

# ALMAGUIN SPARTANS

JUNIOR A HOCKEY CLUB

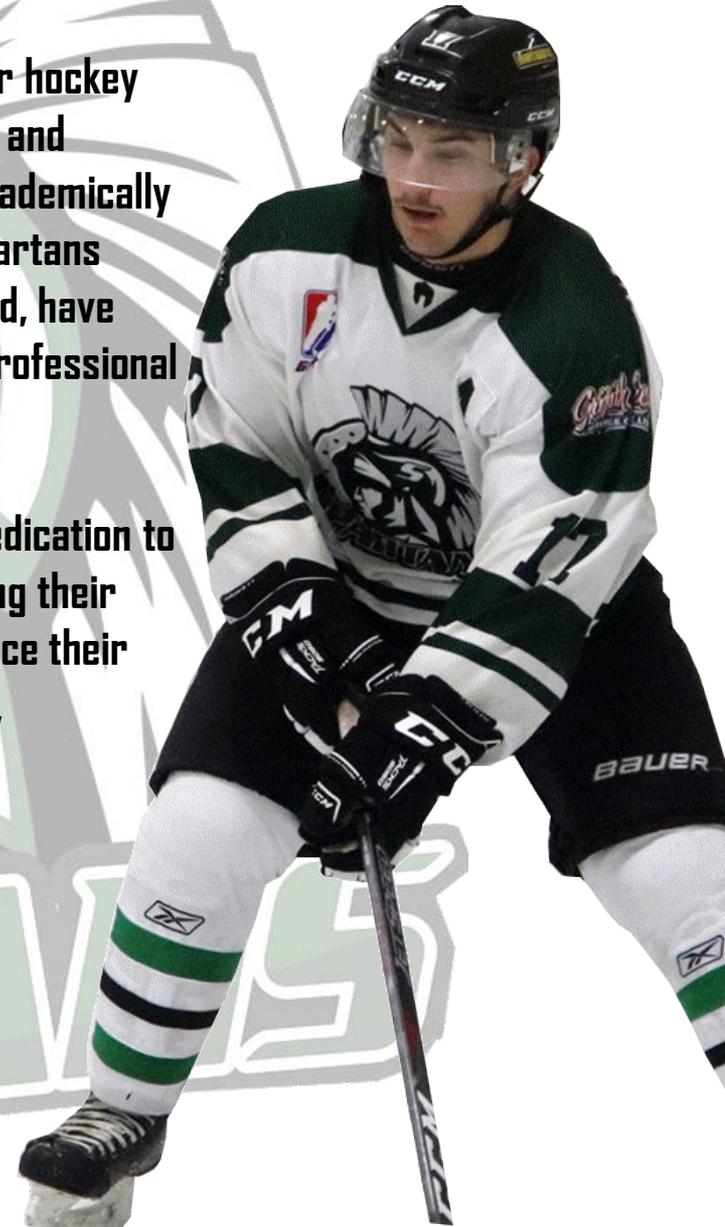


2020-2021

# OUR PROGRAM

Since 2014, the Almaguin Spartans have been offering a first-class junior hockey experience. Our program provides players with the facilities, resources and professional staff to push their development physically, mentally, and academically prepare them to advance to the next level. In the past 6 seasons, the Spartans development model and network of contacts throughout the hockey world, have allowed over 45 of our players to advance to major junior, college and professional level.

Our experienced coaching staff provides the structure, discipline and dedication to all of our players to assist the team and each individual player in reaching their goals. The Spartans program offers its players the opportunity to enhance their skills, while also providing them with a great deal of exposure to College, Professional, and Major Junior scouts.



ALMAGUIN  
SPARTANS



# NOTEABLE ALUMNI



Elias Reinholdsson - Kovlands IF Division 1 Sweden  
Thomas Hamilton - Soderhamn Division 2 Sweden  
Nicolas MacMillan - Soderhamn Division 2 Sweden  
Steindor Ingason - Iceland Men's National Team  
Andri Helgason - Iceland Men's National Team  
Marc Audet - Acadie Bathrust QMJHL  
Roman Gaudet - Drafted 1st Round to the NAHL  
Erik Erkers - Valbo HC Division 1 Sweden  
Sebastian De Massa Carlson - Akers Division 1 Sweden  
Aron Knutsson - Iceland National Team  
Adam Axellson - Trollhattans Division 2 Sweden  
Martin Nikilov - EC Eppelheim Division 3 Germany  
Ludvig Nilsson - Koping HC Division 1 Sweden  
Zachary Renfrew - Vindelns HF Division 2 Sweden

