

Off the Ice

Hockey Mentorship Program

Brought to you by Iron Ridge Intermediate Campus



About the Program

This in-school hockey mentorship program strives to connect students with mentors from the local community to help them set goals for the future, equip themselves with new skills, and develop attitudes to achieve success as they advance in their academic and athletic careers. The program lays the foundation for students to connect what they do NOW with where they see themselves in the FUTURE, all with the support of highly skilled mentors.

Who can participate?

Students from all grades can participate in this program. Each session will target a different group, and we will combine grades in different combinations throughout. In order to keep session numbers manageable for our mentors, we will limit each session to either one or two grades at a time. In addition, our grade 6 student leaders will be showcasing their skills, leading mentorship sessions for our grade 4 students throughout the next few months.

Meet Our Mentors

Adrian Paolinelli



Adrian Paolinelli has a long career in hockey, including being drafted by the Kamloops Blazers, and playing for the Nelson Leafs, Quesnel Millionaires and Crowsnest Pass Timberwolves. He has coaching experience and is currently an assistant principal in Alix. He is excited to share his wealth of knowledge and skills with IRIC students.

Kelly Thompson

photo unavailable

Kelly Thompson is a coach liaison for Blackfalds minor hockey with a wealth of experience working with kids. He has given back to the community, not only as part of hockey, but also teaching kids about the importance of staying in school and working hard to achieve their future goals. Kelly is excited to work with IRIC students to connect academics and athletics and takes great pride in his knowledge about conditioning and health. We look forward to having him here at IRIC.

Greg Estevez



Greg has been involved in the hockey community for a long time, and is known to many of IRIC's students. He is a familiar face who spends time supporting students both on the ice and at school activities as Wolf Creek Public Schools' Director of Technology Services. Greg is eager to work with students in a mentorship capacity and we are delighted to have him join us this year.

Chris Overacker



Chris has been a hockey coach for 12 years, and also has extensive experience coaching baseball. He was the Blackfalds Minor Hockey president and coach liaison, as well as the creator of the First Step Program. Chris believes in using sport as a life tool to learn how to get along with others, manage stress and develop a solid work ethic. His passion is in making skill development fun and encouraging kids to get involved in multiple sports. Chris is excited to get involved with IRIC students and we look forward to him being part of the team!

Colin Zimmerman

Photo unavailable

Colin played minor hockey in Wainwright, Alberta, before playing 3 years in the AJHL in Fort Saskatchewan and St. Albert. Colin looks forward to sharing his story and talking about ensuring kids have a career path in mind to pursue if/when hockey is unavailable to them. He brings a wealth of experience to IRIC students, and looks forward to helping kids connect their decisions today to their success in the future.

Other Mentors TBA

We are seeking additional mentors to join our team. Please see below for how to get involved.

Tentative Schedule of Sessions*

Monday, January 27 - 12:20-1:20 - Adrian Paolinelli (Gr 5&6)

Monday, February 24 - 12:20-1:20 - Kelly Thompson (Gr 4&6)

Monday, March 2 - 12:20-1:20 - Chris Overacker (Gr 5&6)

Thursday, March 19 - 11:15-11:55 and 11:55-12:35 Greg Estevez (all grades)

Monday, March 30 - 12:20 - 1:20 Colin Zimmerman (Gr 5&6)

Monday, April 20 - 12:20-1:20 - TBA (Gr 4&6)

Friday, May 29 - 12:20-1:20 - Program Wrap Up (all mentors - all grades)

Session Content

Each session will be unique, depending on the facilitator, but all will have a similar format: 20 minutes of conversation, coaching and goal setting and 40 minutes of dry land drills and skills training and/or floor hockey game practice. Session topics include: Setting achievable goals, nutrition, mindset for success, contributing to the community and being a team ambassador, what higher level hockey looks like, balancing academic and athletic expectations, and others.

Sessions will run at IRIC, utilizing classroom and gym spaces as needed. Students will be notified if they need to bring any equipment to the sessions.

***Session dates and times are subject to change**

Getting Involved

A series of information sessions for students is currently underway at IRIC on various days during morning recess. At these information meetings, a schedule will be provided and students will be able to sign up for sessions. Sessions will vary in size, depending on the facilitator. Some will two grades together, while others will be offered to one grade only. It is important for us that our mentors have manageable numbers so they can make the most positive impact possible with their time.

Regular student meetings will be held during snack recess throughout the program - the dates of which will be announced on the morning announcements.

Parent volunteers and community coaches are welcome and encouraged to attend. If you would like to get involved, please contact Lacey Elliott, assistant principal at (403) 885-6100 Ext 5465 or lacey.elliott@wolfcreek.ab.ca