

## 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 September 2004.
- NCCP certified as Regional Coach and Provincial Coach.



## OUR MISSION

In partnership with family, Church and community we provide Catholic Education of the highest quality to our students.

### ACADEMIC & 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.*

### Guidelines:

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 in his/her current academy, or if room available, in desired academy.
- 2) All students currently enrolled in Medicine Hat Catholic Schools.
- 3) Non resident students.
- 4) If registrations exceed spaces available students will be selected by draw.



Medicine Hat Catholic Separate  
Regional Division #20

## NOTRE DAME ACADEMY



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



Contact:

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# ☰ NOTRE DAME ACADEMY - BASEBALL/SOFTBALL ACADEMY

## 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



## TESTIMONIALS:

*“She really enjoys what she is doing. The facilities are great. The instructors are great.”*

*“My child loves to go to school on Academy days”*

*“The coaches are great. A nice break from the every-day school work. It keeps them interested in their schooling.”*



## 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 Field-house is also utilized during the winter months. Outdoor facilities include a full size baseball/softball field, bullpen, and batting cage.

## TUITION

The cost of each academy will be \$95/month or \$900.00/year if paid in one payment. The school sports academies will be operated on a cost recovery basis.

**NDA Academy Philosophy :** Using the power and appeal of Sports to have a positive effect on our students and the community.

### 3 A's (Academy Goals & Expectations)

<b>Academics</b>	<ul style="list-style-type: none"> <li>• All students in the academy will be referred to as “student athletes”. They are a student and then an athlete.</li> <li>• Academics are the priority of the academy. Students not passing grade level programming will be guided to a more suitable program (learning accommodations, modified academy programming, and/or removal of academy program).</li> </ul>
<b>Action</b>	<ul style="list-style-type: none"> <li>• The academy will benefit students who are self-motivated.</li> <li>• All students are expected to put forth their best effort and demonstrate a high level of respect on a daily basis (facilities, instructors, classroom teachers, and classmates).</li> </ul>
<b>Accountability</b>	<ul style="list-style-type: none"> <li>• All students will be accountable for behavior, attitude and level of effort both individually and within a class.</li> <li>• Students will demonstrate a positive attitude &amp; behavior.</li> <li>• Students are expected to attend regularly.</li> </ul>