



# KING HEIGHTS ACADEMY

ACHIEVING EXCELLENCE TOGETHER



# MULTI SPORT ACADEMY

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# KING HEIGHTS ACADEMY STRENGTH & CONDITIONING TRAINING

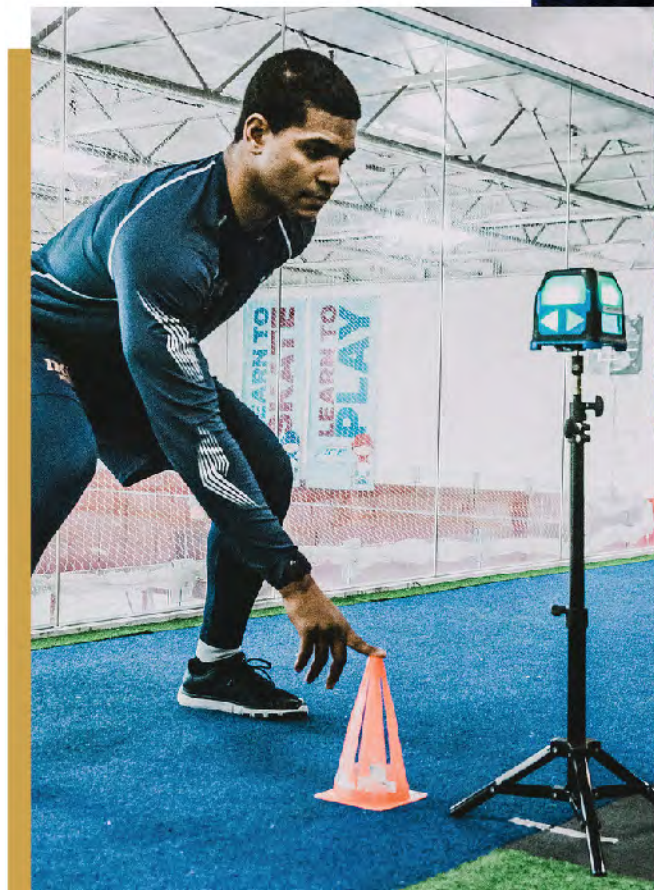
## STRENGTH AND CONDITIONING INSTRUCTORS

Our elite Strength and Conditioning Program is designed and customized for all sports. We train, develop and support student-athletes from grades 1 to 12.

Our training team consists of former pro and/or collegiate athletes. Our team understands what it means to be part of a family as well as being successful in both sport and life.

King Heights Academy will be **Sporttesting** all student-athletes. All scores and data will be collected in real time from the beginning to the end of their school journey.

Being NCAA certified, this allows data to be shared with NCAA schools. Our goal is to empower student-athletes to reach their full potential through training.



**Derrell Levy**  
Director of Strength Training Mentor, CSCS and Hockey Specialist

Derrell's extensive experience and knowledge stems from a lifetime of athletics, including winning a National Hockey Championship in 2007 with Oswego State University, and playing several years of Minor Pro Hockey. As a teenager, CBC took note of Levy's impressive work ethic and mindset, as he was featured in the CBC documentary "Making the Cut." Following the series, Levy was granted with the Reader's Digest Award.



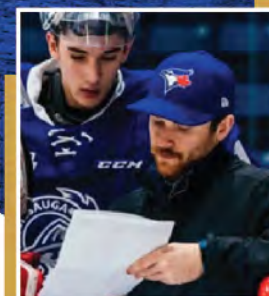
**Dimkpa (Mike) Chujor**  
Head Strength Coach, BSc (Hons) Kinesiology

Dimkpa is passionate about bringing out the best version of every athlete willing to take their game to the next level. Dimkpa's coaching passion began at a young age from his love for playing sports, such as soccer, basketball, volleyball, cricket, and track. With a Bachelor of Science in Kinesiology (Hons), Dimkpa focuses on developing core foundations while training student-athletes to help them reach to their full potential.



**Becky Tyler**  
Pilates/Yoga Instructor, BA (Hons) Kinesiology and Health Science, World Champion in Synchronized Skating

With a background in competitive dance as well as figure skating, Becky now focuses her energy on teaching athletes how to move safely and efficiently during sport-specific training. Certified in both Restorative and Barre Pilates, her coaching style as a "Movement Educator" follows her into the gym setting. Utilizing JOGA to emphasize the importance of proper active recovery, stretching, and balancing the mind with the body, to assist student-athletes with the tools needed to stay active, healthy and happy.



