

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

Contact:
Robert Grisonich Principal
Neal Siedlecki Vice Principal

(403) 527-5118

brian.macauley@mhcbe.ab.ca
robert.grisonich@mhcbe.ab.ca

www.mhcbe.ab.ca/notredame

**Medicine Hat Catholic
Separate Regional Division 20**



AREAS OF INSTRUCTION

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

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

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

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.

EQUIPMENT

Academy students must provide their own hockey 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.

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 Certification
- Theory Levels I and II
- Alberta Cup Assistant Coach

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