

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

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www.mhcbe.ab.ca/notredame

**Medicine Hat Catholic
Separate Regional Division 20**



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

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.

EQUIPMENT

Academy students must provide their own CSA approved ball equipment.



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:
These do not apply to grade 4 students at our feeder school, St. Patrick's. (in order of the following priorities)

- 1) Catholic students from attendance boundaries.
- 2) Catholic students wishing to access the [Sports Academy](#) from outside attendance boundaries (transportation provided).
- 3) Catholic students outside attendance boundaries (not accessing the [Sports Academy](#) (transportation NOT provided).
- 4) Non resident (Non-Catholic) students from attendance boundaries.
- 5) Non resident (Non-Catholic) students outside attendance boundaries wishing access to the [Sports Academy](#) (transportation provided).
- 6) Non resident (Non-Catholic) students outside attendance boundaries (not accessing the [Sports Academy](#) (transportation NOT provided).

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.

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)