**Michael Morgan**  
Trainer/Athlete, Combine Testing, BSc in Kinesiology

Michael is a current varsity hockey player at the University of Waterloo pursuing a BSc in Kinesiology. He specializes in movement quality for optimal health, injury prevention, and quality of life. His interest in development and lifelong growth have resulted in his management of testing and tracking progress for King Heights Academy student-athletes.

KING HEIGHTS ACADEMY  
**OFFERS ELITE  
ACADEMIC  
& SPORTS  
PROGRAMMING**  
IN PARTNERSHIP  
WITH **PARAMOUNT  
SPORTS  
MANAGEMENT**







## KING HEIGHTS ACADEMY SPORTTESTING HIGHLIGHTS

### THREE PILLARS OF TESTING

- Player to Player Data Collection
- Player to Coach Data Collection
- Coach/Player to King Heights Academy Data Collection

### PLAYER DEVELOPMENT

- Athletes receive a benchmark score achieved through Sporttesting Clinics offered at King Heights Academy.
- Athletes are able to review results, upload statistics, personal information, imbed highlight reels, connect with other athletes, compare numbers with peers, and pro athletes.
- Athletes/Coaches/Parents can see the areas needed for improvement and work to set goals.

### PLAYER DEVELOPMENT TRAINING

- **On-Ice Clinics** - Clinics change based on player data collected. King Heights Academy's consultation can assist in prioritizing which clinics the player would benefit most from and offer the most improvement.
- **Test Drill Clinics** - King Heights Academy tests with the most advanced equipment to efficiently test a group of players through all fundamental hockey skills and immediately adds to the database. Drills are completed with and without a puck.

**sporttesting**

Sporttesting offers the most advanced evaluation and analysis system for sports combines for any athlete in the world. King Heights Academy is a recognized Sporttesting provider for all of our student-athletes and their individual sports. Our combines measure a player's agility, speed, stick handling, reaction time and provides accurate real-time feedback that can be compared throughout the season.







KING HEIGHTS ACADEMY

# ELITE HOCKEY AND GOALTENDING PROGRAMS

## ELITE HOCKEY HIGHLIGHTS

The Elite Hockey and Goaltending Programs are designed for student-athletes from grades 1 to 12, who aim to build a strong foundation of both skill and physical strength and to increase confidence.

The main objective of the Programs is to give student-athletes the ultimate training experience. Under the exceptional leadership of our coaches and instructors we provide a high-quality education combined with a fun, healthy, balanced, social, interactive, and rewarding experience.

**"A WELL  
ROUNDED  
EDUCATION  
THAT  
GROWS  
THE MIND  
BODY AND  
SPIRIT."**

- Canada's most up-to-date and comprehensive ice arenas
- 2 Newly renovated NHL-sized ice surfaces
- Healthy food choices and full restaurant
- State of the art on/off-ice training facilities
- Pro-shop
- Team meeting/video rooms
- Outdoor Fields
- Located at the King Heights Academy Thornhill Campus (407 & Dufferin)



- Student-athletes will be tested on/off ice through Sporttesting
- On-ice training 4 times per week and Off-ice training 5 times per week
- Professional on/off ice coaching and training
- Custom designed on-ice sessions include: Skating, Puck Handling and Shooting drills that will challenge players, with a focus on developing good habits, and proper technique, through expert knowledge
- Puck drills-awareness, protection and creating space in small areas
- Game specific training
- Shooting/Passing and Shoot to Score
- Exclusive use of KHA dressing room
- Girl's Hockey Program

- State of the art facility
- Focus on building strength, power and speed
- Provides comprehensive testing to highlight student-athlete's performance
- Guest coaches and speakers throughout the school year
- Conditioning plan
- Customized fitness program

### GOALTENDING PROGRAM:

- Exclusive Goalie training 2 days a week led by The Crease Goaltending School
- 2 days a week goalies will be trained separate from players
- All goalies will be assessed by Sporttesting
- Video review
- Mental Fitness Training
- Vision, Range, Reaction Training

## ELITE HOCKEY ON-ICE INSTRUCTORS



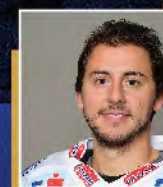
**Daniel Sisca**  
Director of Hockey/Head Instructor

Daniel brings a wealth of hockey knowledge, skill, experience and genuine understanding of the game to help players improve their skills and perform at their highest level. His professional hockey career began in the ECHL then extended to the AHL and three years in Europe.



