



A black and white photograph of an ice hockey player in action, wearing a white jersey with 'OKANAGAN' and 'COAST GUARDIAN' on the sleeve, a black Warrior helmet with 'OHO' and '20' on it, and black gloves with 'WAR' and 'ALPHA' on them. The player is holding a hockey stick and is in a crouched position on the ice. A large red semi-transparent rectangle is overlaid on the center of the image, containing the text.

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 Ontario 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.

Okanagan Hockey Ontario is built on experience, knowledge, passion for our game, and above all, 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 Ontario 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.



A hockey player wearing a red jersey, a black helmet with the number 24, and Warrior hockey gloves. The player is looking directly at the camera. The background is a light gray gradient.

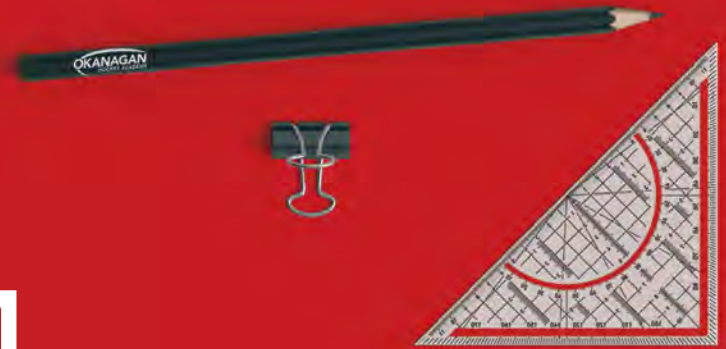
OUR PHILOSOPHY

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



WARRIOR

YANA
HO



BENEFITS OF THE PROGRAM

ACADEMICS

- A unique partnership with Henry Street High School
- Post-Secondary strategic planning

ON-ICE DEVELOPMENT

- Professional Coaches
- 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, CHL, NCAA, and professional organizations
- Commitment to placing players ready for the next level

INJURY PREVENTION AND RECOVERY

- State-of-the-art training and rehab facilities

CULTURAL EXPERIENCE

- OHO has had players from Italy, Germany, Switzerland, USA and Canada

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

An aerial photograph of a city, likely New York City, showing a mix of residential and commercial buildings. A large, semi-transparent red rectangle is overlaid on the center of the image. Inside this red area, a quote is written in white, bold, sans-serif capital letters. The quote is: "HOME IS NOT A PLACE... IT'S A FEELING". The background shows various urban features, including a large park area with many trees in the upper left, a bridge or elevated roadway in the upper right, and several multi-story buildings with different architectural styles. Some buildings have signs, such as "SPORTS CENTRE" and "CellTel Wireless". The overall tone is contemplative and urban.

**“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 OKANAGAN HOCKEY ONTARIO:

- 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 OKANAGAN HOCKEY ONTARIO ARE STUDENT-ATHLETES FOCUSING ON ACADEMIC EXCELLENCE IN CONJUNCTION WITH ATHLETIC DEVELOPMENT:

Okanagan Hockey Ontario is in partnership with Henry Street High School who has a proud tradition of academic excellence, and of providing many and varied opportunities for students to get involved in school life.

Henry Street High School has implemented a schedule that allows our student athletes to attend school without missing core classes for practice or training.

Our Guidance Counsellor works diligently at helping our students navigate through the NCAA Clearinghouse ensuring that all options are available for our students when they are ready to attend a Post Secondary Institution.

Guidance and knowledge is a major part of the success our students have at Henry Street High School, and the success they continue to have in all of their endeavours after they graduate.

Eligible student-athletes can complete the High Performance Athlete Cooperative Education course, which allows students to put their hours of training towards a 110 hour, 1-credit co-op. Co-op student-athletes are also eligible for the Specialist High Skills Major (SHSM) Health and Wellness Certification.