David Fjardsmans - Skedvi Division 2 Sweden  
Andy Biorac - Gjovik Norway 2  
Britton Whitehead - Lindenwood ACHA  
Matt Janke - Lindenwood ACHA  
Karel Simek - Lindenwood ACHA  
Jarod Segal - Southern Maine NCAA D III  
Jason Demczak - Daniel Webster College NCAA D III  
Gustav Wessling - Soderhamn Division 2 Sweden  
Alex Cyrenne - Svenstaviks HK Division 2 Sweden  
Alex Whitehair - Nynashamns IF Division 2 Sweden  
Conor Eastaugh - Adrian College ACHA  
Bryan Austin - Nynashamns IF Division 2 Sweden  
Britton Whitehead - Nynashamns IF Division 2 Sweden  
Kaelon O'Flynn - Sault College ACHA  
Kristaps Nazarovs - Latvia National Team  
Mikelis Pavelsons - Liepaja Latvia

Nick Kent - Glimma HK Division 3 Sweden  
Adam Morton - Vancouver Island University  
Denver Lundstrom - University of Delaware ACHA  
Joseph Hicks - Western Connecticut ACHA  
Morgan Kjellgren - Nacka HK Division 2 Sweden  
Erik Spath - Nynashamns IF Division 2 Sweden  
Dennis Flack - Kista HC Division 2 Sweden  
Jason Ikin - Oxford City Stars NIHL  
Maxim Samoilovich - Mercyhurst University ACHA  
Edgars Mamajs - HK Dinaburga Latvia  
Gabriel Sbob - Unterland Italy2  
Ralfs Circenis - Solent Devils NIHL  
Charles Blandin Montpellier France2  
Timur Ulyanov - Delaware Thunder FPHL  
Ildan Gazimov - Tolpar UFA MHL  
Zdenek Fabry - HC Draci Bilina Czech2

# COMMUNITY



## CENTRAL ALMAGUIN, ONTARIO

Central Almaguin is a friendly community located 30 minutes south of North Bay, Ontario and is a 2.5 Hour drive north of Toronto, Ontario. It is in the heart of what is known as "Cottage Country" in Ontario for its beautiful lakes and year-round outdoor activities. The Central Almaguin region has 6,000 residents who love their hockey. The Spartans are the biggest sports team in the region. Being such a big part of the community, players are very recognizable in town and are regularly asked questions about the previous weeks game or the upcoming weekend games.

The entire Almaguin community welcomes the Spartans players and makes them a major part of the community. Every season, players leave the Spartans program and tell us they wished they played their entire junior career here. This is largely because players are supported by the organization and the entire community on and off the ice. The Spartans are an organization that strives to make each player feel like they are part of the Almaguin community and the Spartans Family.

# OUR HOME

## SOUTH RIVER MACHAR ARENA

The South River Machar Arena is home to all Spartans home games and practices. The arena is also home to the World-Renowned Hockey Opportunity Camp, which has been one of Canada's premier hockey schools since 1966. As Junior A Hockey players in Almaguin, you will have a private, customized dressing room, complete with storage areas, personal stalls, and stereo system. The Spartans logo is proudly displayed on the ice as well as throughout the facility. Adjacent to the lobby, is the Spartans Skate Sharpening/Stick Preparation Room, Medical Room and our Coach's Office. Also located in the rink is a large dining hall used for post game meals after every home game, team holiday dinners, meet and greets, and much more.

All Spartans home games are live streamed on GMHL TV for parents, fans and scouts to watch in real time. Every game is archived, so our coaches can review them with our players as part of our development model, highlight videos can be made to be sent to prospective college and professional teams and for scouts and coaches to access and view any Spartans player for further evaluation. The Spartans home crowd ranges between 250-450 fans per game in the regular season and 400-800 in the playoffs.



# TEAM/FAMILY/FOREVER

**Team, Family, Forever. This is an integral part of the Spartans program philosophy and is what is engraved in every Spartans 2018 Russell Cup Championship Ring.**



# TRAINING

The Spartans offer an elite level off and on ice training program that provides every player with the tools to succeed at the next level. Spartans players have a full schedule during the week with practice, off ice workouts, video sessions, community volunteer work and team building activities.

