OKANAGAN
HOCKEY ACADEMY

MISSION STATEMENT

TO CREATE AN ENVIRONMENT THAT GIVES EVERY STUDENT-ATHLETE THE BEST POSSIBLE OPPORTUNITY TO ACHIEVE AND SURPASS INDIVIDUAL POTENTIAL THROUGH STRUCTURE, SUPPORT, KNOWLEDGE AND EXPERIENCE.

MESSAGE FROM DIXON WARD

VICE PRESIDENT OF HOCKEY

At the Okanagan Hockey Academy our primary focus is to promote the long-term development of each of our athletes in the classroom, on the ice, and in the community. Putting young, motivated people in a structured environment, surrounded by a world class staff and support system, allows us to deliver a consistent message and value system that we feel is imperative to the long term development of our students.

We believe that elite athletes need to be challenged, yet supported, in all aspects of their lives. We hold our student-athletes accountable on their efforts, attention to details, and above all their attitudes. We have learned through experience that those three key ingredients are keys to future success.

OHA is built on experience, knowledge, passion for our game, and above all, OHA is built on each individual's mark left behind as they move on to achieve their goals. The commitment to excellence in all areas is what makes the Okanagan Hockey Academy a tremendous opportunity for any young and aspiring hockey player.

HUMAN PERFORMANCE

The Okanagan Hockey **Human Performance Program** is designed to provide a singular outcome/ goal for all parts of the program.

THE MODEL FOCUSES ON THESE KEY COMPONENTS:

- Academics
- Hockey
- Strength, Conditioning, Medical
- Character, Leadership, Community

We want to take each of these components and separate them as individual program units that are concentrated on increasing **Human Performance** with each of our student-athletes. Our goal at OHA is not simply to develop young people in these areas but to enhance their overall performance as people, students, and athletes. By separating the program into these units, it allows us to create a detailed, focused platform for each as a standalone entity.

HOCKEY
ACADEMICS
HUMAN PERFORMANCE
CHARACTER, LEADERSHIP, COMMUNITY
STRENGTH, CONDITIONING, MEDICAL

KEY PRINCIPLES TO ENHANCE HUMAN PERFORMANCE

Focusing on these key areas on a daily basis allows us to create an environment that gives each individual student-athlete the opportunity improve every day. We believe that small, consistent improvements over time, creates the foundation for success, and our environment has been structured to facilitate these improvements through high-quality staff, state of the art training facilities and a tremendous amount of experience.

OUR PHILOSOPHY

REVOLVES AROUND THE KEY PRINCIPLES THAT WE BELIEVE ARE ESSENTIAL TO THE DEVELOPMENT PROCESS.

BAUER
OKANAGAN
HOCKEY ACADEMY
8

BENEFITS OF THE PROGRAM

ACADEMICS

- A unique public-private partnership with Penticton High
- One of the top ranked schools in Western Canada
- SAT prep classes
- Post-Secondary strategic planning

ON-ICE DEVELOPMENT

- Professional Coaches
- Over 50 years of NHL and professional experience
- Detailed instruction in all facets of the game
- Position specific instruction

OFF-ICE

- Strength and conditioning with professional trainer
- Regular individual fitness testing done
- Individualized feedback and focus
- Self identity training
- Self advocacy training
- Mental training
- Character development

EXPOSURE AND PLACEMENT

- Many relationships with Junior A, WHL, NCAA, and professional organizations
- Commitment to placing players ready for the next level

INJURY PREVENTION AND RECOVERY

- Full-time athletic therapists
- State-of-the-art training and rehab facilities
- Program doctor

CULTURAL EXPERIENCE

- OHA has had players from Russia, Switzerland, Austria, England, Australia, Scotland, Korea, Germany and Thailand, Japan, Poland, Slovakia, USA, and Canada
- Our coaches have cross cultural experiences having played and coached all over the world

SOCIAL SKILL DEVELOPMENT

- The experience of living with a new family, developing communication skills and the confidence to interact with new people.
- Consistent value system message emphasized throughout all aspects of the program

“HOME IS NOT A PLACE... IT’S A FEELING”

BEYOND THE ICE

Okanagan Hockey strives to make our athletes feel right at home while developing their emotional intelligence. Our program ensures that our student-athletes have every available option to them once they leave our environment.

