

Baseball/Softball Academy

AREAS OF INSTRUCTION:

- Mechanics of hitting
- Mechanics of throwing and catching.
- Pitching mechanics
- Fielding mechanics
- Base running
- Offensive and defensive strategies
- Alternate Activities
- 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.

All students receive Academy clothing which is to be worn when participating with the Academy.

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 full size baseball/softball field, bullpens, and batting cage.

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.
- Guest Instructor at Toronto Blue Jays Honda Super Camps in 2013 and 2014.
- Notre Dame Academy head Baseball/Softball instructor since 2004.
- NCCP certified as Regional Coach and Provincial Coach.
- American Baseball Coaches Association member



INSTRUCTORS:

Tyler Stahl—Instructor

tyler.stahl@mhcbe.ab.ca



- American Baseball Coaches Association member since 2018
- Attended 2019 ABCA Coaching Convention in Dallas, TX
- Multi-sport player and 12 years of coaching multiple sports including baseball, football, basketball, volleyball and hockey
- Developed skills and knowledge as a baseball player and coach in Medicine Hat Little League
- Notre Dame Baseball/Softball Academy Instructor since 2018

Amber Harnett—Instructor

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- 30+ Years involvement with Regina Minor Softball, Medicine Hat Softball
- 30+ Association, Redcliff Ladies Softball Association and Medicine Hat
- 30+ Little League- currently as a player, coach and clinic instructor
- Playing experience in several Provincial and National Championships
- NCCP multi-sport coach
- American Baseball Coaches Association member -Attended 2019 ABCA Coaching Convention in Dallas, TX
- FAME (Females in Action Moving and Empowering) committee member
- Notre Dame Baseball/Softball Academy Instructor since 2016



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INSTRUCTORS:

Kyle Swannack—Instructor



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- Played 4 years of College Baseball at Bellevue College and Washington State University -Member of 2011 NWAC Champions
- 2011 North Region MVP and First Team All-American pitcher
- Coached at many levels including Washington State University, Tacoma Community College, Central Washington University and 4 years with the Medicine Hat Mavericks
- Masters Degree in Psychology with Emphasis in Sports & Performance Psychology
- Co-owner of Swanny's Baseball and Training Facility in Medicine Hat
- Head Instructor of McCoy Baseball Academy since 2019
- Notre Dame Baseball/Softball Academy Instructor since 2018

Jorden Rayner—Instructor



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- Attended Notre Dame Baseball/Softball Academy 2007—2012.
- Played 4 years of American Legion Baseball for both Medicine Hat K of C Knights and Medicine Hat Moose Monarchs as an Infielder and Starting Pitcher.
- Won the Unsung Hero Award in both 2014 and 2015 with the Medicine Hat American Legion Program
- Currently helps coach and instruct with both the K of C Knights and the Moose Monarchs
- Coach and Instructor with Emeralds Baseball.
- Notre Dame Baseball/Softball Instructor since 2018-2019





INSTRUCTORS:

Alyssa Schimpf—Instructor



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- Background in Education in Children's Youth Mental Health (Child and Youth Care Counsellor)
- 10 + years playing experience with Medicine Hat Softball Association, player with Redcliff Ladies League
- Played in a number of provincial championships, including Western Canadians, Team AB Zones Summer Games
- NCCP Coach in training
- Notre Dame Baseball/Softball Instructor since 2019

Tyson Zarowny—Instructor



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- Played at Vauxhall Academy 2010-2011
- Played college baseball at Muscatine, Iowa and Lethbridge, AB
- Played for Lethbridge Bulls (WCBL) 2013
- Coached Calgary PBF Redbirds for 3 years.
- Involved with Strathmore Minor Baseball for 10 + years.
- Coached Okatoks Dawgs (16U) 2018
- Notre Dame Academy Instructor since 2019.