Every Spartans player receives a gym membership to PL Fitness for the season. PL Fitness has everything a junior hockey player needs to get bigger, faster, and stronger.

- Full Stocked Weight Room
- Cardio Room
- Pool
- Sauna
- Locker Rooms

# TRAINING SCHEDULE

- 4 On Ice Practices/Per Week
- 3 Dryland Training Sessions/Per Week
- 24/7 Full Access to PL Fitness
- Video Review (Team + Individual)
- Team Building Activities (Bi-Weekly)
- Community Involvement/Volunteering (BiWeekly)



FITNESS



# LOCKER ROOM

The Spartans private locker room is equipped with 27 professional individual stalls, stick racks, stereo system and shower. Located beside the Spartans dressing room is the team's pro shop room which is equipped with additional stick storage, a stick/equipment maintenance area and a Professional Grade Triple Head Blade Master Skate Sharpening Machine. The Spartans have a professional level skate sharpener on staff, who sharpens players skates at any required cut to ensure players are set up to perform at their best during every practice and game.



# EQUIPMENT

# CCM

The Spartans have a CCM Sponsorship Agreement and Player Discount Program through Skaters North. This allows for all of the Spartans players to get 15-40% off sticks, skates and any other equipment they require.

Every Spartans player is provided with the following.

- CCM Gloves
- CCM Helmet
- CCM Warm Up Suit
- Team Dry Fit Workout Shirt
- Team Hockey Bag
- Tape and Skate Sharpening
- Pant Shells
- Practice Jersey, Practice Socks
- Home/Away Game Jerseys and Socks



# TEAM TRAVEL

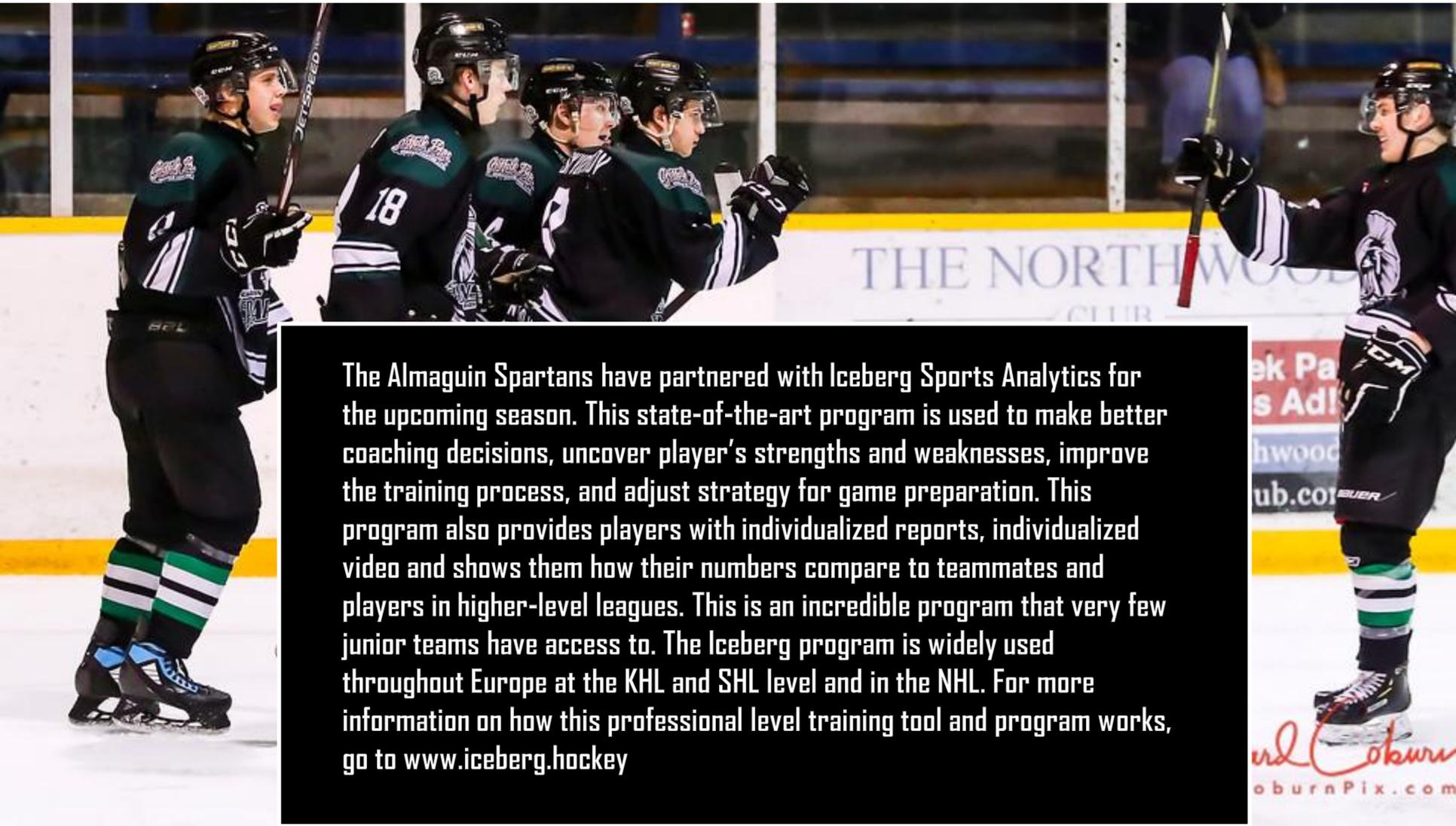
The Spartans travel as a team to all away games on chartered bus services. The Spartans cover all hotel accommodations on over night trips, provide post game meals on all road trips and pre-game meals on any trips over 2.5 hours. The Spartans also provide a team meal after every home game.



