

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



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

The Notre Dame Soccer Academy will utilize two different facilities. The field at Notre Dame will be used for our Outdoor Sessions, the Field House’s Indoor Soccer Fields in the Stampede Grounds will be used for our Indoor Soccer Sessions.

EQUIPMENT

- All students will be expected to have Outdoor and Indoor Soccer Shoes in addition to wearing soccer shin pads at all times while participating in the Academy.
- All students receive an Academy jersey, shorts and socks that are to be worn when participating with the Academy.



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

Wayne Deis – Grade 5/6 Soccer
Teacher/Instructor

- ◇ Certified NCCP Coach
- ◇ Completed Theory 1
- ◇ Completed Theory 2
- ◇ Former Medicine Hat Soccer Association Mini Director
- ◇ Coached Minor Soccer (Indoor and Outdoor) for several years.
- ◇ Completed 'Senior Community Coaching'
- ◇ Completed 'Youth Community Coaching'
- ◇ Completed 'Children Community Coaching'

Dwayne Unreiner - Grade 7/8 Soccer
- Teacher/Instructor

- ◇ Certified NCCP Coach
- ◇ Completed Theory 1
- ◇ Completed Theory 2
- ◇ Completed 'Senior Community Coaching'
- ◇ Completed 'Youth Community Coaching'
- ◇ Completed 'Children Community Coaching'

