



Choice in process = ownership in outcome.
We help kids figure out which process will
lead to the desired outcome.

Students need to learn

HOW TO THINK

so they are better prepared to
make their own choices and find
their own success.

How do we teach thinking skills?

- Put students in the driver's seat by allowing them to make choices over their learning. (Ownership)
- Ask them questions to help them discover new information and figure out how they learn best. (Responsibility)
- Guide them to reflect on their choices to ensure they are on the right path to achieve THEIR goals. (Accountability)

Grade 7 Science

Unit Four: Structures and Forces

Wk	Obj	Objectives	Text book	Video	Fun Practice	Sign Off																
1	1	Demonstrate your understanding of a structure (<i>include force and load in your definition</i>).	Pgs 258-345	Video 1	G1																	
	2	Demonstrate your ability to describe three kinds of designs (solid, frame, shell) and provide at least two natural and two man-made examples of each. (<i>You can use this chart or find another way to share your examples</i>)																				
		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Type of Structure</th> <th style="width: 35%;">Description</th> <th style="width: 20%;">Examples from nature</th> <th style="width: 30%;">Man-made examples</th> </tr> </thead> <tbody> <tr> <td>Solid (Mass)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Frame</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Shell</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>					Type of Structure	Description	Examples from nature	Man-made examples	Solid (Mass)				Frame				Shell			
Type of Structure	Description	Examples from nature					Man-made examples															
Solid (Mass)																						
Frame																						
Shell																						
	3	Demonstrate your ability to find or create examples of structures that have the same function but different designs (shell, frame, solid) and compare the advantages and disadvantages of each structure.					Video 2	G2	<input type="checkbox"/>													
	4	Demonstrate your understanding of force .					Video 3	G3														
	5	Demonstrate your ability to explain and provide examples of at least three natural and manmade forces that affect a structure.																				
	6	Demonstrate your understanding of external force .																				
	7	Demonstrate your ability to explain the following terms: <ul style="list-style-type: none"> - gravity - centre of gravity - symmetry - stability 	Video 4	G4																		
	8	Demonstrate your ability to find the centre of gravity of an object.	Video 5																			
	9	Demonstrate your ability to describe how a structure's centre of gravity affects its stability.																				

The “Unwritten Curriculum”

- Critical Thinking
- Confidence
- Flexibility
- Initiative
- Leadership
- Collaboration
- Independence
- Problem-Solving

**Children are UNIQUE,
shouldn't their learning be?**

**We all know what works for one child may not
work for the next.**

**Putting students in the driver's seat empowers
them to become thinkers and not just doers.**

Typical Weekly Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:40-8:50	Advisory	Advisory	Advisory	Advisory
8:50-9:50	ELA	ELA	ELA	ELA
9:50-10:00	Snack	Snack	Snack	Snack
10:00-11:00	Math	Math	Math	Math
11:00-12:00	Science/Social	Science/Social	Science/Social	Science/Social
12:00-1:00	Lunch/Recess	Lunch/Recess	Lunch/Recess	Lunch/Recess
1:00-3:00	Hockey Talk	K&M Hockey (On-ice)	K&M Hockey (Dryland)	K&M Hockey (On-ice)
3:15	Dimissal	Dimissal	Dimissal	Dimissal

Krista Tincher

Hockey Talk & Sports Psychology

- * Overcoming the “Fear of Failure” and Perfectionism
- * Manage Pre-Game Anxiety and Stress
- * Improve Focus and Decision-Making
- * Navigating the Mental Side of Injuries
- * Promote healthy motivation and self-esteem
- * Manage pressures from school, sport and home



At K&M Hockey Development, our core philosophy is built on **individual player growth** through purposeful, high-repetition skill training that translates directly into on-ice confidence and performance. We believe elite hockey players are developed one skill at a time — by mastering technical fundamentals, building sharp hockey IQ, and developing the competitive mindset required to succeed at higher levels.

Our High-Performance Development Philosophy:

- **Skill-First Approach:** The majority of training focuses on elite individual skills — skating (edges, power, agility), stick handling, puck control, shooting accuracy & power, passing, deception and goalie development
- **Hockey IQ Emphasis:** We teach players to think the game at a high level — reading plays, making quick decisions, anticipating, and executing under pressure.
- **Measurable Progress:** Development must be tracked. We use structured **Beginning-of Year, Mid-Year, and End-of-Year testing** to objectively measure improvement in key areas such as skating speed, edge control, shot velocity, puck control efficiency, and on-ice decision-making. These benchmarks are integrated directly into our full on-ice development plan, allowing us to adjust programming and celebrate real growth throughout the season.

Partnership with Parents

We maintain a true **open-door policy**. We are committed to doing everything we can to support both players and their families.