# ICEBERG™

SPORTS ANALYTICS

## Team Video



The Almaguin Spartans have partnered with Iceberg Sports Analytics for the upcoming season. This state-of-the-art program is used to make better coaching decisions, uncover player's strengths and weaknesses, improve the training process, and adjust strategy for game preparation. This program also provides players with individualized reports, individualized video and shows them how their numbers compare to teammates and players in higher-level leagues. This is an incredible program that very few junior teams have access to. The Iceberg program is widely used throughout Europe at the KHL and SHL level and in the NHL. For more information on how this professional level training tool and program works, go to [www.iceberg.hockey](http://www.iceberg.hockey)

# BILLETING PROGRAM

Billets are an integral part of our organization. They are the backbone of our program and are a huge support to our players. The Spartans are extremely lucky to have such a great group of billet families that take players in each season, help them adjust to living away from home and really make them a part of their family. Throughout the season, the Spartans Staff and Billet Families have a number of events where they come together to spend time and have fun together (Welcome Barbeque, Thanksgiving Dinner, Christmas Dinner, Golf Tournament, Ice Fishing and Family Fun Skate). These large group gatherings allow all players and billet families to connect and really builds a sense of a larger family and team.



All potential billets are interviewed by the team billet coordinator Erin Torrance and must submit an official police record check to qualify as billets. The team tries to find billet homes that will house two players in order to make the transition more comfortable for each team member. Each billet family provides three nutritious meals per day and snacks to the players in their home. All billet homes are within close proximity to our arena and off ice training facility. All billet homes have Wi Fi access, as well as all other room and board amenities. Billeting fees are \$600 CDN per month and are due on the first of each month.



# Community Involvement

As a Junior A hockey player in Almaguin, our players are role models to young citizens in the Central Almaguin area. The Spartans organization partners with the local schools and a number of other community groups each year to volunteer our time, assist with fundraising and to teach our players the importance of giving back. We feel teaching our players this is an important life skill and is just another way we help players develop and mature in Almaguin.

The Spartans have one of the best fan bases in the league and over 60 local sponsors. A major reason for this is due to the willingness of the Spartans organization to volunteer and give back to the community year after year. The community provides tremendous support to our program, so we give back and help out whenever possible.

Spartans game nights are the talk of the community every Friday. On these nights, hundreds of local fans look forward to coming out to cheer on their hometown Spartans who have been a staple in the community since 2014 and have provided great entertainment and tremendous community pride. Spartans fans have been treated to some incredible teams over the past 6 seasons, with North Division Playoff Title in 2015-2016, a Regular Season Title in 2017-2018 and a Russell Cup Playoff Title in 2017-2018.





# EDUCATION



There are a couple alternatives for education in Almaguin and the surrounding area. Many players at the Junior Level also participate in online secondary and post-secondary education. For our players in high school and college, we do enforce a “No Pass, No Play Policy”, as educational achievement is a critical component of our program and the development of our players off the ice. Most of our European and American players do take part in online schooling supplied by their school in their home country. Each student is required to report grades to our academic advisor on a monthly basis. Our academic advisor sets up any required tutoring services required for players. The academic advisor also assists players in applying to college and SAT testing to be NCAA and ACHA eligible. SAT testing is available on a monthly basis in our region.

