



ASPEN GROVE
HOCKEY

HOCKEY

As a premier Independent school, Aspengrove is proud to offer a high-performance hockey program, built for serious student-athletes who are committed to competing, growing, and leading - on the ice and in the classroom. At Aspengrove, every athlete is treated like a high-performance individual, not just a roster spot.

- STRUCTURED YEAR-ROUND DEVELOPMENT
- STRENGTH & PERFORMANCE TRAINING
- ACADEMIC EXCELLENCE
- CHARACTER-DRIVEN CULTURE



Through our Partnership with Prime Sport Performance, students at Aspengrove are able to access the Prime Hockey Academy and off-ice conditioning, as well as other sports performance services.

[Learn more about our partnership with Prime Performance & Training.](#)



PROGRAM OVERVIEW

PERSONALIZED PATHWAY

At Aspengrove, each player receives a personalized development plan designed specifically for:

- Their position
- Their strengths
- Their areas for growth
- Their long-term goals (Junior, NCAA, Professional).

We don't believe in one-size-fits-all training. We believe in intentional development with purpose.

PERFORMANCE DEVELOPMENT

Athletes are developed with long-term growth in mind, not short-term results.

- Structured skill progression
- Integrated strength & conditioning
- Individual performance feedback

ACADEMIC INTEGRATION

Aspengrove's independent school environment ensures:

- Academic accountability
- Structured daily schedules
- Leadership development
- Character-based education





ABOUT ASPENGROVE

Aspengrove School is one of Vancouver Island's leading independent schools, serving students from Junior Kindergarten through Grade 12.

Our foundation is built on academic excellence, character and leadership development, and a purpose-driven, structured environment where **every student is seen, known, and challenged.**

For student-athletes, this matters. High performance requires discipline, time management, and strong mentorship - qualities we intentionally cultivate every day.



ASPENGROVE
SCHOOL

Strong Roots, Bright Futures

OUR GYMNASIUM

The Ravens Nest Activity Centre is a 15,000 square foot state-of-the-art athletic and learning facility. Built in 2020, the gymnasium features 7,800 square feet of playing space. Featuring a full-sized indoor court, state-of-the-art lighting, glass backboards, and retractable spectator bleachers. The Nest is equipped to host:

- Competitive league games
- Elite training sessions
- Student-athlete development programs
- School-wide athletic events

Complementing the gym is a fully equipped fitness centre designed to support student-athletes in cardio, strength, and conditioning.



LOCAL ARENAS

Our High Performance Hockey Program is built on access to premier local training venues that support athlete development at every level. Players train in top-tier facilities across Nanaimo, each offering unique advantages that contribute to a complete, high-performance experience.

A COMPLETE TRAINING ENVIRONMENT

By leveraging multiple premier facilities, including **Frank Crane Arena, Cliff McNabb Arena, and the Nanaimo Ice Centre (NIC)**, our program provides athletes with:

- Increased ice access and scheduling flexibility
- Exposure to different game and training environments
- A balance of high-performance competition and focused skill development
- A true “home ice” experience across Nanaimo’s top rinks

This integrated approach allows our athletes to train more effectively, compete at a higher level, and fully prepare for the next stage of their hockey journey.



PROGRAM GOALS

Aspengrove's High Performance Hockey Program exists to develop disciplined, competitive, and accountable student-athletes prepared for success at the next level - academically and athletically.

COMPETITIVE HABITS & CONFIDENCE

- Refine on and off ice skills
- Develop athletes capable of performing in high-pressure environments
- Establish a culture where preparation drives performance
- Maintain selective rosters to protect competitive quality

LONG-TERM ATHLETE DEVELOPMENT

- Implement a structured Grade 4-12 performance pathway
- Integrate strength and conditioning into athlete growth
- Conduct three formal evaluation cycles per year
- Track skill, physical, and mindset progression annually

ACADEMIC ACCOUNTABILITY

- Maintain strong academic standing as a program standard
- Reinforce time management and discipline
- Develop leadership habits in the classroom
- Align athletic commitments with academic responsibility

CULTURE & CHARACTERS

- Establish clear standards of conduct
- Promote grit, professionalism, and accountability
- Develop leaders who elevate their peers
- Protect a team-first mentality

POST-SECONDARY PREPARATION

- Prepare athletes for competitive hockey
- Provide exposure within structured league environments
- Support student-athletes exploring post-secondary opportunities
- Build confidence through earned development



PROGRAM DIRECTOR & COACH

JAMIE WOOD

Jamie Wood brings over 20 years of experience in hockey coaching, program leadership, and athlete development across school-based, university, and high-performance environments. He has extensive expertise in hockey operations and athlete pathways, with a strong understanding of Hockey Canada, NCAA, CHL, PWHL, and CJHL systems. A graduate of Middlebury College and the University of New Brunswick (Law), Jamie has coached at Elmira College, the University of Minnesota, and the University of New Hampshire, as well as within sport school programs including Warner Hockey School and Maritime Hockey Academy.

