



**Heads Up**  
Sports Academy Inc.

## Team Instruction

### Option 1: ABC Power Skating

- Learn agility, balance, coordination along with edge control and explosive power
- With the help of on ice hurdles, ladder and traditional power skating movements

### Option 2: Puck Control/Shooting Clinic

- Learn puck control and shooting skills with the help of on ice hurdles, ladders and stick handlers

### Option 3: Contact Clinics

- Learn the fundamentals of body contact with the help of checking pads

- Specialize your practice based on the above options

Cost per hour = \$150 GST Inc for 2 instructors

### Contact Information

Rich Vratovic

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# INSTRUCTORS

**RICH VRATARIC, B. PhEd. , B. Ed.**

## Technical:

- **Hockey Canada Skills Academy Development Seminar** (August 2006) London, ON
- **NCCP High Performance 1** (Formerly Advanced 1) (June 2005) Winnipeg, Canada
- **International Hockey Skating & Strength Symposium (40 Hours)** (May 2005) Michigan, USA
- **NCCP- National Coaching Certification Program Instructor**, Ontario Minor Hockey Association (OMHA) (Aug. 2004-Present)
- **Canadian Hockey Initiation Program (CHIP)**, National Coaching Certification Program (Oct. 2004)
- **OMHA NCCP Instructor Development Seminar** (Aug 2004, 2005 and 2006) Mississauga, ON
- **Certified Power Skating Coach**, Can Power & Skate Coach through Skate Canada (June 2002)
- **Theory-Level 3**, National Coaching Certification Program (Mar. 2002)
- **Level 2 Trainers**, National Coaching Trainers Program (May 2002)

## Coaching:

- **Director of The Licensed Hockey Canada Skills Academy** at Blessed Trinity Secondary School, Grimsby, ON (Sept 2006-Present) [www.bthockey.ca](http://www.bthockey.ca)
- **Under 17 Men's Hockey Program Guest Coach** Guelph, ON Final OMHA Camp Tryout (May 2006)
- **Blessed Trinity Thunder Jr. & Sr. Boys Coaching Staff** Grimsby, ON (Aug 2005-Present)
- **Under 18 Women's Program Guest Coach** Winnipeg, MB Regional Camp Tryout (June 2005)
- **Under 17 Men's Hockey Program Guest Coach** ON Regional Camp Tryout (Simcoe April 2005, Fort Erie April 2006)
- **Under 17 Men's Program Guest Coach** Simcoe, ON Regional Camp Tryout (April 2005)
- **OMHA** Ontario Minor Hockey Association Course Instructor (Aug. 2004-Present)
- **House League to Pro** - Heads Up Sports Academy Hockey Schools (1998- Present)
- **CYO** - Basketball, track and field, volleyball, intramurals (2002 - Present)
- **AAA** - Head Coach, Hamilton Ice Dogs (2001-2003)
- **AAA** - Assistant Coach, Hamilton Reps Hockey (2000-2003)

## Player Experience:

- **C.I.S.** - Men's Varsity Ice Hockey Team Member, Brock University (1999)
- **Jr. B** - Niagara Falls Jr. B Sutherland Cup Champions (1998)
- **OHL** - Saginaw Spirit (Formerly known as North Bay Centennials) (1996-1997)
- **OHL** - Erie Otters (formerly known as Niagara Falls Thunder) (1994-1996)
- **OHL** - Ontario Hockey League 2<sup>nd</sup> Round Draft Pick (1994)
- **Tier II Jr. A** - Hamilton Kilty B's, (1993-1994)
- **Under 17 Program** - (progressed to the third Regional Camp in Waterloo, ON (1992)
- **AAA** - Hamilton Reps (7 years)

# INSTRUCTORS

BOB VRATARIC, B.A. B. Ed.

## Technical:

- **Canadian Hockey Initiation Program**, National Coaching Certification Program (Oct. 2004)
- **Development 1 Level Coach**, National Coaching Certification Program (April 2002)
- **Theory-Level 1**, National Coaching Certification Program (Mar. 2002)
- **Level 1 Trainers**, National Coaching Trainers Program (May 2002)
- **Honors Human Geography Degree** (Brock University)
- **Elementary School Teacher**

## Coaching:

- **Head Instructor** -Cornation Minor Hockey League Development Camps (2006-Present)
- **House League to Pro** - Heads Up Sports Academy Hockey Schools (1998- Present)
- **Head Instructor** - Dofasco Minor Hockey League Development Camps (2000-Present)
- **CHIP Program Head Instructor** - Dofasco Minor Hockey League (2000-Present)
- **Head Instructor** - BLOMHA Minor Hockey League Development Camps (2001-Present)
- **AAA** - Head Coach, Hamilton Ice Dogs (2001-2003)
- **CYO** - Basket-ball, track and field, volleyball, intramurals (1997 - Present)
- **Player Experience** - Bishop Ryan Hockey