WHAT YOU'LL TAKE AWAY FROM OHA

- Life skills - Living away from home
- Physical and mental strength
- Appreciation for family
- Time management
- Self advocacy
- Confidence
- Conflict resolution skills
- Relationship skills
- Appreciation of new cultures
- Cyber security
- Strong study habits
- Controlled independence
- Community engagement

ACADEMIC PROGRAM

ALL MEMBERS OF OHA ARE STUDENT-ATHLETES FOCUSING ON ACADEMIC EXCELLENCE IN CONJUNCTION WITH ATHLETIC DEVELOPMENT:

OHA is proud to partner with Penticton Secondary School, an outstanding and diverse educational institution with a proven track record of preparing students for post-secondary opportunities worldwide.

Penticton Secondary School has implemented a schedule that allows our student-athletes to attend school without missing core classes for practice or training.

A weekly, mandatory study hall provides our student-athletes with an opportunity to have one on one instruction with our Academic Advisors and help manage their workload.

Our Academic Advisor, Dave Nackoney, works diligently at helping our students navigate through SATs, ACTs, and NCAA Clearinghouse ensuring that all options are available for our students when they are ready to attend a Post Secondary Institution.

Dave's guidance and knowledge is a major part of the success our students have at Pen High, and the success they continue to have in all of their endeavours after they graduate.

PENTICTON SECONDARY

GRADE 8 -12

Penticton Secondary School is a state of the art facility with amenities that include a full weight room, double gym, cafeteria, numerous computer labs, wood working shop, autobody shop, welding shop, as well as a media production area. A truly impressive educational facility located a short drive from our Training Centre.

Penticton Secondary School students embrace its motto: *"Excellence through Action"*. Students at Pen High have an advantage, for some it is because of its commitment to learning and achievement and for others it's an extracurricular edge. In both instances Pen High stands apart; boasting first class, state of the art facilities and a record of academic excellence. Pen High is an institution steeped in a tradition of pride and a culture of community building. It offers students variety, comprehensive course offerings, a reputation of teaching excellence and innovation, and a challenging, vibrant, and safe learning environment.

QUICK FACTS

- Modernized campus
- Modern Technology available to students
- Multiple academic streams including Advanced Placement courses
- French Immersion program
- Weekly communication from school to coaches, parents and students
- Full time OHA Academic Advisor
- Team tutors
- Academic planning and college placement

HOME ICE

OHA
WARRIOR
OKANAGAN
7

HOCKEY PROGRAM

Okanagan Hockey Academy is a comprehensive 10 month program that includes academics, hockey, strength and conditioning, mental training, personal and team development.

Okanagan Hockey Academy staff is a team of professionals that are dedicated to the personal development of each student-athlete.

Through knowledge, research and experience, we have identified the key areas of focus for each age group in developing strong, intelligent and committed hockey players.

OHA TEAMS	U18 PREP
U17 PREP	U17
U15 PREP	U15
U18 FEMALE PREP	U18 FEMALE PREP BLACK

ATHLETIC PROGRAM: ON-ICE

Our athletes take part in daily purposeful on-ice training. Practices are designed with individual skill development in mind through tactical and technical teaching. Our philosophy is to provide our athletes with the tools needed to execute and perform at the highest level possible. Teaching is a big part of our daily activities, from techniques to hockey IQ which gives our athletes not only a physical advantage but also allows them to understand the game and how to be successful within it.

Our coaches are experts by experience having played the game at the NHL, Junior, University, National, and Olympic levels. Their knowledge of what it takes and their understanding of the player's perspective make OHA a unique program.

