



**ACADEMY**

# **SKIEN ISHOCKEYKLUBB HOCKEY AND EDUCATION**





# ACADEMY

## PRESENTATION

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## Season 2017-2018

**August 15<sup>th</sup>:** First 20 players moved to Skien and started the program

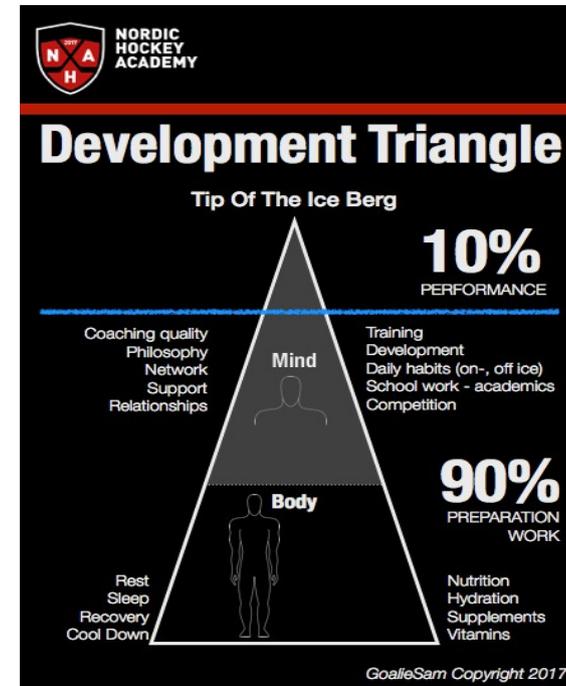
**September-March:** Winner of the Norwegian U18 Div 1. League

**April:** Winner of the AAA CAN/AM CHALLENGER CUP in Lake Placid, USA

**May:** Physical test results developed over 40%

**June:** Increased school GPA (highest GPA 5.2)

**July:** 100% of players proceeded to VG 2





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## Skien and Grenland as a hockey city

- Skien is the capital city of [Telemark County](#)
- About 55 000 habitants live in [Skien](#)
- 185 km to Oslo Airport (Gardermoen)
- 52 km to Oslo Torp/Sandefjord Airport
- 3-4 hour drive to Sweden and Denmark
- Excellent geographical location towards other sport and hockey cities
- Up to 350 registered hockey players in BTV krets area (\*Buskerud-Telemark-Vestvold)
- BTV Krets have both (boys and girls) teams
- Modern and complete training center facility in (Skien Fritidpark)
- Excellent alternative for visiting teams and guests for hotel and meals in Fritidspark
- Possibility for caravan parking and maintenance
- Calm, safe and pleasant city to live in



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## Elite Hockey in Skien

- First time in Skien Hockey history there is a U18 Elite team (season 2018-2019)
- One of the only clubs in the country that have two full teams alone in U18 age group
- Well organized club management and certified full time coaches and staff
- Modern and professional development philosophy and vision for success
- Goal to have all teams from U14-Senior playing on Elite level in the near future
- Newly renovated ice hall facility suitable for even senior hockey
- Facility for annual international tournaments, camps and national team events
- Top level sport high school Telemark Toppidrettsgymnas



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## **The Academy (U18-U21)**

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- Nordic Hockey Academy is a logo and label to represent all the local schools in the area
- All our students and players are members of Skien Ice Hockey Club
- Skien Hockey Club co-operates with 5 different schools in the area
- Our students may choose their educational path as they feel best between private sport high school - IB education or even profession school which is a very unique offer
- Academy program is primarily designed for high school students (15-21 years of age)
- Academy coaching language is English (language competence)
- Academy coaches are all highly educated and certified international coaches



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## Academy Season Plan

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**August:** One week pre camp on ice and estimated 6-8 exhibition games