- **Direct Parent Feedback:** Coaches provide honest, constructive feedback after key sessions and testing periods.
- **Monthly Player Development Request Form:** Each month, parents are invited to submit specific areas they would like extra emphasis on for their child (e.g., wrist shot power, defensive pivots, confidence in 1-on-1s, etc.). Our coaching staff reviews these requests and integrates them into the program where possible, ensuring the development plan stays personalized and responsive.

This collaborative approach ensures that the program works with you — the parent — to address your child's unique needs and goals throughout the October-to-March season. Through K&M Hockey Development's philosophy, players don't just attend practices — they undergo a complete, measurable transformation in their skills, hockey sense, and confidence. We are proud to power the skill development component of the Summit West Academy Winter Hockey Program.

K&M: Coaches

Kris Foucault

Hailing from Calgary, Kris emerged as a formidable force in the hockey world. Starting with the Calgary Buffalos, he transitioned to become a key player for the Calgary Hitmen, winning a championship with the team. His journey continued with stints in the NHL with the Minnesota Wild, AHL with the Houston Aeros/Iowa Wild, and European leagues including the Vienna Capitals and Zurich Lions.



Coaching experience:

- GDI shooter
- Calgary JR Hitmen instructor
- Pat Elynuik Hockey Development Demo coach
- Havoc hockey Assistant/development coach
- Crash Conditioning Development Coach
- North West Flames Coach mentor/Development coach - OMHA skill vendor - PEP certified Skills Coach - Foothills Golden Bucks head coach and co founder
- K&M hockey co-founder

K&M: Coaches

Matt MacKenzie

Matt MacKenzie, a third-round draft pick by the Buffalo Sabres, started his hockey career with the Calgary Hitmen before venturing into the AHL with the Rochester Americans and the Portland Pirates. His versatility shone through as he played in the ECHL with the Manchester Monarchs and the Florida Everblades. Matt then embraced European hockey, contributing to teams in the EBEL and Germany.



Coaching experience:

- JR Hitmen Hockey Instructor
- NSD on ice instructor
- Okanagan Hockey School head defence instructor
- Okanagan Hockey School power skating instructor
- Crash conditioning development coach
- Built strong off ice instructor
- PEP certified Skills Coach
- K&M hockey co-founder

K&M: Goalie Coach Leland Irving

Leland Irving is a former first-round NHL Draft pick (26th overall by the Calgary Flames in 2006) and brings elite professional experience and proven expertise to Summit West Academy. A native of Barrhead, Alberta, Leland enjoyed a standout junior career with the Everett Silvertips (WHL), where he established himself as one of the top goaltenders in the league. He set records for shutouts, earned WHL West Second All-Star



At Summit West Academy, Leland and his associates lead our elite goaltending development and provide specialized coaching across the program. His group emphasizes:

- Advanced technical skill development (skating, edgework, positioning, and save mechanics)
- High-level hockey IQ and game-reading ability
- Mental toughness and competitive mindset training
- Modern puck-playing and breakout skills

ON-ICE DEVELOPMENT

Our on-ice development approach is built on a skill-first philosophy designed to create complete, confident hockey players. Powered by K&M Hockey Development, the program prioritizes high-level individual skill development and hockey IQ above all else.

DEVELOPMENT APPROACH

Core Focus Areas:

- **Skating Mechanics** — Edge work, power, agility, stride efficiency, quickness, and explosive movement
- **Stick handling & Puck Control** — Quick hands, deception, puck protection, and control in all situations
- **Shooting** — Power, accuracy, quick release, and shot variety
- **Hockey IQ** — Decision-making, reading the play, anticipation, spatial awareness, and playing under pressure



While positional play and team strategy are included for well-rounded growth, they are secondary to developing strong individual skills and elite hockey sense.

Weekly Player Schedule

- **Tuesday – Skill Development** Focused, high-repetition sessions emphasizing elite individual skills. These practices include position-specific skill work along with skating, stickhandling, puck control, and shooting. Tuesday sessions are specifically designed to build upon the skating mechanics and shooting techniques introduced and refined in the HPC program.
- **Wednesday – HPC (High Performance Coaching) Session** Dedicated video-supported mechanical development day. Players work through detailed progressions on skating, shooting, and skill mechanics. These sessions are structured to create noticeable weekly growth through deliberate practice, video feedback, and individualized coaching.
- **Thursday – Hockey IQ & Game Play** Small-area games and competitive drills focused on developing hockey intelligence, creativity, and compete level. Players work on reading the play, decision-making under pressure, and understanding game mechanics in dynamic situations. This session helps bridge skills into real-game application and prepares players for weekend competition.