OHA has multiple teams at the U18, U17 and U15 levels as well as Female teams at the U17 and U18 level. Our teams play in the Canadian Sport School Hockey League.

ON-ICE HIGHLIGHTS

- 4 - 5 practices per week
- 45 + games per season
- Detailed breakdown of all facets of the game, both individually and team oriented
- Digital video analysis of all areas of the game
- Professional coaching staff
- Consistent instruction in skating and movement

ATHLETIC PROGRAM: OFF-ICE

The Okanagan Hockey Academy Performance Center is a state-of-the-art training facility designed after top NCAA and NHL programs. We strongly believe that physical preparation is the key to long-term hockey development.

OFF-ICE STRENGTH AND CONDITIONING HIGHLIGHTS

- Professional off-ice training staff
- Okanagan Hockey Academy off-ice speed centre
- Core strength, explosive speed, and plyometric equipment
- An individualized 10 month strength and conditioning program
- Hockey specific training
- Yoga classes
- Nutrition and supplement guidance

testing
12:59
bauer

WHL COMBINE TESTING

WHL Combine testing provide players with a unique player development experience where they will measure themselves through standardized on and off ice testing protocols. The ability to compare results and identify areas of weakness will enable players to take their game to the next level as they strive to play at the highest possible level.

ON ICE TESTING

- 30m Forward with/without Puck
- 30m Backward with/without Puck
- Reaction with/without Puck
- Weave Agility with/without Puck
- Transition Agility with/without Puck

OFF ICE TESTING

- Vertical Jump
- Med Ball Toss
- Broad Jump
- Pro Agility Left & Right

The standard testing protocol is performed by the Okanagan Hockey staff to ensure high data validity. We implement this standardized testing multiple times throughout the year.

All timed tests are conducted using the Sport Testing System timing gates. All other tests' data are entered manually into the Sport testing system. Test data is stored in an Okanagan Hockey specific database.

OHA
35
BYRNE
Reebok

GOALTENDING PHILOSOPHY

- Trust in your work and preparation
- Believe that your routine has you ready
- Manage your emotions. Find your goalie rhythm
- Positive body language
- Attitude/Effort The only things you can control
- Forget/Focus - dealing with successes & failures

GOALTENDING PROGRAM

- Goalie coach at 3 practices per week
  - In play adjustments
  - Individual time available
- One 60-minute goalie specific training session per week
  - Maximum 4 - 1 goalie to coach ratio
  - On ice video
- Off ice game video analysis

FACILITIES

The Okanagan Hockey Academy Training Centre is a state-of-the-art facility designed to provide a unique development opportunity for each of our student-athletes.

FACILITY HIGHLIGHTS

- 3 ice surfaces
- Private academy locker rooms
- 2 athletic therapy rooms
- Full size classroom equipped with professional video editing equipment
- 5000 square foot strength and performance centre and cutting edge training equipment
- Corporate head office
- Private speed and functional training centre with indoor turf
- 2 laundry facilities
- On-site skate sharpening

MINDSET DEVELOPMENT

Dealing with the stress and pressures of life, both on and off the ice, as well as handling success, are imperative for young student-athletes. We put a great deal of emphasis on helping each player become a stronger mental athlete.

MINDSET TRAINING HIGHLIGHTS

- Goal setting
- Positive reinforcement
- Self discipline
- Self motivation
- Self confidence
- Focus and relaxation
- Visualization
- Team building

CHARACTER BUILDING AND LIFE TRAINING

The development process for a young hockey player is a long one. At the Okanagan Hockey Academy, we feel that exposing our players to all areas of the teaching process with a positive and consistent approach, we will help lead them on their journey to reaching, and surpassing, their individual potential.

Nutrition protocols are designed by a Certified Sports Nutritionist. In addition to the Nutrition Seminar, players are required to attend presentations on the dangers of smokeless tobacco, health and well being, drug awareness, and social media training.