HENRY STREET HIGH SCHOOL

GRADE 9 -12

Henry Street High School (HSHS) has a proud tradition of academic excellence, and of providing many and varied opportunities for students to get involved in school life. HSHS has a strong athletics program, including team sports and intramural activities, numerous clubs and committees, a creative drama program, which produces fabulous student performances, and an outstanding music program. There are also opportunities for students to exhibit leadership in the school and community by participating in programs such as Culture of Peace, Students Against Racism, Students Against Drunk Driving and Student Council activities.

QUICK FACTS

- Strong athletics program
- Numerous clubs and committees
- Creative drama and music programs
- Weekly communication from school to coaches, parents and students
- Guidance Counsellor with the school
- Additional help and tutors through school resources
- Academic planning and college placement
- State of the art renovated gymnasium, music room
- Newly built state of the art youth hub and special education classrooms
- Rivalry Week Champion of the Mayor's Cup
- SHSM sectors: Health and Wellness, Art and Culture, Transportation, Hospitality and Tourism
- All students receive a Chromebook
- Minutes from the Whitby Go Station
- Individual Academic planning
- 20 clubs, 21 student groups and 25 sports teams



U17/U18 SAMPLE SCHEDULE

WEEK ONE

ARRIVE AT IROQUOIS PARK 7:00 AM

7:15 AM to 8:45AM

Ice Session



9:00 AM to 10:00 AM

ETS Workout



TRANSFER TO HENRY STREET HIGH SCHOOL

10:50 AM to 12:05 PM

School Period #2



LUNCH 12:05 PM TO 12:50 PM

12:55 PM to 2:10 PM

School Period #3



2:15 PM to 3:30 PM

School Period #4



WEEK TWO

ARRIVE AT IROQUOIS PARK 7:00 AM

7:15 AM to 8:45AM

Ice Session



TRANSFER TO HENRY STREET HIGH SCHOOL

9:30 AM to 10:45 AM

School Period #1



TRANSFER TO IROQUOIS PARK

11:15 AM to 12:15 PM

ETS Workout



TRANSFER TO HENRY STREET HIGH SCHOOL

LUNCH 12:30 PM TO 12:50 PM

12:55 PM to 2:10 PM

School Period #3



2:15 PM to 3:30 PM

School Period #4



U16 SAMPLE SCHEDULE

ARRIVE AT IROQUOIS PARK 7:00 AM

7:15 AM to 8:45AM

Ice Session



TRANSFER TO HENRY STREET HIGH SCHOOL

9:30 AM to 10:45 AM

School Period #1



BREAK

10:50 AM to 12:05 PM

School Period #2



LUNCH 12:05 PM TO 12:50 PM

12:55 PM to 2:10 PM

School Period #3



2:15 PM to 3:30 PM

School Period #4



TRANSFER TO IROQUOIS PARK

4:00 PM to 5:00 PM

ETS Workout







HOCKEY PROGRAM

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

Okanagan Hockey Ontario 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.

OHO TEAMS

U18 PREP

U17 PREP

U16 AAA

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 Pro and NHL levels. Their knowledge of what it takes and their understanding of the player's perspective make Okanagan Hockey Ontario a unique program.

ON-ICE HIGHLIGHTS

- 4 practices per week
- Approximately 45-48 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

As the High-Performance Partner of OHO, Elite Training Systems (ETS) brings more than 40 years of experience in Strength & Conditioning and Athletic Performance. ETS works with professional and amateur athletes across organizations and leagues including the NHL, AHL, ECHL, NFL, CFL, MLR, NLL, CHL, NCAA, and OUA.

ETS is committed to an "Athlete First" mentality, providing evidence-based training, sport science analysis, and individualized performance strategies designed to support each athlete's long-term development.



ETS provides:

- Expertise in Strength, Speed, Agility, Power, Energy Systems, Mobility, and sport-specific training
- Data-driven sport science and evidence-based training models
- Experienced coaches and practitioners providing direct, real-time support and feedback
- A focus on athlete education, injury risk management, and long-term development
- A training environment that supports the physical, mental, emotional, and social development of every athlete

OFF-ICE STRENGTH AND CONDITIONING HIGHLIGHTS

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



PLAYER PERFORMANCE TESTING & DEVELOPMENT

MEASURING PERFORMANCE. IDENTIFYING OPPORTUNITY. DRIVING DEVELOPMENT

At OHO, player development is driven by more than observation alone. Through a combination of standardized on-ice and off-ice performance testing, athletes receive a comprehensive picture of their current abilities and areas for growth.