Weekly Goalie Schedule

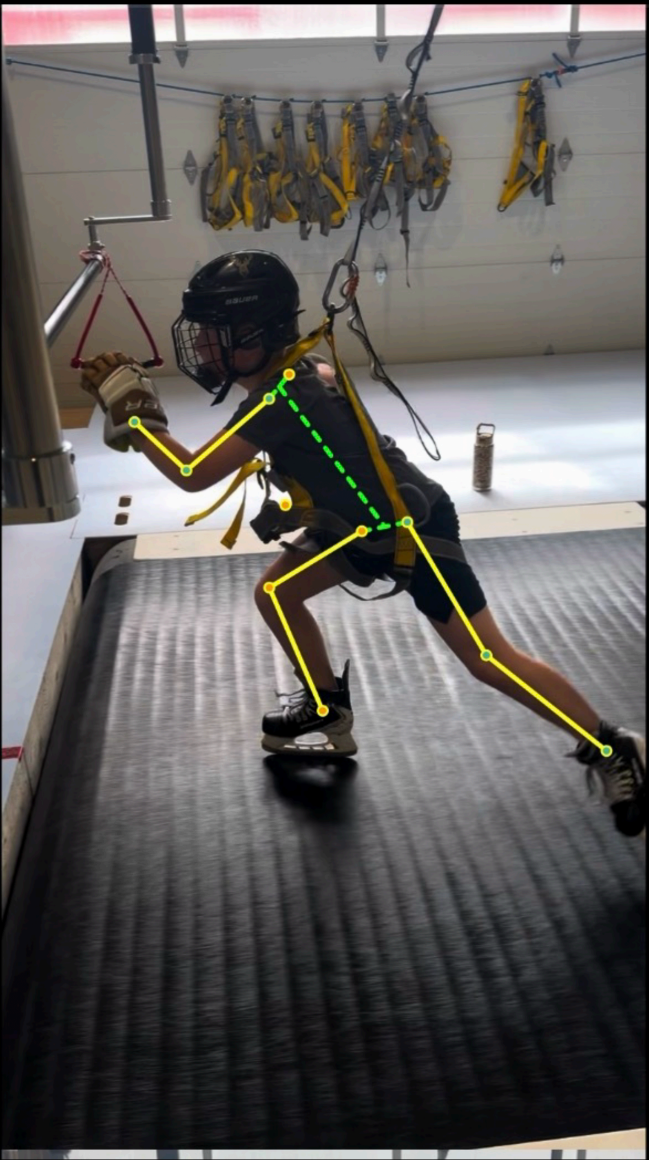
- **Tuesday – Goalie Skill Development** Technical skill work focusing on skating mechanics, positioning, save techniques, and puck control. These sessions build strong fundamentals and integrate with the skater skill development.
- **Wednesday – HPC Goalie Session** High Performance Coaching with detailed video analysis. Goalies work through structured mechanical progressions to create noticeable weekly improvements in technique and consistency.
- **Thursday – Goalie Hockey IQ & Game Integration** Scenario-based drills, small-area games, and competitive battle work. Focus is on reading the play, anticipation, post-to-post movement, and decision-making under pressure while training with skaters. Goalies also participate in specialized shooting sessions, skate treadmill work, and team video reviews.

All development is supported by Beginning, Mid, and End-of-Year testing, regular video feedback, and monthly parent input to ensure personalized growth throughout the October-to- March season.

High Performance Coaching

The HPC Difference:

- **In-Depth Video Breakdowns** Every player receives regular, detailed video analysis from practices, shooting sessions, and games. Our coaches record and edit high-quality clips focusing on individual skill execution, decision-making, and overall performance.
- **High-End Thorough Analysis Feedback** goes far beyond surface-level comments. Each video session includes:
 - Technical analysis (skating mechanics, edge work, stick handling technique, shooting form, etc.)
 - Tactical and Hockey IQ assessment (positioning, reads, anticipation, decision speed)
 - Competitive mindset observations
 - Specific, actionable recommendations for improvement
- **Direct Player Feedback** Players receive one-on-one or small-group video review sessions with coaches. These sessions are interactive — players watch themselves, discuss the analysis, and leave with a clear understanding of exactly what to work on in the next phase of training.
- **Progress Tracking** Video feedback is tied directly to our Beginning, Mid, and End-of Year testing, allowing players and parents to visually see measurable improvement over the season.



Why Choose SWIS Hockey Academy?

- A complete development experience for student-athletes.
- Personalized academic pathways
- Elite hockey instruction and measurable progress
- Leadership, confidence, and independence
- Direct parent communication and support
- Preparing students for success on and off the ice

Program Details

Academic & Hockey Program (\$14,500)

- All academics, field trips, activities (Sept-June)
- Hockey Program: October-March
 - Mondays - Hockey Talk with Tincher
 - Tuesdays/Thursdays - On-ice with K&M
 - Wednesdays - Dryland at HPC with K&M

Hockey Program Only (\$5,500)

- Tuesdays/Thursdays - On-ice with K&M
- Wednesdays - Dryland at HPC with K&M



SUMMIT WEST
INDEPENDENT SCHOOL

