ASPENGROVE SCHOOL

VANCOUVER ISLAND, CANADA



ASPENGROVE

HOCKEY

A PATHWAY FOR HOCKEY PLAYERS

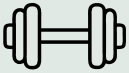
Aspengrove partners with Prime Hockey Academy to offer a year-round high-performance program for ambitious hockey players pursuing competitive success and post secondary opportunities.

This is not a recreational hockey program. It's an elite skills pathway designed for serious student-athletes.



YEAR-ROUND DEVELOPMENT

Structured skill progression, strength and conditioning, individual performance feedback, and seasonal evaluations.



STRENGTH & PERFORMANCE

Integrated training designed to develop athleticism, strength, speed, movement, and confidence.



TRAINING FACILITIES

Players train in top-tier facilities across Nanaimo, each offering unique advantages that contribute to a complete, high-performance experience.



ACADEMIC INTEGRATION

A full academic program designed to prepare student-athletes for university while balancing demanding hockey commitments.



CHARACTER-DRIVEN CULTURE

Building disciplined, resilient, accountable athletes who are prepared to lead on and off the court.

Aspengrove offers a long-term development model supporting athletes from Grade 5 through graduation.

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

A COMPLETE TRAINING ENVIRONMENT

Our High Performance Hockey Program is built on access to premier local training venues that support athlete development on the ice. In addition, our on campus fitness centre supports the development of hockey-specific strength, agility, cardio, and conditioning, with specialized equipment designed for student-athletes.





A GLOBAL COMMUNITY

Join a small, globally focused school where international students integrate into local culture and form meaningful connections with Canadian and international classmates.

ENGLISH IMMERSION

Learn and live in an English-speaking environment, building confidence both inside and outside the classroom.

A HOME AWAY FROM HOME

International students live with a member of the Aspengrove community through our Aspengrove-managed Homestay Program.

EXPERIENCE HOMESTAY

Scan to watch our Homestay video.



ACADEMIC & UNIVERSITY PREPARATION

Aspengrove combines strong academic programming with exceptional support for ambitious hockey players pursuing their passion while preparing for their future. Students complete the IB Programme through Grade 10, followed by Advanced Placement course options in Grades 11 and 12, with personalized guidance from both the Director of Hockey and University Counsellor to help balance academic and athletic goals.

- Full academic course load alongside hockey training
- Training integrated within the regular school day
- Small classes and teachers who know their athletes
- Full BC Graduation requirements
- Personalized guidance from the Director of Hockey and University Counsellor

The result: an academic foundation designed to prepare athletes for post-secondary opportunities on and off the ice—including in Junior, NCAA, Professional Hockey



SAMPLE DAILY TIMETABLE

8:00 - 9:50	Hockey Academy Block
10:30 - 11:50	Academic Block
11:50 - 13:10	Academic Block
13:10 - 14:00	Lunch
14:00 - 15:20	Academic Block
After School	Strength & Conditioning Workout



UNLEASH YOUR POTENTIAL



A HOCKEY

ISABC INDEPENDENT SCHOOLS ASSOCIATION OF BRITISH COLUMBIA

CAIS

FISABC Federation of Independent School Associations British Columbia

PRIME

IB WORLD SCHOOL

BRITISH COLUMBIA Ministry of Education

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