Testing allows players to measure themselves against established performance benchmarks, identify individual strengths and weaknesses, and track progress throughout the season. The data collected helps players and coaches make informed decisions about training priorities and development strategies, creating a more individualized approach to helping each athlete reach their potential and prepare to play at the highest possible level.

MONITORING PROGRESS THROUGHOUT THE SEASON

Testing is not a one-time snapshot. Athletes complete three formalized testing periods throughout the program calendar, allowing players and coaches to track progress and measure development over time.

In addition, ETS staff conduct bi-weekly performance assessments using sport science technology to collect longitudinal data and identify trends.

This ongoing monitoring helps athletes and coaches understand how each player is responding to training, how their physical qualities are developing, and how they are tolerating overall training volume in real time.

DATA THAT DRIVES DEVELOPMENT

Test Measure → Analyze → Adjust → Improve

By combining on-ice performance testing, off-ice sport science, and ongoing monitoring, OHO provides athletes with a comprehensive, data-informed approach to player development—helping each player better understand their game, maximize their physical potential, and take the next step in their hockey journey.

ON-ICE PERFORMANCE TESTING

On-ice testing evaluates the skating and movement skills that directly translate to hockey performance. Standardized testing protocols allow athletes to establish performance benchmarks and track improvements in speed, agility, acceleration, and puck control.

TESTING INCLUDES:

- 30m Forward Sprint — with and without the puck
- 30m Backward Sprint — with and without the puck
- Weave Agility — with and without the puck
- Transition Agility — with and without the puck

By testing these skills in a consistent environment, players can better understand how their skating and puck skills contribute to overall performance. Comparing results over time helps identify areas that require additional attention and provides measurable evidence of development.

OFF-ICE SPORT SCIENCE TESTING

Every student-athlete completes a comprehensive series of sport science assessments utilizing ETS Sport Science Technology and the VALD Performance Suite.

Testing evaluates key physical performance qualities, including strength, power, speed, agility, coordination, body composition, and work capacity.

TESTING INCLUDES:

- Countermovement Jump — explosive strength and power
- Hip Abduction & Adduction — hip strength and muscular balance
- Grip Strength — upper-body strength and asymmetries
- 20m Sprint — acceleration and speed
- Pro Agility — agility, acceleration, deceleration, and change of direction
- 300-Yard Shuttle — anaerobic fitness, repeated sprint ability, and work capacity

Individual results are used to develop a personalized Athlete Performance Profile, identifying strengths, areas for improvement, and physical development priorities. This information directly supports ETS training methodologies and helps coaches and athletes make data-informed decisions about individual training and performance development.



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

- Dedicated, experienced goaltender coaches
- Weekly dedicated goalie ice
- Game evaluations
- Mental Training
- Flexibility Training





FACILITIES

Situated on 50 acres of parkland, the Iroquois Park Sports Centre (IPSC) is Canada's largest municipally owned and operated recreation facility. Inside, there are six (6) arenas, including a large stadium arena, two pools, a fully licensed restaurant and food court area, banquet and meeting rooms, a pro shop and elite athletic training facilities. Outside, there are 6 illuminated tennis courts, 3 illuminated tournament quality baseball diamonds, another two unlit ball diamonds and a fully lit tournament quality soccer pitch. The 250,000 square foot sports and entertainment facility was voted in the Top 5 "Best Arenas in the GTA" by Toronto Star. Advertisers and sponsors will gain visibility to crowds of sports enthusiasts throughout the year.