**September-April:** U18- U21 League in Norway (35-45 games)

**April-May:** International tournament ( ca. 8-12 exhibition games)

**May-June:** Off and on ice training, testing, individual evaluations

**July-August:** Off season, individual training program



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## Coaching Staff

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**Head Coach:** Jimmy Komulainen (SWE) (full time)

**Head Coach & Academy Manager:** Sam Liebkind (FIN) (full time)

**Assistant Coach:** Julius Byrkjeland (SWE)

**Goalie Coach:** Sam Liebkind (FIN)

**Mental Coach:** Telemark Idrettskrets (Sport Psychologist)

**Equipment Managers:** Robert Mattsson, Victor Arca

**Team Manager:** Tormod Hunkilen

**Team Medical staff:** Johanna Hunkilen, Robert Mattsson



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## Hockey Program

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**Skills Training:** Three (3) skills sessions on the ice per week (mornings)

**Team "tactical" Training:** 4-5 team ice sessions per week (evenings)

**Specific "position" Training:** 1-2 individual ice sessions per week

**Physical "off ice" Training:** 6-8 hours of organized off ice training per week

**Video Coaching:** Constant coaching via personal app and team video sessions

**Mental Coaching:** 1-2 mental coaching sessions per week

**PPA analyses and evaluation:** Written individual evaluation and feedback

**Competition:** Regular season games + play offs (30-40 games)

**Additional Exhibition:** 10-15 exhibition games (domestic and international)



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## **Accommodation and nutrition**

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- Accommodation in newly renovated 1-2 person apartments
- Constant surveillance and follow up of all apartments
- Organized cooking course to all students
- Specified nutrition plan for each individual
- Restaurant open everyday at Skien Fritidspark hotel
- Short distances to all schools and training facilities
- Good public transportation network



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## Academic education and schooling

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- Several co-operation schools in the area
- Free choice of education  
(Sport High School, IB education, Profession School, UTIT / 9-10<sup>th</sup> classes)
- Organized schedules to combine school and sports
- Additional study support after school
- Highly ranked schools nationwide
- Multi lingual education
- University opportunities in the area
- Application must be done by 1.3 each year ([www.vigo.no](http://www.vigo.no))



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## Arena Facilities

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- Five full size locker rooms
- Full size modern off ice fitness gym at disposal
- Full size service room (equipment manager) and laundry facilities
- First aid and physiotherapy room at the rink
- 2 referee locker rooms
- Elevator to locker room area (e.g. heavy equipment)
- Storage rooms and drying closets for all players
- Coaches office
- Large cafeteria and lounge area for dining and video coaching
- New "safety" boards
- New led lights
- New ice machine (olympia)
- Large outdoor ice surface (free access for all club members)



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## Supporting organizations

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”High School Program fits in very well into our facilities and increase the total value of our program”

**Jon-Steinar Tufte** (Skien Fritidspark General Manager)

”We definitely need such environment in BTV area and happy to see Skien taking the lead in the matter” **Nicolai Sorensen** (BTV Krets leader)

”It is time to have ice hockey on a ELITE level in Skien and develop competitive and well educated hockey players to Norwegian hockey” **Knut Bråthen** (Skien Hockey Manager)

”Telemark Toppidrettsgymnas is very happy and excited to have ice hockey class in our program and look forward to a long-term development platform for Norwegian ice hockey” **Knut-Helge Hagen** (TIT Sport Manager)



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## Local Partners

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Norwegian Ice Hockey Federation

Skien Ice Hockey Club

BTV Ice Hockey Krets

Telemark Fylkeskommune

Telemark Idrettskrets

Telemark Toppidrettsgymnas (TIT)

Skien Kommune

Skien Fritidspark

Skien VGS

Porsgrunn VGS & IB School

Hjalmar Johansen VGS

Skogmo (Yrkesfagskole)

International School of Telemark (IST)



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## Partners and sponsors



**WARRIOR**

**CARLSENFRITZØE**



**PROTEINFABRIKKEN**

