

Squamish Minor Hockey Association



Extra Development Programs & Opportunities

2025-26 Season

Extra Paid Development Opportunities - Overview

1. **Eagles Skills** (formerly called advanced skills)

- Mondays & Fridays Weekly @ 8:15am

2. **Eagles High Performance Position Splits** (Rep Players Only) ***NEW!**

- Bi-Weekly Positional Splits - Alternating Defence Week 1, Forwards Week 2, Goalies Weekly!
- Week 1: Wednesdays @ 2:30pm - U13A1/U15A1/U18A1/A2 Defence & Goalies
- Week 1: Fridays @ 2:30pm - U11A1/U11A2/U13A2 Defence & Goalies
- Week 2: Wednesdays @ 2:30pm - U13A1/U15A1/U18A1/A2 Forwards & Goalies
- Week 2: Fridays @ 2:30pm - U11A1/U11A2/U13A2 Forwards & Goalies

3. **Pro-D Camps** - details TBA throughout season in advance of each Pro-D Day



Cost & Breakdown

Development Program Option	Days & Times	Dates & Number of Sessions	Total Cost
Eagles Skills	Mondays @ 8:15am or Fridays @ 8:15am	Block 1: Sep 15 - Nov 27 (9 sessions total) Block 2: Dec 1 - Feb 28 (9 sessions total)	\$270 per block (\$30 per session)
Eagles HP Rep Position Splits	Wednesdays @ 2:30pm or Fridays @ 2:30pm	Bi-Weekly Sep 15 - Mar 13 (12 F sessions, 12 D sessions)	\$360 for the season
Pro-D Camps	TBA	Sep 29, Oct 24, Nov 10, Jan 23	\$30/Camp



1. Eagles Skills (formerly 'Advanced Skills')

Mondays @ 8:15am

Block 1 & Block 2: Open to U9 Player Registration

Fridays @ 8:15am

Block 1: Open to U11 & U13 Player Registration

Block 2: Open to U7 Player Registration

Block 1: September 15th - November 28th (11 weeks total: 9 Mondays, 9 Fridays, 3 sessions dedicated to goalies)

Block 2: December 1st - February 27th (11 weeks total: 9 Mondays, 9 Fridays, 3 sessions dedicated to goalies)

Goalie Sessions: October 10, November 7, November 24, December 12, January 12, February 6



2. Eagles High Performance Position Splits - Rep Stream

Registration for this program will take place after completion of U13 tryouts, and space will be available for all players in the SMHA Rep Stream.

Wednesdays @ 2:30pm - U13A1, U15A1, U18A1, U18A2 Players

Fridays @ 2:30pm - U11A1, U11A2, U13A2 Players

Weeks will alternate between “defence week” and “forwards week” over the course of the entire season. Goalies will be able to attend weekly. This will allow skaters an average of 2 extra D-specific, or F-specific skills sessions per month. The focus of these position-specific sessions will be aligned with the rep teams’ practice programming.



3. Pro-D Camps

Monday September 29th

Friday October 24th

Monday November 10th

Friday January 23rd

Age groups & camp focus to be announced via newsletter & social media throughout the season!