IROQUOIS PARK SPORTS CENTRE FACILITY HIGHLIGHTS

- 6 arenas
- 25-metre, deep water swimming pool and a wading pool
- 6 lit tennis courts
- 4 baseball/softball/hardball diamonds
- 1 lit soccer field
- ETS strength and conditioning training centre
- 400-seat licensed restaurant
- Full service pro shop
- Children's Playground
- Parking to accommodate 750 vehicles
- Several meeting rooms
- Facility administration office



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 Ontario, 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

A black and white photograph of three people, likely a family, smiling and posing in winter clothing. They are wearing beanies and heavy jackets. The person in the center is wearing a dark beanie and a dark jacket. The person on the left is wearing a light-colored beanie and a dark jacket. The person on the right is wearing a light-colored beanie and a dark jacket. They are all smiling and looking towards the camera. The background is a bright, snowy outdoor setting.

TESTIMONIAL

"THIS HAS BEEN OUR SECOND YEAR BILLETING FOR OKANAGAN HOCKEY ONTARIO AND IT JUST KEEPS GETTING BETTER. WE WERE BLESSED TO SHARE OUR HOME AND ADD A THIRD HOCKEY PLAYER TO OUR FAMILY. IT'S BEEN A REWARDING EXPERIENCE AND THE FRIENDSHIPS WE MADE WITH OUR BILLETS AND THEIR FAMILIES WILL LAST A LIFETIME."

- KELLY AND PAUL BANNISTER, BILLET FAMILY

BILLET PROGRAM

OKANAGAN HOCKEY ONTARIO IS PROUD TO PROVIDE A HOME AWAY FROM HOME FEELING TO OUR STUDENT-ATHLETES.

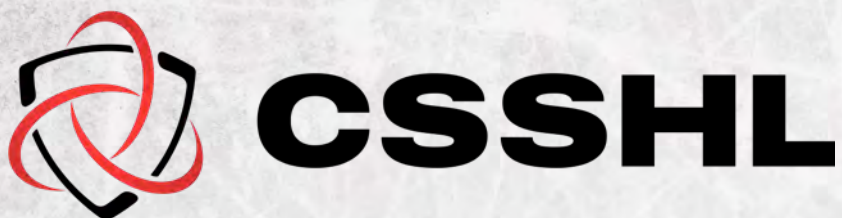
Our student-athletes that require room and board are billeted among a great group of local families. Our billets provide a safe and supportive environment that our students can call home.

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

TESTIMONIAL

"PLAYING AT OKANAGAN HOCKEY ACADEMY 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



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 2026-2027 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.



HOME OF OKANAGAN HOCKEY

OKANAGAN
HOCKEY ONTARIO

HOME

THE NEXT LEVEL

Okanagan Hockey Group 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.

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

YOUR PATH TO SUCCESS STARTS WITH OKANAGAN HOCKEY GROUP

- 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

OHO STAFF

To learn more about our staff, please visit our website: [Okanagan Hockey Ontario](https://www.okanaganhockeyontario.com)