**Dave Dolecki - Goalie Instructor**

Dave is the owner of The Crease Goaltending Academy. He has over 22 years of experience as a goaltending instructor. With his wealth of knowledge, he is also a certified Level 3 Hockey Canada Goalie Coach. Dave played in the OJPHL with the Milton Merchants and Oakville Blades and in the OHL with the London Knights.



**Mathew Sisca - Head Instructor**

After his junior career he played 3 years in the ECHL with Bakersfield/Cincinnati/Orlando and finally the Alaska Aces winning a Kelly Cup championship. Mathew brings a knowledge of offensive abilities, including how to score and prepare for the next steps.



**Bujar Amidovski - Goalie Instructor**

Bujar has over 18 years of coaching experience and is Hockey Canada certified. He played 7 years as a pro in the NHL, AHL, ECHL, and OHL. He signed 2 NHL contracts with the Philadelphia Flyers and Carolina Hurricanes.



**Brian McLaughlin - Head Instructor**

With over 20 years in Hockey Development, Brian specializes in Defense training. He has worked with a number of professional, OHL and college players. Currently a coach with the Toronto Titans, Brian brings 12 years of AAA coaching experience in the GTHL and he is Hockey Canada HP1 Certified.







# KING HEIGHTS ACADEMY BASEBALL

The Toronto Mets program focuses on helping each player achieve their baseball, personal and academic goals as a student-athlete. Under the guidance of our staff and coaches, every player has the opportunity to reach their full potential as an elite student-athlete. We believe we have assembled one of the best coaching staff, management personnel and conditioning teams in Canada.

Every year, over 95% of our graduating players continue on to play U.S. College baseball. Many of our players also have the opportunity to represent the Toronto Mets in Tournament 12, the Ontario Youth Team and Junior National Team. A handful of our players have been selected by Major League Baseball organizations in the June draft.

## HIGHLIGHTS

- 3-Phase Baseball Program: introducing new drills, advancement of previous drills, and status reports/assessments are provided at the end of each phase
- Toronto Mets' professionals will customize and facilitate a baseball development plan for King Heights Academy student-athletes
- 34 weeks, with four, 1-hour training sessions per week
- A 6:1 player/coach ratio for instruction
- Repetition based drills and fundamental training
- Dynamic warmup and arm care program for all student-athletes
- Position specific training is one of the Toronto Mets' strongest attributes and something that sets their program apart from others
- Blast Motion's individualized hitting plans for every student-athlete
- Coaches build relationships with student-athletes to ensure they are helping them reach personal, educational and athletic goals
- Multi-sport student-athletes are encouraged
- Dual position players are developed at the 14U, 15U, and 16U levels. With the help of the knowledgeable coaches and staff, student-athletes will find the position best suited to their skills
- Providing student-athletes with opportunities to showcase their skills for potential scholarship and draft prospects

## KHA BASEBALL INSTRUCTORS

- ▶ **Ryan McBride**  
President
- ▶ **Rich Leitch**  
VP Baseball
- ▶ **Darryl Reid**  
General Manager
- ▶ **Jordan Prosper**  
Pitching Coordinator
- ▶ **Michael Rodriguez**  
Strength & Conditioning Coordinator



- Toronto Mets Performance Centre is a brand new 16,000 sq. ft. indoor baseball and softball training facility
- Consists of dedicated pitching, defensive and hitting areas
- Elevated viewing area and parent lounge
- 2000 sq. ft. strength and conditioning area features state of the art equipment and technology such as Blast Motion, Rapsodo and Keiser
- Located at 100 East Beaver Creek in Richmond Hill



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### ▶ **Chris Begg** King Heights Academy Instructor and Former Pitcher for Team Canada

A former professional player with the San Francisco Giants, Chris made his way through the ranks, reaching AAA in 2004 and 2007. Chris was also a member of Team Canada from 2003-2009. He has served as the pitching coach for the Junior National Team on numerous occasions.

An OCT accredited teacher, Chris has taught for the past eight years in Health and Physical Education and Business Studies. His philosophy is to inspire youth and to demonstrate how skills and traits learned from athletics and sport can be manifested to all avenues in life.



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## KING HEIGHTS ACADEMY

# LACROSSE

The Lacrosse program is designed for student-athletes from grades 1 to 12 to develop their skills and physical strength. Building a relationship with each student-athlete is important to our dedicated coaches and they will continually motivate each player to accomplish both personal and athletic goals. Elite programming is customized to ensure each student-athlete reaches their full potential, while providing a fun, safe, challenging and rewarding experience.

