



EDUCATION AND FEMALE HOCKEY





FEMALE HOCKEY

Hockey féminin

This workbook is to assist athletes and their guardians with the challenges of choosing a post secondary institution. The booklet will provide guidance in areas that are often overlooked when traveling away from home whether it is across Canada or into the United States. Focus areas include:

- Program options
- Admission requirements
- General School Information
- Financial Considerations
- Player releases
- Hockey program
 - Coaching staff
 - Teammates
 - Facilities
- Program Support
- Personal Experience

Other sources for research include:

- **Canadian Interuniversity Sport (CIS)**
www.universitysport.ca
- **Alberta Colleges Athletic Association**
www.acac.ab.ca
- **ACAC Hockey online**
www.acachockey.info/womens/index.html
- **Hockey Féminine AA (Cégep)**
www.arscim.qc.ca/html/hockeyf.html
- **National Collegiate Athletic Association (NCAA)**
www.ncaa.org
- **NCAA Initial Eligibility/Clearing House**
www.ncaaclearinghouse.net

Also contact your Provincial Branch for questions regarding your local area.



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YOU NEED TO BE LOOKING FOR A SCHOOL THAT GIVES YOU THE RIGHT COMBINATION OF
ACADEMICS, ATHLETICS AND PERSONAL EXPERIENCE.

1. What are my top 3 program choices for a post secondary education?
Eg. Education, engineering, accounting, interior design etc.

2. What schools offer these programs? List the coaches name and contact info

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IS IT EDUCATION THEN HOCKEY OR HOCKEY THEN EDUCATION?

3. What are the most important criteria for me regarding...

Academics:

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Athletics:

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Personal: (far from home, close to home, weather, small or large classes, friends attending)

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Rank the previous criteria from all 3 groups in order from 1-10, 1 being your top priority.

DOES MY FIRST CHOICE IN SCHOOL MATCH MY FIRST CHOICE IN IMPORTANT CRITERIA?



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ADMISSIONS

What courses will I need to finish in high school to qualify for the program?

Are there any special qualifying exams I need to take? If yes, what scores are required and what is the cost?

Are there different requirements for student athletes?

When is the admission deadline? What are the costs to apply?

Will someone assist me with the admission process? If yes, name and contact info.

Will someone assist me to get into the program I want? If yes, name and contact info.

Are the requirements different if I plan to study in my second language? Are qualifying exams different?



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WILL YOU STILL BE HAPPY WITH THE SCHOOL IF YOU GET INJURED EARLY IN THE SEASON?

What is the academic reputation of the school?

Do people get to work in their field following graduation?
How does the school rank in my program of interest? (MacLean's magazine)

Is the degree valid in the country I will be working in or will I have to upgrade courses?

Are the courses for this program easily transferable to other schools if I decide to change schools before I am finished my degree?

IF YOU CHOOSE A SCHOOL BASED ON THE HOCKEY PROGRAM, REMEMBER THAT IN ORDER TO PLAY YOU WILL HAVE TO REMAIN ACADEMICALLY ELIGIBLE. YOU NEED TO ENJOY AND BE SUCCESSFUL AT WHATEVER PROGRAM YOU STUDY, AND CHOOSE YOUR SCHOOL AND PROGRAM CAREFULLY.

FINANCIAL CONSIDERATIONS

What are the Tuition costs now and what is the projected increase?

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What are any additional costs?
Books, lab fees, student services, out of province, country, health insurance fees

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Will I require financial assistance? If yes what will I have to pay back? What about the exchange rate?

Are there scholarships and/or bursaries available? If yes what are the criteria and restrictions?

What can scholarships and bursaries be used to pay for?

Are there available scholarships and bursaries from my province? What are the application deadlines?
Can they be used out of province?

HOCKEY RELATED FINANCIAL CONSIDERATIONS

Is there a cost to transfer your hockey registration? Interbranch/International transfer fees
Will your team pay for these expenses?

Is there a team fee? If yes, how much?

Is there an athletics fee? If yes, how much?



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Is the team well funded by the athletic department?

Does the team do Fundraising? If yes, how many different fundraisers? How much is each athlete expected to bring in?

Are athletes provided with meal allowance for team meals and road trips? If yes, how much?

IT'S NOT ALWAYS A "FREE RIDE"!! ASK THE QUESTIONS! TRAVEL, BOOKS, TUITION, HOUSING COSTS...

ATHLETE PREPARATION

- ☐ Develop an athletic resume (hockey & leadership info, newspaper articles, and letters of support from coaches and teachers)
- ☐ Contact the coach to let him/her know you are interested in attending
- ☐ Create a hockey video that clearly demonstrates the skills that you possess (Show games and practices)
- ☐ Send your game schedule to the coaching staff of schools you are interested in attending, be sure to update them via email any major schedule changes to tournaments or key games.
- ☐ Arrange a visit to the school
- ☐ Speak with past and current students of the team and if possible the program you would like to take
- ☐ Watch a team practice
- ☐ Watch a team game (If it is a long distance ask for game tape)

IS THIS THE RIGHT FIT FOR MY NEEDS AS A STUDENT ATHLETE?



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Will the level of play match and challenge my level of play?

How many athletes will be graduating this season? How many spots are open for Rookies?

How many other athletes are being recruited?

Will I have a guaranteed spot? If no, will I be red shirted? Will they find another team for me to play with?

How long do athletes stay on the team? 4 years or do they transfer after 1 or 2 years?

If I am not happy with the school/team will transferring schools affect my hockey eligibility? Are there transferring deadlines?

How often does the team practice? What if I have classes that conflict with practices or games?

How many teams are in the league? How far does the team travel for games?



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How long is the season? When is the earliest/latest the schedule could be finished?

What is the home arena like? On campus? Do you get a lot of fans?

COACHING CONSIDERATIONS

How long has the coach been at the school? Where did they coach prior? (male or female) Does any of the staff have any Provincial, State, or National Championship experience as a player or coach?

What is the Coach's philosophy? Is individual player development important? Is winning important?

Do veterans automatically get more ice time?

How many lines dress? And how many play?

* How many goaltenders will they keep? How many will practice?

* Is goaltender play determined by rotation, split, or starter/backup?



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What are the coach's goals for the team/program? Do these fit with my goals?

What style of game does the team play? Does this fit my style?

What is the coach looking for in a player? What role would they see me in?

What is the team chemistry like? Will it be easy to fit in?

What is the breakdown for practice (team play, skill development, games and scrimmage)?

Are there off ice training sessions? What days/times?

Is there fitness testing at the beginning/mid and end of season?

Will my fitness be monitored with log books in season and off season?



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PROGRAM SUPPORT

What is the reputation of the school's athletic program?

Does the athletic department support Women's sport/ Women's hockey?

What is the position of the school on releasing me to play on Regional, Provincial, or National Teams? Will there be implications if I choose to return to play?

GET AN UNCONDITIONAL RELEASE AGREEMENT SIGNED BETWEEN YOU AND THE SCHOOL

Does the team have an athletic therapist or equipment manager?

Does the team have its own dressing room? Is there equipment storage?

As a student athlete will I have access to:

- | | |
|--------------------------|---------------------------------|
| <input type="checkbox"/> | Doctors |
| <input type="checkbox"/> | Nurses |
| <input type="checkbox"/> | Physiotherapist |
| <input type="checkbox"/> | Massage therapist |
| <input type="checkbox"/> | Chiropractor |
| <input type="checkbox"/> | Strength and Conditioning Coach |

Is there a clinic on Campus for these services?

What is the medical plan? What will be covered if I get injured? Ambulance, hospital stay etc.
