

Wenatchee Wild Hockey Academy

18U & 16U Informational Document
Full-Time (Billet) National Bound Teams



Summary of Program

The Wenatchee Wild 16U and Wenatchee Wild 18U hockey teams are full-time hockey academy-style Tier 1 AAA teams. The program is operated through a joint partnership between Wenatchee Amateur Hockey Association (WAHA) and the Wenatchee Wild of the WHL. The teams are full members of the CSSHL (Canadian Sports School Hockey League) and we are also National Bound Teams for USA Hockey.

The program is structured as an elite development program, where the entire focus is on developing players and helping them move on to the higher levels of the game. Wenatchee players have a structured weekly schedule consisting of school, on-ice training, off-ice training, video, and study hall. The program offers an experienced full-time coaching staff.

Winning is not the primary focus. This is a development program committed to moving players on to the next level while providing players with a great hockey and life experience. The development model is ideal for on-ice development, off-ice training, classroom performance, and overall hockey experience.

Program Highlights

- General Manager of Wenatchee Wild WHL organization is the all-time winningest coach in US junior hockey history in Bliss Littler.
- Professional coaching staff with four full-time coaches. 18U Co Coach Jordan McTaggart & Co Coach Kyle Sharkey, 16U Head Coach Pat Norlin & Asst Coach Josh Chamberlain.
- On-ice development includes daily practice and a significant focus on video for teaching purposes.
- Power skating Coach: Ashley Tike
- Goaltending Coach: TBA
- Highly structured and consistent strength and conditioning program with two certified strength and conditioning coaches monitoring all workouts.
- Academic environment where players attend school full-time and are closely monitored with regularly scheduled study halls and grade checks.
- Game schedule in the CSSHL will roughly be around 30 games plus 3 playoffs. We have our annual Home Tournament every year in Wenatchee. We play in State games to qualify for the State Championships and Pacific Districts if we move on. We are looking at approximate 40-45 game schedule. Once the CSSHL playoffs are completed we move to 3 days a week on the ice until June. (Tuesday-Wednesday-Thursday 1hr slots.

Specifics of the Program

Development Model

It is our mission to make your time with the Wenatchee Wild Hockey Academy teams a great experience and the best development year of your hockey career. This high-end program provides elite coaching, high practice to game ratio, structured off-ice strength and conditioning program, tier I midget competition and exposure, and high academic focus. We believe that the various elements of our team's model combine to make this the ideal program for elite players that are serious about playing at the next level.

On-Ice Development

During the week, the players will practice daily and have the opportunity to learn from a full-time professional coaching staff (see coaching staff bios below). Practices are scheduled with 2 coaches on the ice, which allows the coaches to run up-tempo practices while providing a significant amount of individualized feedback for each player. Emphasis for this program is placed on development. Players are pushed every day to reach their potential and taught high-level hockey concepts to help them be successful at the higher levels of the game. Practices and weekly training are structured similar to a NCAA D1 hockey program. The CSSHL www.csshl.ca schedule provides players with competition against top programs in Canada and the USA. In addition to the on-ice training and Tier 1 game schedule, there is a video-teaching and a structured off-ice strength and conditioning program.

Power Edge Pro (PEP) for All Teams

The Wenatchee Wild Hockey Academy have been utilizing Power Edge Pro (PEP) since the 2021-22 season. According to the PEP website, "Power Edge Pro utilizes Reactive Countering Training™ (R.C.T.) to engage multiple motor skills simultaneously and develop a player's small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill-based practices, leading to faster development of elite skills." The Development Teams will implement PEP training into the regular curriculum as an added development tool to maximize player development. For more information about Power Edge Pro, you can visit their website at <https://poweredgepro.com/>.

CSSHL - Exposure & Competition

The CSSHL www.csshl.ca 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 2021-22 season, the CSSHL will feature 26 Accredited Schools/Schools with Residence and 94 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.

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 can 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 behavior. 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.