## HIGHLIGHTS

- 1.5 hours of daily on-field training with experienced professional instructors
- Small group skills sessions focused on developing student-athletes based on position
- Offensive skills include ball handling, feeding, shooting and dodging
- Defensive skills include footwork, sliding, take-away checks, ground balls
- Goaltender specific drills promoting proper stance, angles, efficient movements, reaction time and effective clearing
- Strength and conditioning program driven by testing through Sporttesting
- In-class video sessions teaching game awareness, situational and tactics
- Exposure to a variety of high level lacrosse programs including NCAA D1/D2/D3, CUFLA and OLA
- Participation in premier lacrosse showcase tournaments across North America
- Boys and Girls Programs available



**Nate Reid**  
Instructor and Manager

- 5 time CUFLA National Champion with Brock University Men's Field Lacrosse
- Junior A and Major Series Lacrosse playing experience - St. Catharines Athletics and Victoria Shamrocks
- 10+ years coaching experience at various levels – OLA minor, OLA Junior and University Field
- Key facilitator of numerous successful NCAA lacrosse scholarship opportunities (D1, D2, D3) via Prep High School Lacrosse programs since 2015
- Knowledge and experience of NCAA and CUFLA recruitment process
- OCT accredited teacher



## HIGHLIGHTS

**THORNHILL CAMPUS - GRADE 1 TO GRADE 12 AND POST GRADUATE**  
**WOODBIDGE CAMPUS - PRESCHOOL TO GRADE 8**

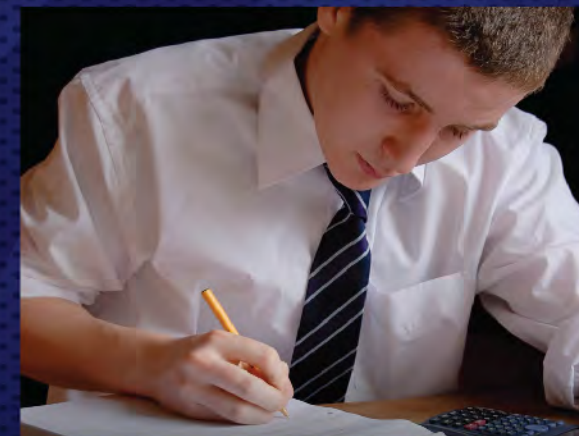
- Accredited International Baccalaureate World School incorporating the Ontario Ministry of Education Curriculum
- Licensed Day Care (Complimentary meals for Toddlers and Preschool)
- IB Primary Years Program (PK to Grade 6)
- Middle School Program (Grades 7 and 8)
- Secondary School Program (Grades 9 to 12 and Post Graduate)
- Optimal Small Class Sizes
- Individualized Student Success Plans
- Casual Uniforms
- Enriched, Academic and Applied Level Programming
- Ongoing Student Assessment
- Dedicated, Engaged, Professional, Faculty and Coaching Staff
- High-caliber, Nurturing Teachers and Specialty Teachers in Arts, Computers, French, Music and Physical Education
- STEAM (Science, Technology, Engineering, Arts, Mathematics) incorporated into every Program
- Science and Technology Labs
- Formal Leadership Training and Development Program
- Specialized "Extra Semester" Program
- Guidance Counseling, OUAC Applications and Career Planning



## HIGHLIGHTS

**THORNHILL CAMPUS - GRADE 1 TO GRADE 12 AND POST GRADUATE**  
**WOODBIDGE CAMPUS - PRESCHOOL TO GRADE 8**

- SAT Preparation, NCAA Planning/Counseling
- Acceleration, Reach Ahead, Upgrade, Summer Programs
- Remedial and Enriched Learning Resource Program
- International Student Program
- Boarding and Billeting Assistance Program
- Advanced Strength and Conditioning Program - Built into the Curriculum
- Open Communication and Partnership with Parents
- Community Service Involvement
- Food Services, Nutrition, Lunches and Snacks
- Optional Meal Plan
- Before and After School Care
- On-site Extracurricular Activities
- Supervised Homework Club
- Convenient Drop-Off Procedures
- Summer Camp
- Ambassador, Mentor and Tutoring Program
- Student Transportation Service







## KING HEIGHTS ACADEMY

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We look forward to making a difference in the lives of our students as we find, select and enroll students who understand the special nature of King Heights Academy as both a top academic institution as well as an elite sports school.



