

## Program Outcomes

To enhance a hockey student's confidence, individual playing skills, self-esteem and opportunities in academics and athletics within the school system-while making efficient use of arena facilities during school days hours



**Fellowes High School**

420 Bell Street  
Pembroke, ON  
K8A 2K5

Phone: 613-735-6858  
Fax: 613-735-6850

# Fellowes High School



A LICENSED  
HOCKEY CANADA  
SKILLS ACADEMY



## Curriculum

- Professional curriculum developed and endorsed by Hockey Canada
- Double credit program
  - PAL 201/301 Healthy Active Living
  - IDC 301/401 Interdisciplinary Studies
- Students will receive 30 hours of on ice instruction
- Open to **both** males and females regardless of their hockey ability level

### PAL 201/301 Healthy Active Living

- The game of hockey will serve as the vehicle through which students will achieve the expectations of this course
- On ice skill development, video analysis, on ice skills testing, off ice skills development, fitness testing

### IDC 301/401 Interdisciplinary Studies

- This course includes history, business, biomechanics, and nutrition related to the game of hockey
- Students also receive Speak Out and First Aid certification

## Instructors

Mr. Keith Roach  
HCSA Administrator/Instructor

Mr. Kevin Gravel  
HCSA Lead Teacher

Mr. Pat Childerhose  
HCSA Lead Teacher

Mr. Micheal Bradbury  
HCSA Instructor

Mr. Sheldon Keefe  
Head Coach-Pembroke Lumber Kings



## Registration

- Students are to select Hockey Academy during Course Selections or can see Mr. Roach in Student Services
- Students must obtain **two** letters of reference from FHS teaching staff
- Student registration fee for this program is **\$300.00** (This fee can be paid in two installments)
- The fee covers HCSA jersey, 30 on ice sessions, and transportation to and from the PMC
- Cross boundary transfers will be accepted for entrance into this program



For more information please contact Mr. Roach at:

613-735-6858 Ext 510  
roachk@renfrew.edu.on.ca