NUTRITIONAL TRAINING TECHNIQUES

- Eating right as an athlete in training
- Pre and post workout nutrition
- Pre and post season nutrition
- How different food groups affect the human body
- Athletes' diets and hockey specific nutrition

TESTIMONIAL

"AS A BILLET FAMILY, WE LOVE BEING INVOLVED WITH OHA. WE HAVE A YOUNG SON PLAYING HOCKEY AND THE EXAMPLE AND DETERMINATION OF THESE YOUNG MEN IS A HUGE BOOST TO HIS CONFIDENCE AND GAME PLAY. WE ABSOLUTELY LOVE HAVING THEM IN OUR HOME AND MEETING THEIR FAMILIES AND GAINING NEW FRIENDS ALONG THE WAY."

- DUSTIN AND KRISTY MALLORY,
OHA BILLET FAMILY

BILLET PROGRAM

OHA IS PROUD TO PROVIDE A HOME AWAY FROM HOME FEELING TO OUR STUDENT-ATHLETES.

Our student-athletes that require room and board are billeted among a great group of local families. Our billets provide a safe and supportive environment that our students can call home.

We have had great success through our billeting program and feel that it has been an integral part of the growth of our Academy.

OHA has a full time Manager of Residential Life who facilitates the process of placing our athletes in a home they will be comfortable with, as well as providing year round support to both the student-athlete and both families.

TESTIMONIAL

"PLAYING AT OHA WAS GREAT. I HAD GREAT BILLET FAMILIES AND MADE GREAT RELATIONSHIPS WITH PEOPLE I STILL KEEP IN TOUCH WITH. IT WAS A REALLY GOOD LEARNING EXPERIENCE FOR ME BEING AWAY FROM HOME PLAYING HOCKEY, WHICH SET ME UP TO GO PLAY JUNIOR."

- DENNIS ROBERTSON (CHARLOTTE CHECKERS, AHL)

TRANSPORTATION

- Dedicated transportation for all team travel
- Centralized pick up locations for transportation to/from home, school and academy available for additional fee
- All team travel
- Dedicated fleet of buses and trailers
- Entire fleet inspected twice per year and certified as 100% road worthy
- Professionally serviced and maintained throughout the year
- All vehicles driven by certified class 4 drivers
- Safety Emergency kits on each vehicle
- Studded winter tires on all vehicles in the winter

SAMPLE DAILY SCHEDULE

MONDAY

PICK UP *(Refer to Zone Pick Up Schedules)*	7:00am - 8:15am
SCHOOL	8:30am - 3:00pm
TRAVEL HOME	3:00pm - 3:30pm
TEAM DAY OFF	3:30pm - 4:00pm
CURFEW	9:00pm

THURSDAY

PICK UP *(Refer to Zone Pick Up Schedules)*	7:00am - 8:15am
SCHOOL	8:30am - 11:30am
SKILLS	12:00pm - 12:45pm
LUNCH	12:45pm - 1:15pm
TEAM PRACTICE	2:00pm - 3:00pm
GYM	3:30pm - 4:30pm
TRAVEL HOME	4:30pm - 5:00pm
LAUNDRY OUT	5:00pm - 5:30pm
CURFEW	9:00pm

TUESDAY

PICK UP *(Refer to Zone Pick Up Schedules)*	7:00am - 8:15am
SCHOOL	8:30am - 11:30am
LUNCH	11:45am - 12:15pm
GYM	12:30pm - 1:30pm
TEAM PRACTICE	2:00pm - 3:00pm
TRAVEL HOME	3:00pm - 3:30pm
CURFEW	9:00pm

WEDNESDAY

PICK UP *(Refer to Zone Pick Up Schedules)*	7:00am - 8:15am
SCHOOL	8:30am - 1:30pm
TEAM PRACTICE	2:15pm - 3:15pm
ACTIVITY	3:30pm - 4:30pm
TEAM HOME	4:30pm - 5:00pm
CURFEW	9:00pm