Located approximately 30 minutes North of Almaguin is Nipissing University and Canadore College. Both institutions offer a wide variety of programs and are renowned for the level of education they provide. For more information on these institutions, check out Nipissing University at [www.nipissingu.ca](http://www.nipissingu.ca) and Canadore College at [www.canadorecollege.ca](http://www.canadorecollege.ca). The Spartans staff can also provide additional information on both institutions. Almaguin offers high school opportunities at Almaguin Highlands Secondary School, which is located near all billet homes and our two training facilities.

# GREATER METRO HOCKEY LEAGUE

The GMHL opened its doors in early 2006 and began play with 7 teams. Each season, the league has steadily expanded and will include 30 member teams for the 2020-2021 seasons battling for the Russell Cup. The league has teams all across Ontario and Quebec and the New Western Division which will consist of 5-6 teams in Alberta this year. Since its inception, the league has advanced over 900 players to higher levels. These higher levels include the NHL, KHL, AHL, ECHL, top and lower professional leagues in Europe, IIHF World Junior Championships, IIHF Senior Men's World Championships, Major Junior in Canada and the United States, NCAA, USports and the ACHA. With ten straight seasons of expansion, growth, international competition and newfound stability under its belt, the GMHL continues on its charted course, this time by combining its desire to expand with its increasing international development program. By welcoming the change needed to increase its reach and popularity, the GMHL has become a viable path to long-term success for both Canadian and International hockey players. The league has also continued to solidify its existing teams, securing long-term future players and coaches to higher levels of hockey and education.



**GMHL**  
GREATER METRO JR. 'A'  
HOCKEY LEAGUE

**GMHL**  
GREATER METRO JR. 'A'  
HOCKEY LEAGUE

# GMHL Sanctioning Facts

## Is the GMHL Sanctioned?

Yes. The GMHL is sanctioned. The governing body which sanctions the GMHL Rule Book, Policies & Procedures is the same governing body which sanctions all of Junior Hockey in Canada. Essentially, sanctioned activities of the league are considered insured events and our rule book and other agreements in place define what those sanctioned activities are.

## Is the GMHL Insured?

Yes. Our insurance underwriters have issued Commercial General Liability coverage where players can purchase participant injury as well as accident coverage. We are proud of the coverage that we provide to our players, on-ice officials and off-ice officials. We have been with the same insurance partners since the inception of our league in 2005 and have developed an excellent working relationship with all of our providers. The underwriting of our account is based on the rules and procedures we have put in place and the risk management plan that has been developed. Our primary goal is always to reduce risk and exposure for those that participate as well as contribute to the success of the GMHL.



# GMHL Sanctioning Facts

## Is the GMHL a member of Hockey Canada?

No. The GMHL is not apart of Hockey Canada.

## Is the GMHL an "Outlaw" organization?

No. The GMHL is a legally registered and insured numbered company in Canada.

## What level is the GMHL?

The GMHL is a Tier II Junior A Hockey League.

## Do I require an IIHF Transfer Card to participate in the GMHL?

No. Players do not require an IIHF Transfer to play in the GMHL.

## Does playing in the GMHL have impact on NCAA Eligibility?

Playing in the GMHL does not affect NCAA Eligibility. GMHL athletes are eligible to continue hockey in NCAA. Over 100 athletes have committed to NCAA Division I and Division III programs after playing in the GMHL.

## Can I return to Hockey Canada or USA Hockey the following season?

Yes. It has no affect for future seasons.

If there are any further questions regarding this topic, feel free to contact the GMHL at [info@gmhl.net](mailto:info@gmhl.net) or at (905) 775-0062.



**GMHL**  
GREATER METRO JR. 'B'  
HOCKEY LEAGUE



# COACHING STAFF

## HEAD COACH: Andrejs Savičevs

The Spartans are very happy to have Andrejs Savičevs joining our coaching staff for the 2020-2021 season. comes to the Spartans with an incredible amount of playing and coaching experience at the top junior, professional and international level. As a player, Savičevs was a 2003 USHL Draft Pick of the Chicago Steel, represented Latvia Internationally at the World Junior Championships twice and played 6 years professionally in the Latvian Premier League. As a coach, Savičevs has coached at the professional level in Latvia and Lithuania with DHK Latgale (Latvian Premier League) 2008-2011 and Baltu Ainiņi/HC Klaipeda (Lithuania) 2019-2020. As a junior coach, Savicevs coached from 2008-2014 in the top Latvian league at the U20/U18 and U16 level. Since 2014, Savičevs has led the entire HC Klaipeda Program from U8 to U17 and has also coached the U16 and U18 Lithuania National Team in 2019 and 2020.

