

INSTRUCTORS

Lon Bosch

lon.bosch@mhcbe.ab.ca

- Many years of coaching and teaching experience in the junior high environment.
- Assistant Coach with the Bantam AAA Hockey Hounds Club (2002-2003)
- 5 years as instructor at Fire on Ice Hockey School (1997-2002).
- NDA Head Hockey Instructor since September 2004.

Chad Gans

chad.gans@mhcbe.ab.ca

- Played for the University of Alberta Golden Bears (1998-2001).
- Played four seasons in the W.H.L. (1993-1996).
- Instructor with the Hockey Canada skill development camps.
- Instructor with Hockey Alberta Intro to Coaching.
- Advanced Level I Coaching Qualification
- Theory Levels I and II
- Alberta Cup Assistant Coach 2009, 2010
- Midget AAA Assistant Coach 09/10, 10/11

"My child enjoys it and looks forward to going to school. This has strengthened his academics. A great concept."

Testimonials:

*"My son is now motivated to go to school each day"
"The instructors are great & the skills he has learned will be very beneficial. The Academy & the School are awesome."*

"The drills - beneficial, good flow, emphasis on skills. Great discipline on the ice."

"Instructors are awesome. A chance to improve skills while not requiring a competitive team environment."

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

On-ice training to take place at the Kinplex and possibly other arenas within the city. Off-ice training at Notre Dame Academy gymnasium.

Notre Dame Academy

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

NOTRE DAME Hockey Academy

2011-2012



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

Contact:
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Neal Siedlecki Vice Principal

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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.



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Equipment

Academy students must provide their own CSA approved equipment. A Notre Dame hockey jersey will be provided for each student and is required for all ice sessions.

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.



This program is intended for highly motivated students who wish to significantly advance their hockey skills and knowledge of the game. A very high standard will be set with regard to behavior and a willingness to meet this level will be the basis for advancing through the program. Students who fail to meet behavior expectation will be directed to programs that better meet their needs at the discretion of the Program Instructors.

AREAS OF INSTRUCTION

ON-ICE COMPONENT *(2 times a week—Sept. to March)*

- ◇ Skating fundamentals
- ◇ Power Skating (2 times a month) (Gay Dubeau)
- ◇ Puck handling skills
- ◇ Passing
- ◇ Shooting situations
- ◇ Correct checking techniques
- ◇ Offensive/Defensive play
- ◇ Team tactics
- ◇ Individual Goalie Instruction (Matt Wong)

OFF-ICE COMPONENT *(twice a week—April to June)*

- “SAC” class (speed-agility-conditioning)
- Cross training: lacrosse, ball hockey, swimming, bowling, golf, baseball.
- Nutrition
- Goal Setting (Dawg Books)
- Self evaluation and reflection
- Physical Education and Health activities will be included