FRIDAY

PICK UP *(Refer to Zone Pick Up Schedules)*	7:00am - 8:15am
SCHOOL	8:30am - 1:30pm
TEAM PRACTICE	2:00pm - 3:00pm
GYM	3:30pm - 4:30pm
TRAVEL HOME	4:30pm - 5:00pm
CURFEW	10:00pm

SATURDAY

HOME GAME VS. OPPONENT	2:15pm - 4:30pm

SUNDAY

ARRIVE AT RINK	8:30am - 8:45am
TRAVEL TO AWAY GAME	8:45am - 10:30am
AWAY GAME VS.OPPONENT	11:45am - 1:30pm
TEAM MEAL/TRAVEL HOME	2:00pm - 4:30pm

CSSHL

Canadian Sport School Hockey League

CSSHL LEAGUE MISSION STATEMENT:
"TO BE NATIONAL LEADERS IN EDUCATION-BASED HOCKEY"

In 2009, five like-minded Hockey Canada Accredited Schools came together to launch the Canadian Sport School Hockey League. Their vision was to establish a league designed specifically for elite level student-athletes, give these athletes an opportunity to increase their skills on and off the ice, and provide athletes with a high level of competition as well as exposure.

The inaugural 2009-10 season featured five sport schools and eight total teams spread across two divisions. During the 2023-24 season, the CSSHL will feature 37 Accredited Schools/Schools with Residence and 125 teams in eight different divisions.

All programs within the CSSHL are sanctioned Hockey Canada Accredited Schools or Schools with Residence, meeting the regulations of not only Hockey Canada, but their respective provincial or regional members.

The CSSHL continually strives to be a leader in education based hockey in North America. The objective of the league is to provide a competitive environment for young student-athletes that share similar values of Sportsmanship, Citizenship, Academic Excellence and Hockey Development.

CSSHL

ACADEMICS

When the CSSHL was founded in 2009, the focus was not only placed on hockey but that education of young student-athletes is of the utmost importance. Our programs have a structured yet supportive environment to help balance academic work loads.

With the uniquely structured academics and learned time management skills, the student-athlete has the opportunity to chase their goals without compromising their education.

CHARACTER AND CITIZENSHIP

The CSSHL prides itself on not only developing student-athletes on the ice, but also inspiring them off the ice. Student -athletes leave our programs prepared for the next step in their life, whether it be post-secondary education, the work force, or wherever their path may take them. Off-ice conduct is taken very seriously in the CSSHL, from appearance to behaviour. Because of the standards we keep, we feel our student-athletes come to us as teenagers, but leave as young adults.

DEVELOPMENT

The majority of games in the CSSHL take place on weekends, in a showcase format. Programs in each division take turns hosting these Showcase weekends, which sees multiple teams in one location playing multiple games. This format cuts down on travel time, as well as school days missed. Teams will also play a small number of flex games through the season on non-showcase weekends.

Our student-athletes are on the ice almost every day. During the week, student-athletes take part in structural practices and skill development sessions. Each team works closely with their respective program's strength and conditioning coach, as well as various other off ice seminars such as video work, mental training and nutrition.

CCM
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PDP
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THE NEXT LEVEL

OHA's success can be seen in the long list of players who have moved on to play at the WHL, Junior A, University, International & Professional Levels.

With the vast amount of knowledge and incredible network through our staff, our student-athletes have the inside track to move on to the next level.

Our goal is to provide our student-athletes with all the tools needed to progress and reach their goals, as well as help them open as many doors as possible enabling them to pursue their hockey and academic careers.

OHA is a stepping stone to where they aspire to be. We take pride in their future and are invested in their goals.

