the puck up off boards, change of pace and using stick/head/shoulder fakes, Toe drag, Push shot, Stickhandling in tight areas, Position away from the puck

Passing & Receiving— One touch passes, Crisp passes, Rim passes and receiving, Receiving puck in skates/in the air/bouncing, Reverse passes for defense, Communication

Shooting— Slapshot, Snap shot, One-timers, Weighted shooting, screened shots, Deflections, Fake shots, Stick position in scoring areas, Shots in close

Contact— Proper way to deliver and receive a body check, Injury prevention, Stick lifts/presses, Hip checks, Wrapping up, Types of checks, Contact confidence

Grading Criteria:

The following skills will be evaluated on a 100 point scale, which the participant must pass 90% to complete KHA. We think that these skills are the most important in the development process.

Skating— One foot C-Cuts, Backwards one foot C-Cuts, Backwards one foot cross-under start, Backwards with minimal crossovers, Forwards/Backwards pivoting, Jumping and landing on one foot and two feet

Puck Control— Stickhandling balancing on one foot, Backwards skating while stickhandling on forehand/backhand side of body, Mohawk stickhandling

Passing & Receiving— Area passes, Indirect passes, Slap passes, Forehand/Backhand saucer pass

Shooting— Shooting in stride, Using body weight, Loading up the shot, Adjusting the angle of shot prior to shooting

Contact— Gap control, Body positioning, Angling, Containing, Stalling

Each participant will receive a KHA jersey and 10% off at Kelly's Hockey Shop until **November 1st**. Each participant will receive ONE punch card redeemable for 8 public skates—rental skates included.

Meet the Coaches



Phil Broskin, S&T Bank Arena's Hockey Director and Pro Shop Manager will be entering his 33rd consecutive year in Indiana Hockey. "Coach Phil" has earned USA Hockey's Level 4 Coaching Certification and has been an instructor at every age level from Learn to Play to High School Varsity. He has coached teams to League Championships within the Laurel Highlands Hockey League and in the Pittsburgh Amateur Hockey League as a Head Coach. As an Assistant Coach, he helped coach Indiana Varsity to a Chiefs Cup Championship game and an undefeated season for Indiana Junior Varsity.

Starting as a player, Phil grew up playing hockey in Indiana at Mack Park Ice Rink, while playing travel hockey in Johnstown, PA at the War Memorial Arena. Phil's strong organizational skills and deep knowledge of the game are an integral part of Keystone Hockey Academy.



Gavin Cummings, S&T Bank Arena's Recreation Facilities Supervisor, will be entering his 3rd year as a Coach and has earned his Level 1 USA Hockey Coaching Certification. Over the past 24 years, Gavin laced up his skates at the age of 3 out on his local pond in Buffalo, NY. He played through local youth hockey and travel hockey, spent 4 years playing for the Pittsburgh Vengeance (NA3HL), 1 year playing for the Rio Grande Valley Killer Bees (NAHL), and 5 years at IUP (D1 ACHA) where he won a CHMA Championship and earned his Masters Degree in Sport Science. Gavin served as a Captain at both levels, Pittsburgh Vengeance and IUP. In his 4 years in the NA3HL, he amassed 138 points in 208 games, and 117 points in 126 games at IUP. During his time at IUP he was named

2nd Team All-Rookie CHMA, 1st Team All-ACHA, and 1st Team All-CHMA, and finished his career as the Leader in Points for all Defenseman in the ACHA. As a player, he spent much of his time on the ice in skating clinics and hockey camps, developing his skating skills and hockey senses. Over his playing career, he has also spent his time coaching Learn to Skate and Learn to Play programs, as well as assisting with hockey camps and clinics. After his time at IUP, he stayed in Indiana to help promote youth hockey development and to see players grow up to become elite hockey players through the Keystone Hockey Academy.



Danny Brody, grew up playing in the Indiana Youth Hockey Association and has experience playing on the Indiana Varsity and Indiana Middle School Teams. He has over 12 years of skating experience along with 10 years of hockey experience. He also spends his time as a Learn to Skate instructor and a Chevy Chase Hockey Club instructor.

"It's a marathon, not a sprint!"