



# R1 LAIDLAW

At the R1 Laidlaw in-season academy, players are able to experience a unique opportunity being a student athlete. While working with the RINK Professionals, athletes will be exposed to on ice skill development, off ice training in Testify Performance, as well as a boardroom component. With this program, students will continue to play on their regular season teams while gaining extra development throughout the year. Players workload are monitored and managed by RINK Professionals to maintain optimal performance.



## IN-SEASON ACADEMY 2023-24

### PROGRAM DATES

- September - June
- 10 month program
- R1 Laidlaw Follows School Schedule
- No Program on In-Service and Holidays
- [For more information about Laidlaw School](#)

### PRICING

- Payment plans available
- Deposit required

### A DAY IN THE LIFE

- 7:00AM | Arrive at RINK
- 7:20AM | On-Ice or Off-Ice
- 8:30AM | Boardroom or Off-Ice
- 9:25AM | Bus arrives at RINK to go to school
- 9:45AM | First class Begins
- \* Players miss first period gym class to participate in the program. R1 Laidlaw fulfills their gym credit. \*

### PROGRAM DETAILS

- Monday - Friday mornings before school
- All players attend Laidlaw School
- 3 Ice times per week
- 3 Workouts per week
- 2 Boardroom Sessions per week

### RATIO

- 2010 BornPlayers
- 9 Male Players
- 9 Female Players
- 2-4 Goalies (M/F)