THE PATH TO SUCCESS

- 152 students selected since 2012 for the WHL Bantam Draft, including 26 in the first round
- 250 male and female students have gone on to play college hockey
- 137 students have played in the WHL
- 322 students have played Junior A

OHA STAFF

To learn more about our staff, please visit our website: Okanagan Hockey Academy

OKANAGAN HOCKEY GROUP EXECUTIVE

ANDY OAKES
PRESIDENT
OKANAGAN HOCKEY GROUP

DIXON WARD
VICE PRESIDENT, HOCKEY
OKANAGAN HOCKEY GROUP

OHA MANAGEMENT

HEATHER PERRIN
GENERAL MANAGER

MIKE NEEDHAM
SENIOR MANAGER HOCKEY OPERATIONS

SEAN BIESSEL
OPERATIONS MANAGER

JENNIFER BARNES
MANAGER, REGISTRATION, ADMINISTRATION & SPECIAL PROJECTS

OHA OPERATIONS

NATHAN HOLLINGER
HEAD OF ATHLETIC THERAPY

PAUL BISNAUTH
HEAD OF STRENGTH & CONDITIONING

GARTH ASTLES
RESIDENTIAL LIFE COORDINATOR

DAVE NACKONEY
ACADEMIC ADVISOR

OHA COACHING

ROBERT DIRK
HEAD COACH
U18 PREP

JESSE HAMMILL
HEAD COACH
FEMALE U18 PREP

KYLE SPENCER
HEAD COACH
FEMALE U18 PREP BLACK

DENNIS MCKINNON
HEAD COACH
U17 PREP

OHA COACHING

AIDAN JACKSON
HEAD COACH
U17

CRAIG BEDARD
HEAD COACH
U15 PREP

JEFF UREKAR
HEAD COACH
U15 PREP

JESSIE LEUNG
HEAD COACH
U15

OHA COACHING

CONNOR MCLUCKIE
ASSISTANT COACH

MACKENZIE LOUPELLE
ASSISTANT COACH

DAMPY BRAR
ASSISTANT COACH

OHA COACHING

JOSH ARNOLD
ASSISTANT COACH

ROB MCLAUGHLIN
ASSISTANT COACH

CAM BARKER
SKILLS COACH

MARK MACMILLIAN
SKATING COACH

OHA GOALTENDING

LUCAS GORE
HEAD GOALTENDING COACH

PIERCE DIAMOND
GOALTENDING COACH

ZACH TAILLEFER
GOALTENDING COACH

OHA ATHLETIC THERAPY & MEDICAL

SHELBY BUSS
ATHLETIC THERAPIST

CHEYENNE EPP
ATHLETIC THERAPIST

NOLAN RAU
PROGRAM PHYSICIAN

OHA STRENGTH & CONDITIONING

BRYCE TWIBLE
SPORT SCIENCE LEAD

RYLEY PRICE
SPORTS AND CONDITIONING COACH

ALUMNI TESTIMONIALS

"MY TIME AT OHA ALLOWED ME TO FURTHER MY DEVELOPMENT AS A HOCKEY PLAYER AND PERSON WHICH ULTIMATELY PREPARED ME FOR THE NEXT LEVEL. OHA TAUGHT ME HOW TO BE A PROFESSIONAL AND TRULY GAVE ME THE EXPERIENCE OF A LIFETIME."

- CURTIS LAZAR, CALGARY FLAMES, NHL/CANADIAN WORLD JUNIOR CHAMPION

"I FOUND OKANAGAN HOCKEY ACADEMY TO BE ONE OF THE BEST EXPERIENCES IN MY LIFE. IT PREPARED ME TO BE THE BEST JUNIOR HOCKEY PLAYER I COULD BE. THE STAFF AT OHA WERE COMMITTED TO HELPING ME IMPROVE AND MOVE ON TO THE NEXT LEVEL."

- JOE HICKETTS, DETROIT RED WINGS / GRAND RAPIDS AHL/CANADIAN WORLD JUNIOR CHAMPION

"GOING TO OHA WAS ONE OF THE GREATEST DECISIONS I HAVE MADE FOR MY HOCKEY CAREER. OHA PREPARED ME FOR THE NEXT LEVEL. SKATING, STRENGTH, SPEED, CONDITIONING. I WOULDN'T BE THE PLAYER AND PERSON THAT I AM TODAY IF I HADN'T CHOSEN OHA."

