

October // 2021



# Northern Alberta Xtreme Newsletter

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## NAX Alumni Spotlight

This month's alumni spotlight player is Lucas Ciona. Ciona spent the 2017/18 and 2018/19 seasons at NAX, winning a U18 Prep CSSHL League Championship in 2018/19. In 70 CSSHL games he would tally 30 goals and 56 assists. The Seattle Thunderbirds would select Ciona in the second round of the 2018 WHL Bantam Draft. He is now in his third season with the club, having recorded 31 points in 87 games. This past summer the Calgary Flames drafted the Edmonton, AB forward in the sixth round, 173rd overall in the 2021 NHL Entry Draft.



## Around the Rink

This season 116 male and 30 female former NAX student-athletes find themselves on a junior, college, or university roster. 37 former NAX players played at these levels, but have since pursued ventures outside of hockey.

NAX goalie coaches Allen York and Dave Rathjen have been working with the goalies on tracking, movement, head and hip placement, stance adjustments, depth management and in zone habits.

Former NAX goalies Kolby Hay (Edmonton Oil Kings), Scott Ratzlaff (Seattle Thunderbirds) and Tyler Palmer (Victoria Royals) picked up their first WHL wins in October. Sam Popowich (Seattle Thunderbirds), and Matthew Savoie (Winnipeg Ice), Anthony Wilson (Victoria Royals) all scored their first WHL goals. Tyler Miller (Sherwood Park Crusaders) scored his first AJHL goal.

U18 Prep student-athletes Logan Cunningham, Nolan Kaziel, Layne Loomer, Teydon Trembecky, and Brandan Tronchin all played their first AJHL or WHL games in September and October.

Maggie Peterson was voted as the Ontario University Athletics cover athlete for the 2021/22 season. Female Prep defenseman Taylor Catcher was named to Female U18 Team Alberta.

Carter Souch (Edmonton Oil Kings) reached the 200 WHL games played club. Daniel Baker (Medicine Hat Tigers) recorded his 50th assist.

Cale Ashcroft, Ben Hemmerling, Matthew Savoie, Bowden Singleton and Charlie Wright were all named to the NHL Central Scouting Watch List for the 2022 NHL Entry Draft.

Zack Ostapchuk has signed his NHL Entry Level contract with the Ottawa Senators.

## Around the Diamond

The NAX Baseball Academy got into full swing in the beginning of September as the Juniors and Seniors combined for outdoor practices at Legion Memorial Ballpark in St. Albert. The Seniors played fall games against Parkland Academy, St. Albert Development and St. Francis Xavier and had a very successful showing. The Juniors played Parkland Academy and St. Albert Development and went undefeated through the fall. The NAX Youth practiced outside and then combined with St. Albert Development to play inter-squad games and games against North East Zone. Games and practices have continued through the middle of October, and have since moved indoors to 5 Tool Fieldhouse. The Juniors and Seniors have started training 2-4 days a week with Premier Strength. Skill breakdown for all our players has begun inside as they work on speed, agility, base-running, defense, hitting and throwing. This year NAX has added three coaches to the staff: Alberto Gonzalez, Ismael Garcia and Austin Doris, while Mike Johnson and Todd Betts have returned from last year. The enrollment numbers continue to grow and the program is close to maximum capacity for the Juniors and Seniors.

### U15

It's been a successful start to the season for the U15 team going 5-0-1 to date. While the team didn't have the result in the Bauer AAA Ice Breaker they wanted, it was a great weekend for the team to come together and learn the pace of AAA hockey. The team has since hit their stride and the guys know what is expected of them when they put on the NAX jersey. The team started with lots of defensive zone systems in the early weeks, as defense wins games, and they need to take care of their own end before anything else. They have since progressed and the coaching staff is really trying to teach them fast transition and playing north/south (fast) hockey. Coach Stuart will continue to push the boys in this area as they have loads of talent and they want to display that in the offensive zone. They will continue to stick to the process and not wave from their plans!

Coach Stuart has really tried to incorporate lots of game situational scenarios in practice as the kids have not played sufficient games the past two years. They have taken big strides in learning how to play the NAX way and they have a very exciting team with tons of potential. Coach Stuart looks forward to continuing to help grow these players both on and off the ice.

Coming up the team has a big tournament in Medicine Hat (Hockey Hounds AAA) that will be a good test for them, but with how they are improving everyday their goal is to go there and compete to win hockey games regardless of who they play. The players goal is to win it all.