### Chad Malone

#### Secondary School - Vice Principal and Teacher

Mr. Malone graduated from Middlebury College with a BA in English Literature and completed his Master's Degree in Education at Clark University. For the past 15 years, he has been a dedicated educator, serving as a classroom teacher and administrator in both the private and public educational systems in the United States and Canada. In each role, at every school, the students – their well-being, personal growth, and academic readiness – has been his focus. Mr. Malone emphasizes the development of personal skills and strategies that enable students to navigate the complexities and realities of the world in which they live.



### Lara Snucins

#### Elementary School - Vice Principal and Teacher

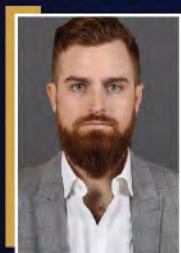
Ms. Snucins graduated from Queen's University with an Honours Bachelor of Science in Life Science and Mathematics. She then pursued her Bachelor of Education (Primary/Junior) at the University of Toronto. She has experience teaching at both the elementary and the secondary levels, but working with elementary students is where her true passion lies. She is a dedicated educator who is committed to helping students achieve their goals inside and outside of the classroom.



### Tim Sim

#### Director of Education

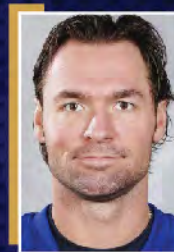
With well over 40+ years of educational experience with the Toronto District School Board and Private Schools, Mr. Sim brings a wealth of knowledge and expertise to King Heights Academy. Mr. Sim has effectively managed all major principal portfolio responsibilities involved in the leadership of a school as a teacher, curriculum leader, system leader and administrator. His leadership skills and passion for engaging and communicating with our students, teachers, coaches and families enriches our school community.



### Blake Ricci

#### Director of Admissions and Assistant Athletic Director

Mr. Ricci is an experienced coach, dedicated professional and organizational management leader who cares about students, assisting them to make informed and personally inspired choices. Mr. Ricci has well over 10 years in the hockey and figure skating facility management. Following his 19-20 season, as General Manager for the Toronto Jr. A Canadiens Hockey Club, he was named the Runner-Up to the Executive of the Year in the Ontario Junior Hockey League.



### Darcy Tucker

#### King Heights Academy and Paramount Ice Ambassador

Darcy is a Canadian, Hockey icon who played most of his NHL career with the Toronto Maple Leafs. Throughout his NHL career, he also played for the Tampa Bay Lightning and the Colorado Avalanche. Currently coaching AAA Hockey in the Toronto Titans organization. Officially adding Darcy to the King Heights Academy - Paramount Ice team as a daily mentor to students, on and off the ice, will be invaluable to our students and school community.



### Jim Thomson

#### King Heights Academy and Paramount Ice Ambassador

Jim played ten years of professional hockey on six NHL teams: the Washington Capitals, Hartford Whalers, New Jersey Devils, Ottawa Senators, Los Angeles Kings and the Anaheim Ducks. He has been training and mentoring hockey players for over 30 yrs. Jim is also the current owner of the Aurora Tigers Jr. A Hockey Club.



### Becky Kellar-Duke

#### King Heights Academy and Paramount Ice Director of Girl's Hockey

Becky is a former member of the Canadian Women's Hockey Team from 1997-2010 and has attended 4 Olympic Games. She is a three time Olympic Gold Medalist (2002, 2006, 2010) an Olympic silver medalist (1998) and four time World Champion. Becky was twice named top defenseman in the CWHL (Canadian Women's Hockey League). Becky is a graduate of Brown University (Arts Bachelor) and Wilfrid Laurier University (MBA). She was inducted into the Brown Sports Hall of Fame in 2005 and was named to Wilfrid Laurier's 100 Alumni of Achievement.



### Kerry Goulet

#### King Heights Academy and Paramount Ice Public Relations/Ambassador

After 16 successful seasons in the German hockey league, Kerry co-founded StopConcussions, along with former NHL players Keith and Wayne Primeau. As co-chairman of the Shoot For A Cure campaign (Canadian/American Spinal Research Organization), he aims to educate coaches, trainers, parents and athletes about the cause, effects and consequences of neurotrauma injuries. Kerry was also instrumental in developing the Safe4Sports prevention program and is the co-creator of the successful Ice Hockey Classic which takes place in Sheffield, Australia and New Zealand.

**Contact our Admissions team to secure your child's enrolment,  
set up a private tour or for more information.**

**ADMISSIONS@KINGHEIGHTSACADEMY.COM • 905-652-1234**



**We are accepting applications for enrolment for all of our Programs. Contact our Admissions team to secure your child's enrolment, set up a private tour or for more information.**



**[Admissions@kingheightsacademy.com](mailto:Admissions@kingheightsacademy.com)**

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