OKANAGAN HOCKEY GROUP EXECUTIVE



ANDY OAKES
PRESIDENT
OKANAGAN HOCKEY GROUP



DIXON WARD
VICE PRESIDENT, HOCKEY
OKANAGAN HOCKEY GROUP

OHO MANAGEMENT



PAUL PASCUZZI
GENERAL MANAGER



PAT LENEHAN
ASSISTANT GENERAL MANAGER
HEAD COACH - U16 AAA

OHO COACHING



JUSTIN CARUANA

HEAD COACH
U18 PREP



BRANDON KEARNAN

HEAD COACH
U17 PREP



BOB GAMBLE

ASSISTANT COACH
U18 PREP



JAMIE WATTS

ASSISTANT COACH
U16 AAA

OHO COACHING



JONATHAN HILL
DEVELOPMENT COACH

OHO ATHLETIC THERAPY & MEDICAL



JAMIE MERDRANDA
HEAD ATHLETIC THERAPIST



NEUROCHANGERS SPORT
ATHLETIC THERAPY SERVICES

OHA STRENGTH & CONDITIONING



JEFF WATSON

STRENGTH & CONDITIONING COACH
ELITE TRAINING SYSTEMS



SEAN HARRISON

STRENGTH & CONDITIONING COACH
ELITE TRAINING SYSTEMS

OHO ACADEMICS



HENRY STREET HIGH SCHOOL

ACADEMIC ADVISORS





ALUMNI TESTIMONIALS

"MY TIME AT OKANAGAN HOCKEY ACADEMY ALLOWED ME TO FURTHER MY DEVELOPMENT AS A HOCKEY PLAYER AND PERSON WHICH ULTIMATELY PREPARED ME FOR THE NEXT LEVEL. OKANAGAN HOCKEY (OH) ACADEMY 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 OH ACADEMY 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 OKANAGAN HOCKEY ACADEMY WAS ONE OF THE GREATEST DECISIONS I HAVE MADE FOR MY HOCKEY CAREER. OKANAGAN HOCKEY 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 OKANAGAN HOCKEY ACADEMY."

- 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 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

- Liam Ruck
2026, Pittsburgh Penguins
(1st round, 22nd overall)
- Markus Ruck
2026, Pittsburgh Penguins
(2nd round, 39th overall)
- Mathis Preston
2026, Anaheim Ducks
(2nd round, 50th overall)
- Kayden Lemire
2026, Minnesota Wild
(4th round 122 overall)
- Parker Snell
2026, Columbus Blue Jackets
(5th round, 142 overall)
- Giorgos Pantelas
2026, Los Angeles Kings
(5th round, 153 overall)
- Luke Wifley
2026, New Jersey Devils
(6th round, 172 overall)
- Noa Ta'amu
2026, Winnipeg Jets
(7th round, 199th overall)
- Brook Disher
2026, Toronto Sceptres
(3rd round, 32nd overall)
- Blake Fiddler
2025, Seattle Kraken
(2nd round, 36th overall)
- Nina Jobst-Smith
2025, Vancouver Goldeneyes
(3rd round, 19th overall)
- Gregor Biber
2024, Utah Mammoth
(4th round, 98th overall)
- Hunter St. Martin
2024, Florida Panthers
(6th round, 193rd overall)
- Emily Clark
2023 Top 3 signing
Ottawa Charge
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 & Silver
Medalist(2018, 2022, 2026)
- Micah Zandee Hart
2023 Top 3 signing
New York Sirens
First ever Captain -
New York Sirens
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 Fleet
(11th round, 63rd overall)
- Hannah Miller
2023, Toronto Sceptres
(13th round, 74th overall)
- Olivia Knowles
2023, Toronto Sceptres
(15th round, 86th overall)
- Koen Zimmer
2023, Los Angeles Kings
(3rd round, 78th overall)
- Reid Schaefer
2022, Edmonton Oilers
(1st round, 32th overall)
- Mason Beaupit
2022, San Jose Sharks
(4th round, 108th overall)

HIGHLIGHTED ATHLETES

- 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)
- 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 Okanagan Hockey Ontario 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. Okanagan Hockey Ontario is built on experience, knowledge, passion for our game, and above all, Okanagan Hockey Ontario 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

OHO Evaluation Camps - Spring

SCHEDULE A MEETING

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

For more information, please contact:

PAUL PASCUZZI

General Manager

paulpascuzzi@okanaganhockey.com

1.905.449.1832

PROGRAM FEES

OHO 2025/2026 FEE STRUCTURE:

Student Program Fees	\$28,000.00 + HST
International Education Fee	\$16,900.00 (outside Canada)
Billeting Fees	\$9,000.00 (if required)

Educational fees subject to change

OHO 2025/2026 TEAM TRAVEL FEES (+HST):

U18 Prep	\$8,500.00
U17 Prep	\$8,500.00
U16 Prep	\$8,500.00

Team fees are subject to change

CANADIAN SPORTS SCHOOL HOCKEY LEAGUE (CSSHL) 2026-2027 STUDENT FEE:

CSSHL Student Fee	\$450.00 + HST
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CSSHL Student fee is not included in the OHO 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.



OKANAGANHOCKEY.COM

OKANAGANHOCKEYONTARIO.COM /   @OHGOntario  @OkanaganHockey

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