



**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**



**CHARACTER,  
LEADERSHIP,  
COMMUNITY**



**STRENGTH,  
CONDITIONING,  
MEDICAL**

# **HUMAN PERFORMANCE**

# 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.



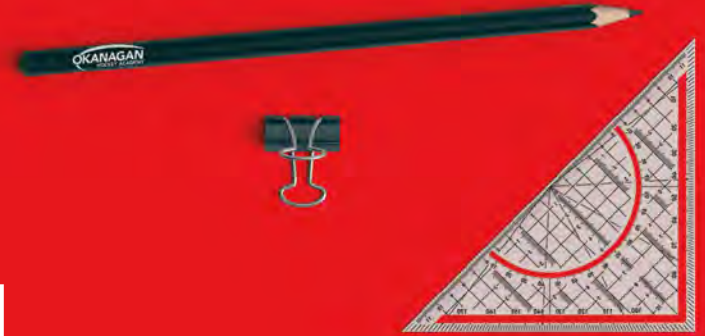


# OUR PHILOSOPHY

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



# 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





# 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

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# 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.



# 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
- Self discipline
- Self confidence
- Visualization
- Positive reinforcement
- Self motivation
- Focus and relaxation
- 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
- How different food groups affect the human body
- Pre and post workout nutrition
- Athletes' diets and hockey specific nutrition
- Pre and post season 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 <i>(Refer to Zone Pick Up Schedules)</i>	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 <i>(Refer to Zone Pick Up Schedules)</i>	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 <i>(Refer to Zone Pick Up Schedules)</i>	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 <i>(Refer to Zone Pick Up Schedules)</i>	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 <i>(Refer to Zone Pick Up Schedules)</i>	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
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## 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

## **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 2026-27 season, the CSSHL will feature 39 Accredited Schools/Schools with Residence and 135 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.



# 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

- 169 students selected since 2012 for the WHL Bantam Draft, including 28 in the first round
- 255 male and female students have gone on to play college hockey
- 144 students have played in the WHL
- 338 students have played Junior A

# OHA STAFF

To learn more about our staff, please visit our website: [Okanagan Hockey Academy](#)

## OKANAGAN HOCKEY GROUP EXECUTIVE

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**ANDY OAKES**  
PRESIDENT  
OKANAGAN HOCKEY GROUP



**DIXON WARD**  
VICE PRESIDENT, HOCKEY  
OKANAGAN HOCKEY GROUP

# OHA MANAGEMENT

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**HEATHER PERRIN**

GENERAL MANAGER



**MIKE NEEDHAM**

SENIOR MANAGER HOCKEY OPERATIONS



**SEAN BIESSEL**

OPERATIONS MANAGER



**JENNIFER BARNES**

MANAGER, REGISTRATION,  
ADMINISTRATION & SPECIAL PROJECTS

# OHA OPERATIONS

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**NATHAN HOLLINGER**  
HEAD OF ATHLETIC THERAPY



**PAUL BISNAUTH**  
HEAD OF STRENGTH & CONDITIONING



**GARTH ASTLES**  
RESIDENTIAL LIFE COORDINATOR



**DAVE NACKONEY**  
ACADEMIC ADVISOR

# OHA COACHING

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**DENNIS MCKINNON**

HEAD COACH  
U18 PREP



**JESSE HAMMILL**

HEAD COACH  
FEMALE U18 PREP



**KYLE SPENCER**

HEAD COACH  
FEMALE U18 PREP BLACK



**AIDAN JACKSON**

HEAD COACH  
U17 PREP

# OHA COACHING

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**JOSH ARNOLD**

HEAD COACH  
U17



**CRAIG BEDARD**

HEAD COACH  
U15 PREP



**JEFF UREKAR**

ASSOCIATE HEAD COACH  
U15 PREP



**JESSIE LEUNG**

HEAD COACH  
U15

# OHA COACHING

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**DAMPY BRAR**  
ASSISTANT COACH



**MACKENZIE LOUPELLE**  
ASSISTANT COACH



**ROB MCLAUGHLIN**  
ASSISTANT COACH

# OHA COACHING

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**CAM BARKER**  
SKILLS COACH



**MARK MACMILLIAN**  
SKATING COACH

# OHA GOALTENDING

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**LUCAS GORE**  
HEAD GOALTENDING COACH



**PIERCE DIAMOND**  
GOALTENDING COACH



**ZACH TAILLEFER**  
GOALTENDING COACH

# OHA ATHLETIC THERAPY & MEDICAL

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**SHELBY BUSS**  
ATHLETIC THERAPIST



**CHEYENNE EPP**  
ATHLETIC THERAPIST



**NOLAN RAU**  
PROGRAM PHYSICIAN

# OHA STRENGTH & CONDITIONING

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**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

# 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](mailto:mikeneedham@okanaganhockey.com)

778.257.1333

# PROGRAM FEES

## OHA 2025/2026 FEE STRUCTURE:

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

*\*\*Educational fees subject to change\*\**

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

<b>U18 Prep</b>	\$8,000.00
<b>U17 Prep</b>	\$8,000.00
<b>U17</b>	\$8,000.00
<b>U15 Prep</b>	\$9,000.00
<b>U15</b>	\$7,000.00
<b>U18 Female Prep</b>	\$9,000.00
<b>U18 Female Prep Black</b>	\$8,000.00

*\*\*Team fees subject to change\*\**

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

<b>CSSHL Student Fee</b>	\$450.00 + GST
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*\*\*CSSHL Student fee is not included in the OHA fees and is collected directly by the CSSHL. Subject to change\*\**

# CORPORATE PARTNERSHIPS

Okanagan Hockey Academy is proud to partner with the following companies. Please click on the logos below to visit their websites.

The logo for CCM, featuring the letters 'CCM' in a bold, italicized, red sans-serif font.The logo for bluestar, featuring the word 'bluestar' in a blue, lowercase, rounded sans-serif font. A small blue star is positioned above the letter 'a'.

# HOTEL PARTNERSHIPS

Okanagan Hockey Academy is proud to partner with the following hotels. Please click on the logos below to visit their websites.



PENTICTON LAKESIDE RESORT  
AND CONFERENCE CENTRE



SHORELINE CONDO RESORT



SPANISH  
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# OKANAGANHOCKEY.COM

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