The team went 3-0 in their first showcase in Penticton and all in all, Coach Stuart is very proud of the team and the steps they're taking both academically and athletically. It's a great group full of characters.

[Here is how the November schedule looks for the U15 team:](#)

Date	I/N	Visiting	GF Home	GF Venue	Time
Wed, Nov 3		Northern Alberta (U15)	- Edge (U15)	- Edge School - Kyle Stuart Memorial	5:00 pm MDT
Sat, Nov 13		Northern Alberta (U15)	- OHA Edmonton (U15)	- Royal Glenora Club	3:30 pm MST
Thu, Nov 25		Edge (U15)	- Northern Alberta (U15)	- River Cree Twin Rinks - North	12:00 pm MST
Fri, Nov 26		OHA Edmonton (U15)	- Northern Alberta (U15)	- River Cree Twin Rinks - South	7:00 pm MST

### U15 Prep

The U15 Prep team has had a good start to the season going 5-0 in league play, but fell short in the Bauer Elite tournament. Since then they have been working on transitioning quicker and reading pressure. Knowing when they can jump to offense as well as when they need to jump to defense. They've been trying to build on the instinct and decision making areas of the game, as the team is regaining their feel for games after a year of just practicing/skill work. As these athletes weren't exposed much to contact the past year, the physical area's of the game have been a major focus for them.

The team had a mini golf tournament in Abbotsford, where the coaches team may or may not have won. They dressed up for a Halloween practice with Taco & Jesus among the best costumes.

They have been spending the past week and next couple to prepare for the Rocky Mountain Classic tournament in Calgary. The group is excited to go and play new teams and battle tough competition. They had a few tough injuries so far this year but are hopeful to have a healthy roster for the RMC tournament.

Here is how the November schedule looks for the U15 Prep team:

Date	I/N	Visiting	GF Home	GF Venue	Time
Fri, Nov 5		<u>OHA Edmonton (U15 Prep)</u>	- <u>Northern Alberta (U15 Prep)</u>	- River Cree Twin Rinks - South	3:45 pm MDT
Sat, Nov 6		<u>Northern Alberta (U15 Prep)</u>	- <u>OHA Edmonton (U15 Prep)</u>	- Downtown Community Arena	12:00 pm MDT

## U16

The U16 team has been focusing on angling, taking rims and making plays to get out of the defensive zone, second man quick supports on 50/50 puck battles, passing, breakouts and re-groups, and battle drills. The team won the Logan Boulet Memorial Tournament in Lethbridge and Hyde Davison, Kayden Longlet and Brock Souch represented Team Alberta at the 2021 WHL Cup, winning a silver medal. Coach Leland Mack has been impressed by the many compliments the team has received from bus drivers on the boys politeness



Here is how the November schedule looks for the U16 team:

Date	I/N	Visiting	GF Home	GF Venue	Time
Fri, Nov 5		<u>Okanagan (U16 Prep)</u>	- <u>Northern Alberta (U16 Prep)</u>	- Edge School - Kyle Stuart Memorial	1:00 pm MDT
Sat, Nov 6		<u>Pacific Coast (U16 Prep)</u>	- <u>Northern Alberta (U16 Prep)</u>	- Edge School - Kyle Stuart Alumni	4:00 pm MDT
Sun, Nov 7		<u>Northern Alberta (U16 Prep)</u>	- <u>Rink Kelowna (U16 Prep)</u>	- Edge School - Kyle Stuart Alumni	1:30 pm MST
Sat, Nov 13		<u>Notre Dame (U16 Prep)</u>	- <u>Northern Alberta (U16 Prep)</u>	- River Cree Twin Rinks - South	6:30 pm MST
Sun, Nov 14		<u>Notre Dame (U16 Prep)</u>	- <u>Northern Alberta (U16 Prep)</u>	- River Cree Twin Rinks - South	1:15 pm MST
Fri, Nov 19		<u>Northern Alberta (U16 Prep)</u>	- <u>Edge (U16 Prep)</u>	- Edge School - Kyle Stuart Memorial	4:30 pm MST
Sat, Nov 20		<u>Edge (U16 Prep)</u>	- <u>Northern Alberta (U16 Prep)</u>	- River Cree Twin Rinks - South	5:00 pm MST
Sun, Nov 21		<u>OHA Edmonton (U16 Prep)</u>	- <u>Northern Alberta (U16 Prep)</u>	- River Cree Twin Rinks - South	11:00 am MST
Sat, Nov 27		<u>Northern Alberta (U16 Prep)</u>	- <u>Notre Dame (U16 Prep)</u>	- Duncan McNeill Arena	4:00 pm CST
Sun, Nov 28		<u>Northern Alberta (U16 Prep)</u>	- <u>Notre Dame (U16 Prep)</u>	- Duncan McNeill Arena	12:00 pm CST