Affiliate Teams of the Wenatchee Wild

The Wenatchee Wild Hockey Academy is operated through a partnership between Wenatchee Amateur Hockey Association (WAHA) and the Wenatchee Wild (WHL). Players on the 18U & 16U development teams get daily exposure to the Wenatchee Wild. Many players in the past have had opportunities to practice for the Wild. These opportunities are not guaranteed for development players, but there is opportunity for all development players to earn opportunities with the Wild as they are seen and interact on a daily basis by the Wild staff.

Off-Ice Training

The teams have two certified strength and conditioning coaches that run all of the team workouts. The workouts are structured and consistent throughout the season. Players are closely monitored to make sure they are doing the exercises properly and being pushed hard in the gym. The strength and conditioning program have had major success in Wenatchee with previous players making significant progress in their core lifts of squats, deadlifts, cleans, and bench press during the season.

Video

The Wenatchee Wild Hockey Academy teams use an advanced hockey-specific video software system in The Prospects Exchange, the same one used by the Wenatchee Wild. Regularly scheduled team and individual video sessions are used for teaching and learning purposes, while video clips of each players' shifts can be easily made and sent out to promote players to junior and college teams.

Facilities

Wenatchee Wild Hockey Academy players practice and play out of the beautiful Town Toyota Center. The teams have their own locker room at the rink. Laundry and skate sharpening is done for the players throughout the season and the players are treated similar to a junior team. The teams train at the Wenatchee Racquet and Athletic Club (WRAC). The facilities provide the players every opportunity to develop and become the best player they can be.

Academic Success

The Wenatchee Wild Hockey Academy teams place high emphasis on being a *STUDENT*-athlete. Players attend Eastmont High School full-time and then come to the rink for practice and training after school. Eastmont High School is a highly ranked and respected public school. Wenatchee Wild Hockey Academy players are held to high academic standards and supported to achieve those standards through closely monitored and structured study hall sessions. The weekend game schedule limits the amount of missed class days for all of the players.

Social and Character Development

With the goal of providing the players with a great hockey and life experience, much focus is placed on character development as these young men transition to the next levels of the game and next stages of their lives. These young men are in the critical development years of their life and it is not taken lightly the responsibility of the coaching staff to use the valuable lessons learned in the sport of hockey to prepare them to be successful in all areas of their life. Specifically, the social development mission for the Wenatchee Wild Hockey Academy coaching staff is to act as mentors while creating an environment that teaches the players to become men full of integrity and ready to work hard to achieve their life goals. Our development model allows players to gain elite hockey experience while growing into well-rounded men.

Program Costs

The 2026-2027 Academy fee \$24,000. A deposit of \$3000.00 is required upon signing the contract and the remaining balance is based over 8 remaining months starting July. The Billeting cost is \$600.00 per month. One flight will be required (maybe 2 based on CSHL Showcase locations/Tournaments) and is the responsibility of the families. We provide transportation to and from all games and airport. Meals, Hotels are included as is some outer hockey gear ie: Gloves, Pants etc. Workout apparel and lots of swag is included. For International Students we use ICES to acquire Student exchange visa and costs for this (They do all paperwork, medical and everything) roughly 10k USD for the season which is on top of the regular tuition.

A Typical Weekly Schedule
(Changes based on game schedule
& WHL Wild Games)

Wenatchee Wild 18U AAA

Wenatchee Wild 16U AAA

MONDAY

8:45-1:30pm – Eastmont High School
2:15-3:30pm – Practice
4:00-5:00pm – Off Ice Skills/Video

MONDAY

8:45-2:30pm – Eastmont High School
3:45-5:00pm – Practice
5:15-6:15pm – Off Ice Skills/Video

TUESDAY

7:45-1:30pm – Eastmont High School
2:15-3:30pm – Practice
4:00-5:00pm – Work Out (WRAC)

TUESDAY

6:00-7:00am – Workout (WRAC)
7:45-2:30pm – Eastmont High School
3:45-5:00pm – Practice

WEDNESDAY

7:45-1:30pm – Eastmont High School
2:15-3:30pm – Practice
4:00-5:00pm – Off Ice Skills/Video

WEDNESDAY

7:45-2:30pm – Eastmont High School
3:45-5:00pm – Practice
5:15-6:15pm – Off Ice Skills/Video

