

ELITE HOCKEY ACADEMY



2026-2027
ELITEHOCKEYPROGRAM.COM



STRUCTURED DEVELOPMENT • ACADEMIC EXCELLENCE • COLLEGE & BEYOND

ON-ICE SESSIONS: 5-6 PER WEEK
STRENGTH TRAINING: 3 SESSIONS
VIDEO & TACTICAL TRAINING: 2-3 SESSIONS
GAMES: 2-3 PER WEEKEND
LIFE SKILLS & LEADERSHIP DEVELOPMENT: WEEKLY

WHY EHA?



FULL TIME STAFF



MEALS TAILORED TO ATHLETES



ACADEMIC ADVANTAGE



BILLET & DORM HOUSING

NOTRE DAME OF WEST HAVEN

HOCKEY IS NOT REPLACING EDUCATION

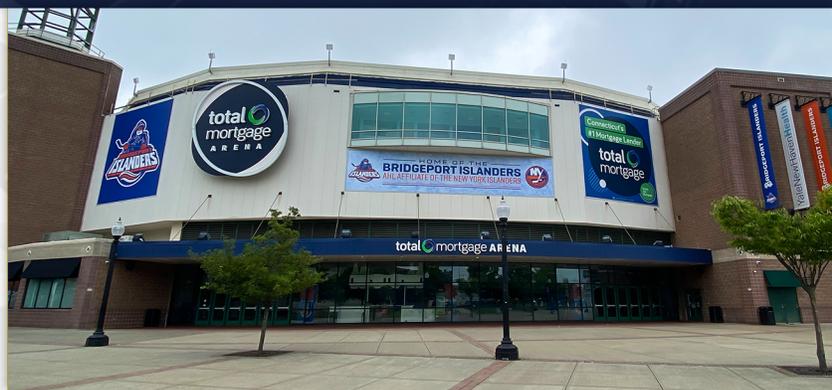
NCAA-APPROVED CURRICULUM

EARLY DISMISSAL COORDINATED WITH ATHLETIC SCHEDULE

ACADEMIC ACCOUNTABILITY AND FACULTY COMMUNICATION

COLLEGE-PREPARATORY SUPPORT

15:1 STUDENT TO TEACHER RATIO



TOTAL MORTGAGE ARENA

HOME TO THE BRIDGEPORT ISLANDER (AHL)

OUR PLAYERS GET TO EXPERIENCE WHAT IT'S LIKE TO TRAIN AND PLAY IN A PRO ATMOSPHERE IN A WORLD-CLASS ARENA.





ELITE HOCKEY ACADEMY ALUMNI COMMITMENTS

- IVAN KORODIUK | BOWLING GREEN
- SEBASTIAN BRADSAW | UNIVERSITY OF NEW HAMPSHIRE
- DYLAN CONTRERAS | UNIVESIRY OF ALASKA ANCHORAGE
- BRADY SCHULTZ | QUINNIPIAC UNIVERSITY
- LINCOLN HATTEN | ARMY US MILITAIRY ACADEMY
- JAKE LAMMENS | ST LAWRENCE UNIVERSITY
- MIKE ROBERTS | DARTMOUTH COLLEGE
- ERIK GORDON | COLLEGE OF HOLY CROSS
- JOSH WATERS | DARTMOUTH COLLEGE
- YEGOR OSIPIK | NEW ENGLAND COLLEGE
- MIKE ROBY | CHATHAM COLLEGE
- BRETT CLEAVES | BABSON COLLEGE
- EVAN SMUTNEY | ST. OLAFS
- JIN LEE | MIDDLEBURY COLLEGE

WEEKLY SCHEDULE

MONDAY

- 8:10 AM - 2:30 PM NOTRE DAME SCHOOL
- 2:40 PM TRANSPORTATION TO ARENA
- 3:30 - 4:30 PM ON-ICE TEAM PRACTICE
- 5:30 - 7:30 PM VOLUNTEER HOURS WITH YOUTH PROGRAM

TUESDAY

- 6:45 AM - 7:30 AM STRENGTH TRAINING
- 8:10 AM - 1:30 PM NOTRE DAME SCHOOL
- 1:30 PM EARLY DISMISSAL
- 1:40 PM TRANSPORTATION TO ARENA
- 2:30 - 3:15 PM ON-ICE ACADEMY SKILLS (INDIVIDUAL SKILL DEVELOPMENT & REPETITION)
- 3:30 - 4:30 PM ON-ICE TEAM PRACTICE
- 4:45 - 5:15 PM TEAM VIDEO REVIEW

WEDNESDAY

- 6:45 AM - 7:30 AM STRENGTH TRAINING
- 8:10 AM - 1:30 PM NOTRE DAME SCHOOL
- 1:30 PM EARLY DISMISSAL
- 1:40 PM TRANSPORTATION TO ARENA
- 2:30 - 3:15 PM POWER SKATING (EDGE WORK, STRIDE EFFICIENCY, EXPLOSIVENESS)
- 3:30 - 4:30 PM ON-ICE TEAM PRACTICE
- 4:45 - 5:15 PM PLAYER MEETINGS

THURSDAY

- 6:45 AM - 7:30 AM STRENGTH TRAINING
- 8:10 AM - 1:30 PM NOTRE DAME SCHOOL
- 1:30 PM EARLY DISMISSAL
- 1:40 PM TRANSPORTATION TO ARENA
- 2:30 - 3:00 PM ON-ICE DEFENSIVE AND GOALIE SKILLS
- 3:00 - 3:30 PM ON-ICE FORWARD SKILLS
- 3:30 - 4:30 PM ON-ICE TEAM PRACTICE
- 4:45 - 5:15 PM PRE-SCOUT VIDEO TRAINING (OPPONENT TENDENCIES & GAME PREPARATION)

FRIDAY

- 8:10 AM - 2:30 PM NOTRE DAME SCHOOL
- 3:30 - 4:30 PM ON-ICE TEAM PRACTICE
- 6:00 - 7:30 PM LIFE SKILLS COURSE (LEADERSHIP, ACCOUNTABILITY, COMMUNICATION)

SATURDAY & SUNDAY GAME DAYS