## Female U18 Prep

The Female Preps are off to a great start and are excited for the upcoming tournament. They kicked off September with a lot of neutral zone work, in particular working on quick ups and trapping teams with fast pressure to help sustain some offense. The girls have done well with this and it's helped them sustain pressure throughout games. They worked on offensive zone working the puck with the defense in order to spread the other team and generate quality shots. They've had some good success with it, but it's something they'll be working on all season to keep their attack fresh and hard to stop. They worked on power play breakouts which has been a bit of a learning curve and will require lots of work going into the tournament to get their special teams where they want them. This past weekend really helped the girls understand why they do some things and how important it is as the speed of the game increases.

They've spent a decent amount of time on their defensive zone and the responsibilities each player has to the other players and how they can limit defensive zone time if they keep things tight. The chemistry will come as the girls play more and more together, which is exciting.

Our other goalie will be with us shortly we hope.

All in all it's been a pretty good start to the year. The girls have been working hard and playing some fun hockey, they can't wait to get into the meat and potatoes part of the year coming up, but there's a lot of excitement on their end.

[Here is how the November schedule looks for the Female U18 Prep team:](#)

Date	I/N	Visiting	GF Home	GF Venue	Time
Thu, Nov 11		<u>Northern Alberta (Female U18 Prep)</u>	- <u>Edge (Female U18 Prep)</u>	- Edge School - Kyle Stuart Memorial	1:30 pm MST
Fri, Nov 12		<u>Northern Alberta (Female U18 Prep)</u>	- <u>Rink Kelowna (Female U18 Prep)</u>	- Edge School - Kyle Stuart Alumni	12:00 pm MST
Sat, Nov 13		<u>Northern Alberta (Female U18 Prep)</u>	- <u>Delta (Female U18 Prep)</u>	- Edge School - Kyle Stuart Memorial	9:30 am MST
Sun, Nov 14		<u>Northern Alberta (Female U18 Prep)</u>	- <u>Rink Kelowna (Female U18 Prep)</u>	- Edge School - Kyle Stuart Alumni	1:00 pm MST



## U18 Prep

The U18 Prep team went 5-0 in September in league play and won the Edge School Tournament. The team has had to continuously deal with a shortened line-up as six players have been called up to Junior A or the Western Hockey League. Tristen Doyle and Reid Varkonyi represented Team Alberta at the 2021 WHL Cup, winning a silver medal. At practice the team has been working on power play and penalty kill, face-off plays in the defensive zone and neutral zone, defensive zone structure, and offensive off the rush attacks.

Here is how the November schedule looks for the U18 Prep team:

Date	I/N	Visiting	GF Home	GF Venue	Time
Fri, Nov 5		Northern Alberta (U18 Prep)	- South Alberta (U18 Prep)	- Duncan McNeill Arena	6:00 pm CDT
Sat, Nov 6		Rink Winnipeg (U18 Prep)	- Northern Alberta (U18 Prep)	- Duncan McNeill Arena	2:30 pm CDT
Sun, Nov 7		Northern Alberta (U18 Prep)	- Prairie (U18 Prep)	- Duncan McNeill Arena	1:00 pm CST
Fri, Nov 12		OHA Edmonton (U18 Prep)	- Northern Alberta (U18 Prep)	- River Cree Twin Rinks - South	9:15 am MST
Fri, Nov 19		Northern Alberta (U18 Prep)	- Edge (U18 Prep)	- Edge School - Kyle Stuart Memorial	7:00 pm MST
Sat, Nov 20		South Alberta (U18 Prep)	- Northern Alberta (U18 Prep)	- River Cree Twin Rinks - South	2:15 pm MST
Fri, Nov 26		Rink Winnipeg (U18 Prep)	- Northern Alberta (U18 Prep)	- River Cree Twin Rinks - South	11:45 am MST
Sat, Nov 27		Northern Alberta (U18 Prep)	- Prairie (U18 Prep)	- River Cree Twin Rinks - South	11:00 am MST
Sun, Nov 28		Notre Dame (U18 Prep)	- Northern Alberta (U18 Prep)	- River Cree Twin Rinks - South	8:00 am MST