- TYLER SOY, VICTORIA ROYALS, WHL/ANAHEIM DUCKS DRAFT PICK

OKANAGAN HOCKEY ALUMNI

HOCKEY CANADA

Canadian National Women's U18 Team Alumni:

- Farrah Walker - 2023
- Nara Elia - 2017
- Olivia Knowles - 2016, 2017
- Sophie Shirley - 2016, 2017
- Micah Zandee Hart - 2014, 2015
- Emily Clark - 2012, 2013
- Alexa Ranahan - 2013
- Brielle Bellerive - 2014

IIHF World Junior Championships:

- Colton Dach - 2023
  Team Canada (Gold Medal)
- Reid Schaefer - 2023
  Team Canada (Gold Medal)
- Owen Zellweger - 2022, 2023
  Team Canada (Gold Medal)
- Kaiden Guhle - 2021, 2022
  Team Canada (Captain) (Silver Medal)
- Curtis Lazar - 2014, 2015,
  Team Canada (Captain) (Gold Medal)
- Joe Hicketts - 2015, 2016,
  Team Canada (Gold Medal)
- Luke Walker - 2010
  Team USA (Gold Medal)

HIGHLIGHTED ATHLETES

- Nina Jobst-Smith
  2025, Vancouver PWHL (
  3rd round, 19th overall)
- Emily Clark
  2023 Top 3 signing Ottawa PWHL
  University of Wisconsin (2014-2018)
  2-time Women's World U18 Championship Gold Medalist
  9-time member of the Canadian National Women's Team
  3-time Women's World Championship Gold Medalist
  5-time Women's World Championship Silver Medalist
  1-time Women's World Championship Bronze Medalist
  Olympic Gold Medalist (2022) & Silver Medalist (2018)
- Micah Zandee Hart
  2023 Top 3 signing New York PWHL
  First ever Captain - New York Sirens, PWHL
  Cornell University (2015-2019)
  Women's World U18 Championship Gold and Silver Medalist (2014 & 2015)
  4-time member of the Canadian National Women's Team
  Women's World Championship Bronze, Silver & Gold Medalist (2019, 2022, 2023 & 2025)
  Olympic Gold Medalist (2022)
- Sophie Shirley
  2023, Boston PWHL
  (11th round, 63rd overall)
- Hannah Miller
  2023, Toronto PWHL
  (13th round, 74th overall)
- Olivia Knowles
  2023, Toronto PWHL
  (15th round, 86th overall)
- Reid Schaefer
  2022, Edmonton Oilers
  (1st round, 32th overall)
- Mason Beaupit
  2022, San Jose Sharks
  (4th round, 108th overall)
- Cole Sillinger
  2021, Columbus Blue Jackets
  (1st round, 12th overall)
- Corson Ceulemans
  2021, Columbus Blue Jackets
  (1st round, 24th overall)
- Olen Zellweger
  2021, Anaheim Ducks
  (2nd round, 34th overall)
- Colton Dach
  2021, Chicago Blackhawks
  (2nd round, 62nd overall)
- Kyle Masters
  2021, Minnesota Wild
  (4th round, 118th overall)
- Sean Tschigerl
  2021, Anaheim Ducks
  (5th round, 130th overall)
- Oscar Plandowski
  2021, Detroit Red Wings
  (5th round, 155th overall)

