

WHA Sabres AAA Prep Hockey

What is the WHA Sabres?

In the 2023-24 season, the 16u Sabres had a successful season of 33-17-5-1. We have now partnered with the Warlords Hockey Academy, who have been in operation since 2018. They have had many successful seasons in the ORHL or Ontario Rep Hockey League, with fantastic development and organizational goals.

With this partnership, we have been afforded the opportunity of using fantastic facilities and development strategies. Combining to create a high end and highly committed staff to get players to their max potential using great resources and skills training that players need.

With this merger, our network of players, resources, connections, and development has all increased to create a stronger organization moving forward and giving all our players the tools and ability to get to the next level.

WHA Sabres AAA Organizational Goals

As an organization, the WHA Sabres aim to provide a highly competitive environment where players push players to achieve their highest level. With high quality, non parent coaching staff's, players will receive instruction and development from some of the best coaches in the area while not having to worry about any biased decisions. Players earn everything they are given.

The WHA Sabres AAA program provides an atmosphere based on development and work ethic, that prepares young athletes the opportunity to get a taste of the junior landscape and what to expect moving forward in their hockey journeys. With high level skill development, off ice workouts, film sessions, and academics, our goal is to push the players to understand and thrive in a new culture and understand the importance of being a student athlete and the benefits that come with being great academically and athletically.

Programs We Offer

THE WHA Sabres will offer AAA programs in the 14u (2010,2011, 4 2009 Oct1-Dec 31), 15u (2009 and 2008), 16u (2008,2009, 4 2007 Oct 1-Dec 31), and 18u (2007,2006)

Leagues

- The WHA Sabres will be operating out of 2 different leagues for the 2024-25 Season
- NAPHL or North American Prep Hockey League will be hosting 6 showcases from the Months of October-March. These showcases will take place in Brampton, Toronto, Utica, Gatineau, Cornwall, and Ottawa(Championship Weekend) The NAPHL will have a 40 game season (8 home, 8 away, 24 showcase games). 14u, 16u,18u offered
- The NAPHL will also have a early bird showcase outside of league play that will be in September in Lake Placid (optional)
- UT1HL or United Tier 1 Hockey League will be the second of 2 leagues Sabres teams will be competing in with. 14u, 15u,16u,18u offered
- 18u teams will be offered to participate in USPHL showcases, getting exposure to the NCAA and USHL.
- 15u/16u teams will get access to the New England Fall Prep League(NEFPL)

What's included in the Program ?

- There will be a 55+ game season
- 3-5 Hours committed to Practice time per week
- 1 Hour of Skills Development per week, including power skating, handling/edge drills, and shooting sessions.
- 4 hours of hockey specific gym workouts per week
- Full team Stats including Goals, Assists, Points, Hits, Blocks, +/-, Penalty Minutes, Goalie Stats
- Monthly Report cards from coaching staffs including strengths, weaknesses, monthly stats, fitness results, player grades.
- 5-6 NAPHL Showcases
- 2-3 UT1HL Showcases
- 1-2 NEFPHL Showcases
- Player Exposure Packages
- 3 Game Jerseys, Socks, Hockey Pants, Gloves, T-Shirts, Sweaters, Jackets, Shorts, Hockey Bags, Practice Jersey
- Free access to the gym/facility on days with no team workouts, as long as there is availability
- Monthly film and video session breakdowns(both individual and team)

Schooling Philosophy

Our philosophy at the WHA Sabres is to allow players to enjoy their high school experience and have the flexibility to have free time.

Many academies and schools have strict schedules that must be maintained by the student athlete, and doesn't allow them the free time to enjoy the smaller things that come with a high school experience.

Since the Sabres don't provide private schooling through the academy, we believe having players attend a true high school experience allows them the real life experiences and challenges that will prepare them for the next level as they continue on into the older ages of their hockey journey.

Schooling

For our players outside of the local area, you have a couple options.

- 1) Attending the Local Highschool that is closest to your billet home address (ie Glendale, St Mary's, Huron Park, Paris). If you are a Canadian resident there is no charge or money owed to attend these Thames Valley District Schools. All you have to do is transfer from your former school to one of these institutions.
- 2) Apex Learning (online) is the online schooling platform that is used for young athletes to maintain their schooling with a flexible schedule

Players must maintain an average of 70 % or high to remain eligible to play and practice with the team

APEX Virtual Learning

- All players that chose to do APEX Learning will have to be in class online from 9am-2pm
- Player will need a laptop or computer setup to be able to get online and into class
- All players that are outside of Canada that continue their high school Education

Players can Register at

<https://www.apexlearningvs.com>

Glendale High School

Many of our former players attended Glendale high school in the past season. Glendale has a great staff of experienced educators and a curriculum that allows many different/unique options for the students to take courses that will fit their goals academically moving forward.

Glendale has strong athletic programs in multiply sports that allows Sabres players to get involved and be an active participant in the school. The Glendale High School Hockey program is one of the best in Southern Ontario, and we encourage our players to participate in it, to get the experience of playing a high caliber of hockey against older competition.



Billeting

The WHA Sabres players all get matched with a billet family. Unlike many other programs that provide private living quarters for their players, we match up a players with a local family that they will live with for the length of the season.

Players will get their own room and space, beds and room décor will be provide by the billet to the players.

3 meals a day to be provided to the player and/or sufficient amounts of food for the player to cook their own meals.

Billets will provide transportation for the players, if a billet cant provide transportation, the team will provide it for the player.

The cost of billeting will be \$700 CAD a month directly to the billet family .

Team Affiliates

The WHA Sabres AAA Prep program is a direct affiliate of the Smith Falls Bears Junior A club playing out of the CCHL and the Smith Falls Junior Bears playing out of the EOJHL (Junior B). Our partnership provides players a great opportunity to test the junior landscape and have a pathway to the next level within the organization.

Player Report Cards

At the end of each month, players will receive their player report card. These report cards will track month statistical success, coach's comments, and player grades. The player grading system is designed by the WHA Sabres Organization and is a scoring system out of 10. There is 15 Categories that players will be scored on each month. A total score out of 150 will be provide to the players and each category will be discussed with the player to make sure the coach and player are on the same page/ understanding of why each category was scored the way it was.

Player Exposure Packages

The Player Exposure Package is a tool the organization will use for each player to get them the maximum exposure possible! The package will include film, stats, coaches comments, monthly report cards, player grades, academic notes, and character traits. With this package, players will be receiving exposure for multiple leagues and teams across the country.

Cost/ Fundraising

- The cost per player for the 2024-25 season will be \$7500 CAD + 1000 CAD in fundraising. The \$1000 CAD in fundraising can be paid up front for a total of \$8500 or \$1000 in fundraising can be completed through organizational fundraisers including the Alcohol Raffle, Leafs Tickets Draw, or the Autographed NHL jersey draw.

Players are encouraged but not mandated to find sponsors for themselves to help reduce costs. Sponsors can have their logo's present on the players jersey's. If an individual player secures their own sponsorships, that money will go directly to their costs.