THURSDAY

7:45-1:30pm – Eastmont High School
2:15-3:30pm – Practice
3:45-4:45pm – Workout (WRAC)

THURSDAY

6:00-7:00am – Workout (WRAC)
7:45-2:30pm – Eastmont High School
3:45-5:00pm – Practice

FRIDAY

7:45-1:30pm – Eastmont High School
2:15-3:30pm – Practice
4:00-5:00pm – Off Ice Skills/Video

FRIDAY

7:45-2:30pm – Eastmont High School
3:30-4:45pm – Practice
5:15-6:15pm – Off Ice Skills/Video

Coaching Staff Profiles

Kyle Sharkey

Co-Head Coach: 18U-Wild

Background:

- SPHL Head Coach, Fayetteville Marksmen - 2 Years
- NAHL Assistant Coach, Minot Minotauros
- Played professionally in the SPHL for the Huntsville Havoc, won 2 Presidents Cup titles
- Played NCAA Division III hockey for the University of Wisconsin-Stevens Point, 2016 national champion
- Played in the NAHL for the Topeka Roadrunners, NAHL First-Team All-Star

Jordan McTaggart

Co-Head Coach: 18U-Wild

Background:

- Wenatchee Tier 1 Coach – 9 Years
- Head Coach Midget Varsity – 3 Years (Banff) CSSHL
- Assistant Coach Midget U16 & U18 – 3 Years (Banff, Team Seattle)
- Assistant Coach Junior A Tier 3 – 3 Years (Yellowstone-NA3HL)

Pat Norlin

Head Coach: 16U-Wild

Background:

- Wenatchee Wild Hockey Academy - 3 years
- Helena Bighorns AWWHL (now NA3HL)
- 18U & 16U Coach in Western USA & Canada
- Wenatchee Tier 1 18U & 16U

Josh Chamberlain

Assistant Coach 16U-Wild

Background:

- Wenatchee Wild Hockey Academy - 1 year
- Former Jr A and Div 3 Hockey Player
- Former player Wenatchee Wild Hockey Academy

Auxiliary Staff

Tammi Flynn, MS, RD, CSSD, CSCS
Strength and Conditioning Coach

Coach Flynn is a registered dietitian and fitness professional who has been in the industry since the 1980s. Her more recent certifications are in CrossFit, sports nutrition, and as a strength and conditioning specialist. Her current interests are focused on programming and diet for young athletes to maximize their performance. She has four sons that play hockey and her oldest two sons played for the Academy. Tammi has substantial experience with hockey-specific training.

Keith Baier, CSCS
Strength and Conditioning Coach

Coach Baier has over 19 years of experience as a strength coach and performance specialist. Prior to moving to Wenatchee, Coach Baier spent 13 years in Seattle where he ran his own sports performance facility. During that time, he was also a NCAA Strength and Conditioning Coach at Seattle University where he worked with athletes from many different sports. Coach Baier has a degree in Sports Science from the University of Idaho where he played football for the Vandals.

Dean Marney
Yoga Instructor

Coach Marney is a certified yogi instructor through YogaFit and is a certified personal trainer. He has been teaching yoga for over ten years and works with Wolves players once a week to enhance their core strength and flexibility.

Pepe Sandoval
Equipment Manager and First Aid/CPR

Mr. Sandoval has his USA Hockey level 4 coaching certification and a major passion for enhancing Development Teams and Wild player experience. He serves the Wild organization in a variety of roles and is incredibly well-liked and respected by the players.

Mike Malmin
Team Chaplains

Mike Malmin is a pastor at the Wenatchee Church of the Nazarene in Wenatchee and serve as the team chaplains for the Wenatchee Wolves. Pastors Mike offers optional chapels to the Wenatchee U16 & U18 players during the season. He is also available to players who may need support services as needed.

Contact Information

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18U/ Co-Head Coach

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WENATCHEE WILD HOCKEY ACADEMY FACEBOOK PAGE:

<https://www.facebook.com/WenTier1Hockey>

WENATCHEE WILD HOCKEY ACADEMY INSTAGRAM:

<https://www.instagram.com/wenatcheewildhockeyacademy/>

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