Savičevs has a Bachelors Degree in Education, with a focus in the Teaching of Sport from Daugavpils University in Lavtia. He speaks four languages (English, Russian, Latvian and Lithuanian), which will make the transition for any player to our program from Russia, Latvia, Belarus or Lithuania much easier on and off the ice.

Savičevs is a coach that is able to provide world class skill development and conditioning training for every player in our program. He has completed high level training throughout Europe over the past 20 years, with some of the brightest hockey minds in the world as a player and a coach. Savičevs proven ability to develop playersindividually and within a team system, will fully prepare players to compete for a championship this season and advance to the next level in the near future.



# COACHING STAFF

## ASSOCIATE COACH/GOALIE COACH: Andre Laperriere

Laperriere, known as “Laps” to his players, had a great junior hockey playing career before he made the transition to coaching. As a promising young goaltending prospect in Northern Ontario, Laps climbed the ranks from AAA hockey in the GNML, to 3 successful seasons as a elite level starting goaltender in the CJHL before moving onto professional hockey in the IHL with the Port Huron Icehawks for a short period of time. After Laps playing career, he quickly made the jump at age of 22 to coaching. During Laps coaching career, he has worked in the GNML, GMHL and CJHL. For the past 10 seasons Laps has worked exclusive at the junior level. During this time period Laps has been the head coach of three different organizations, achieving great team success with the Temiscaming Titans and Almaguin Spartans. Laps led the Titans to the GMHL Finals in 2012 and 2013 and was part of the Spartans coaching staff that won the 2018 Russell Cup.

Laps is a very passionate coach, that gives his players everything he has on a nightly basis. He works extremely hard to help players improve in practice, in game situations, through video and stats review and assists players in advancing to higher level teams at the completion of each season. Laps also acts as our goaltending coach, designing goalie specific practices to assist our goaltenders in their specific development. Laps works with our goaltenders to improve their endurance, ability to read the play, mental preparation, angle work, decision making and helps refine their overall goaltending style.



# COACHING STAFF

## ASSOCIATE COACH/VIDEO COACH: **Brandon Blanche**

**Blanche is entering his second season with the Spartans organization. Blanche was a point per game forward in junior and played a fire-cracker type style, with a team first mentality during his time with the Temiscaming Royals. He has carried this same type of intensity, passion and team first mentality into his coaching career.**

**Blanche began his coaching career in 2012 with the Temiscaming Titans, where he spent 4 seasons and helped lead the club to the GMHL Finals twice during his tenure. Blanche is a special team's specialist and is always working with players before and after practice to help them improve on a daily basis. He makes all of our players feel comfortable and is willing to lend a hand with anything they need to make their stay in Almaguin more comfortable. He is also a professional skate sharpener and ensures that every players skates are dialed in and ready to go for every game and practice.**



# MANAGEMENT STAFF

## GENERAL MANAGER: David Forde

Since the inception of the Spartans, Forde has led the club off the ice as the teams General Manager. He has recruited and built some outstanding teams over the past 6 seasons with a combined 144-97-11 record, a 2015-2016 North Division Playoff Title, 2017-2018 Regular Season Title and a 2017-2018 Russell Cup Championship. Six successful seasons, a championship and 45 player advancements has established Forde as one of top General Managers in Junior Hockey and has also established the Spartans as a First-Class Junior Hockey Program. Forde works tirelessly with his contacts throughout the world at the major junior, college and professional level to advance each Spartans player to the highest level possible.

**Assistant General Manager: Andy Palfrey**

**Director of Player Personnel: Brent Cooper**

**Athletic Therapist: Andrew Torrance**

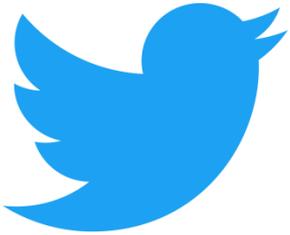
**Academic Advisor/Billet Coordinator: Erin Torrance**

**Equipment Manager: Justin Forget**

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