

AREAS OF INSTRUCTION

- Mechanics of hitting
- Mechanics of throwing and catching.
- Pitching mechanics
- Fielding mechanics
- Base running
- Offensive and defensive strategies
- Video analysis
- Fitness and physical training
- Nutrition
- Mental aspects of baseball and softball
- Field care and maintenance
- Baseball and softball etiquette
- Physical Education and Health activities will be included

Equipment

Academy students must provide their own CSA approved ball equipment.

Testimonials:

“She really enjoys what she is doing. The facilities are great. The instructors are great.”

“My child loves to go to school on Academy days”

“The coaches are great. A nice break from the everyday school work. It keeps them interested in their schooling.”



NOTRE DAME ACADEMY

OUR MISSION

In partnership with family, Church and community we provide Catholic Education of the highest quality to our students.

ACADEMIC and ATHLETIC EXCELLENCE TOGETHER

It is our belief that the power and appeal of sports will have a positive affect on our students and on the community. Notre Dame will offer a supportive learning environment with the Sports Academies focus on *both academics and athletics.*



FACILITIES

Notre Dame Academy has outstanding indoor facilities on site, including a batting cage, pitching machine, pitching mounds, and a large gymnasium which will allow for training in all skill areas. The Fieldhouse is also utilized during the winter months. Outdoor facilities include a new full size baseball/softball field, bullpens and batting cage.

NOTRE DAME
Baseball / Softball

2011—2012



**Using the power and appeal
of sports to have a positive
affect on our students and
the community.**

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Medicine Hat Catholic
Separate Regional Division 20



STUDENT EXPECTATIONS

Students will maintain a high level of academic achievement and behavior in the classroom to participate in the academy.

Students will be dedicated to improving their skills and knowledge of their sport as well as striving for excellence in academics.

Students will maintain a positive attitude at all times, exemplify good sportsmanship and contribute to the academy by helping others wherever possible.



Students will respect the teachers, instructors, equipment, facilities, and fellow student-athletes at all times.

Registration guidelines for Notre Dame Academy (Sports Focus):

1) All current sports academy students who will be in Grade 7/8/9 next year automatically get a spot if they desire.

2) All students currently enrolled in Medicine Hat Catholic Schools.

3) Catholic students not attending a MHCBE school.

4) Non resident (Non-Catholic) students.

This program is intended for highly motivated students who wish to significantly advance their ball skills and knowledge of the game.

A very high standard will be set with regard to behaviour, and a willingness to meet this level will be the basis for advancing through the program. Students who fail to meet behaviour expectations will be directed to programs that better meet their needs at the discretion of the Program Instructors.



Instructors

Rob McDonnell – Head Instructor rob.mcdonnell@mhcbe.ab.ca

- Many years of coaching experience in Little League, High School, American Legion and College.
- Instructed many baseball camps including K&E Baseball Academy in Kansas City, MO. USA.
- Spent the 1995 season as an Associate Scout with the San Diego Padres.
- Playing experience includes Medicine Hat American Legion and four years of College Baseball at Mayville State University in North Dakota.
- Notre Dame Academy head Baseball/Softball instructor since September 2004.

Michelle Giefer (Assistant to the Program) michelle.giefer@mhcbe.ab.ca

- Teacher Assistant instructor with Notre Dame Baseball/Softball Academy
- Many years experience playing softball/fastball
- Several years experience pitching (windmill technique)
- Participated in Alberta Junior Provincials twice (Bronze medal winner in 1991)

Jackie Schuett (Assistant to the Program) jackie.schuett@mhcbe.ab.ca

- Teacher Assistant instructor with Notre Dame Baseball/Softball Academy.
- Received fastball scholarship from Jamestown College in North Dakota.
- Bachelor of Physical Activities Studies from University of Regina (1994)
- NCCP level 1 certified coach.
- Alberta Fitness Leadership Certification Association (Aerobics and Strength Training)

Notre Dame Academy
646 Spruce Way S E
Medicine Hat T1B 4X3
(403) 527-5118

Tuition

The cost of each academy will be \$95.00/month or \$900.00/year if paid in one payment. The school sports academies will be operated on a cost recovery basis.