He is recognized for building team-first cultures, leading comprehensive programs, and supporting athlete development alongside academic success. Known for his professionalism, integrity, and values-based leadership, Jamie is committed to fostering environments that prioritize skill development, resilience, leadership, and character, while engaging families and the broader school community.



STUDENT/ATHLETE EXPECTATIONS

Standards Define Us.

Aspengrove High Performance Hockey Program is built on accountability, preparation, and professionalism. Student-athletes who enter this program are expected to uphold the following standards daily:



HOCKEY DEVELOPMENT

- Train with purpose in every session
- Focus on skating, puck skills, and game execution
- Build habits that translate directly to competition
- Develop consistency through repetition and feedback

Hockey sense separates good players from great ones



ACADEMIC RESPONSIBILITY

- Maintain strong academic standing
- Demonstrate discipline in time management
- Represent the program positively in the classroom
- Seek support when academic challenges arise

Performance in the classroom is a program standard.



COMPETITIVE MINDSET

- Compete with intensity and composure
- Accept coaching and correction professionally
- Embrace challenging roles when assigned
- Understand that playing time is earned

Competition is a privilege



STUDENT/ATHLETE EXPECTATIONS



CHARACTER & CONDUCT

- Show respect towards teammates, staff, officials, and opponents
- Uphold school values at all times
- Represent Aspengrove professionally in public and online
- Contribute to a positive team environment

Character is non-negotiable.



ACCOUNTABILITY

- Take ownership of effort and attitude
- Respond constructively to feedback
- Accept team decisions respectfully
- Protect the culture of the program

Accountability moves us forward.



ADMISSIONS

Students applying to the Aspengrove Hockey Program must first complete Aspengrove's standard admissions process, which all school applicants follow.

For more information on the admissions process, please visit our website [here](#).

TUITION & FEES

Tuition & Fee information can be found [here](#). Tuition includes the Hockey Program.

SCHOLARSHIPS & BURSARIES

Aspengrove is committed to making our exceptional education and Hockey Program accessible to families who may benefit from financial assistance. To learn more about our bursary opportunities, please visit our website [here](#).



WHY CHOOSE ASPENGROVE'S HOCKEY PROGRAM?

INDIVIDUALIZED DEVELOPMENT PLANS TAILORED TO EACH ATHLETE

EXPERIENCED COACHES WITH HIGH-PERFORMANCE AND PATHWAY EXPERTISE

FOCUS ON HOCKEY IQ, DECISION-MAKING, AND GAME AWARENESS

TRAINING THAT TRANSLATES DIRECTLY TO REAL-GAME PERFORMANCE

CREATIVE DEVELOPMENT THROUGH SMALL-AREA GAMES AND 3V3 PLAY

A LONG-TERM APPROACH TO ATHLETE DEVELOPMENT

INTEGRATED ACADEMIC & ATHLETIC MODEL



FREQUENTLY ASKED QUESTIONS

Who is the program for and do athletes still play for their current teams?

The program is designed for student-athletes beginning in grade 4 who are committed to improving their skills and understanding of the game. Athletes continue to play for their existing club, academy, or rep teams, with Aspengrove serving as a complementary development environment.

What does training look like?

On-ice sessions include skating, puck skills, situational drills, and small-area games such as 3v3. Training is designed to maximize puck touches, increase engagement, and ensure skills translate directly into game performance.

What pathways does the program support?

The program supports a range of pathways, including minor hockey, junior, and collegiate levels, while prioritizing long-term development and a lifelong connection to the game.

How will my child be supported to balance their academic & athletic needs?

At Aspengrove, our teachers develop strong relationships with all of their students, and understand their individual needs. Strong communication between home and school is our strength - ensuring we work together to proactively balance your child's academic, athletic, and social needs.

Do you offer bus service?

Aspengrove owns 3 school buses and offers daily service from South Nanaimo to Qualicum. We can typically work with families to service their neighbourhood, if we aren't already doing so. (Not included in tuition fees.)

[General Aspengrove FAQ's can be found here.](#)



ASPENGROVE
HOCKEY



Get In Touch With Us.

Have Questions? Inquire Today!

Inquire: admissions@aspengroveschool.ca 

Apply Now: www.aspengroveschool.msm 

Website: www.aspengroveschool.ca 

Address: 7660 Clark Dr, Lantzville, BC 

Social Media [Instagram](#)  [Facebook](#) 