HIGHLIGHTED ATHLETES

- Jalen Luypen
  2021, Chicago Blackhawks
  (7th round, 216th overall)
- Kaiden Guhle
  2020, Montreal Canadiens
  (1st round, 16th overall)
- Matt Rempe
  2020, New York Rangers
  (6th round, 165th overall)
- Ben McCartney - 2020, Arizona Coyotes
  (7th round, 204th overall)
- Michael Rasmussen
  2017, Detroit Red Wings
  (1st round, 9th overall)
- Scott Walford
  2017, Montreal Canadiens
  (3rd round, 68th overall)
- Jordan Hollett
  2017, Goaltender, Ottawa Senators (6th round, 183rd overall)
- Josh Mahura
  2016, Anaheim Ducks
  (3rd round, 85th overall)
- Beck Malenstyn
  2016, Washington Capitals
  (5th round 145th overall)
- Tyler Soy
  2016, Anaheim Ducks
  (7th round, 205 overall)
- Ryan Gropp
  2015, New York Rangers
  (2nd round, 41st overall)
- Deven Sideroff
  2015, Anaheim Ducks
  (3rd round, 84th overall)
- Brad Morrison
  2015, New York Rangers
  (4th round, 113th overall)
- Curtis Lazar
  2013, Ottawa Senators
  (1st round, 17th overall)
- Dennis Robertson
  2011, Toronto Maple Leafs
  (6th round, 173rd overall)
- Mark MacMillan
  2010, Montreal Canadiens
  (4th round, 113th overall)
- Luke Walker
  2010, Colorado Avalanche
  (5th round, 139th overall)

EXPECTATIONS OF A PLAYER

Here at OHA we believe that elite athletes need to be challenged, yet supported, in all aspects of their lives. We hold our student-athletes accountable on their efforts, attention to details, and their attitudes. We have learned through experience that those three key ingredients are keys to future success. OHA is built on experience, knowledge, passion for our game, and above all, OHA is built on each individual's mark left behind as they move on to achieve their goals.

AN OKANAGAN HOCKEY PLAYER IS EXPECTED TO BE DIFFERENT THAN OTHERS:

- Positive attitude internally and externally
- Open minded
- Respectful
- Humble
- Confident
- Polite
- Professional
- Committed
- Socially aware and responsible
- Loyal
- Trustworthy
- Honest

OHA Female Showcase

Take Your Game to the Next Level!
April 3–5, 2026
Birth Years: 2008 to 2011

Discover, Develop, and Shine!
April 2–4, 2026
Birth Years: 2012 to 2014

Click Here on Your Birth Year to Learn More & Register

OHA

Male ID Camp

Your Path to Academy Hockey Starts Here

April 10–12, 2026
Penticton, BC

U15: 2012 to 2013
U18: 2009 to 2011

Click Here to Learn More & Register

EVALUATION PROCESS & CAMPS

Click the links below to learn more about our upcoming events:

Female Showcase - April 3 - 5, 2026

Penticton Male Evaluation Camps - April 10 - 12, 2026

SCHEDULE A MEETING

If you would like to be challenged and given the opportunity to develop to your fullest, OHA is for you.

For more information, please contact:

MIKE NEEDHAM
Manager Hockey Operations

mikeneedham@okanaganhockey.com
778.257.1333

PROGRAM FEES

OHA 2025/2026 FEE STRUCTURE:

Student Program Fee	$28,000.00 + GST
Transportation Fee (Kelowna and area)	$3,000.00 + GST (if applicable)
Transportation Fee (Penticton and area)	$1,000.00 + GST (if applicable)
Non BC Resident Educational Fee	$9,175.00 (within Canada)
International Education Fee	$13,500.00 (outside Canada)
Billet Fee	$9,500.00 *(if required)*
Medical Fee	$900.00 *(International Students)*

Educational fees subject to change

OHA 2025/2026 TEAM TRAVEL FEES (+GST):

U18 Prep	$8,000.00
U17 Prep	$8,000.00
U17	$8,000.00
U15 Prep	$9,000.00
U15	$7,000.00
U18 Female Prep	$9,000.00
U18 Female Prep Black	$8,000.00

Team fees subject to change

CANADIAN SPORTS SCHOOL HOCKEY LEAGUE (CSSHL) 2025-2026 STUDENT FEE:

CSSHL Student Fee	$450.00 + GST

CSSHL Student fee is not included in the OHA fees and is collected directly by the CSSHL. Subject to change

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