

Notre Dame Academy



Sports Academy Programs

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

www.notredameacademy.ca

About Us

OUR MISSION

Building Relationships.
Living our Faith Through Service.
Helping All Students Learn.

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 Roman Catholic Separate
Regional School District #21



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)

Academics

- All students in the academy will be referred to as “student athletes”. They are a student and then an athlete.
- 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).

Action

- The academy will benefit students who are self-motivated.
- 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).

Accountability

- All students will be accountable for behavior, attitude and level of effort both individually and within a class.
- Students will demonstrate a positive attitude & behavior.
- Students are expected to attend regularly.



Notre Dame 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 a CSA Approved helmet and 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—Teacher/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.
- NCCP certified as Regional Coach and Provincial Coach.
- American Baseball Coaches Association member
- Notre Dame Academy head Baseball/Softball instructor since 2004.

Tyler Stahl—Teacher/Instructor

tyler.stahl@mhcbe.ab.ca



- American Baseball Coaches Association member since 2018
- Attended ABCA Coaching Convention in Dallas, TX (2019) and Nashville, TN (2020), Nashville, TN (2023)
- Multi-sport player and 13 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 Academy Baseball/Softball Instructor since 2017



Notre Dame Baseball/Softball Academy

INSTRUCTORS:

Cole Schreiber—Teacher/Instructor



cole.schreiber@mhabe.ab.ca

- Played 4 years in Medicine Hat American Legion Program (Majestics, Knights & Monarchs) as a pitcher/infielder
- Numerous Accolades in the American Legion Program (2014 Majestics Hardest Working Player, 2016 Knights MVP, 2017 Monarchs Rookie of the Year & Hardest Working Player)
- 2016 American Legion North District All Conference Team (Shortstop)
- Began coaching in American Legion Program in 2017, has been head coach the last four summers (Majestics 2020, Knights since 2021)
- Notre Dame Academy Instructor since 2021
- American Baseball Coaches Association member
- Head Coach of McCoy Colts since 2022

Jorden Rayner—Instructor

jorden.rayner@mhabe.ab.ca



- 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
- Assistant Coach to the Knights and McCoy Colts
- Coach and Instructor with Emeralds Baseball.
- Notre Dame Baseball/Softball Instructor since 2018-2019





INSTRUCTORS:

Alyssa Schimpf—Instructor

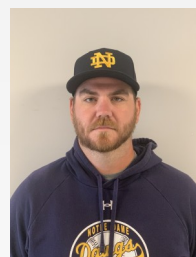
alyssa.schimpf@mhcbe.ab.ca



- Background Education in Children and Youth Mental Health (Child and Youth Care Counsellor)
- 10 + years playing experience with Medicine Hat Softball Association
- Played in a number of provincial championships, including Western Canadians, Team AB Zones Summer Games
- Softball Developmental Coach
- 2021 U14 'B' Alberta Provincial Champion—Assistant Coach
- NCCP Coach Certifications
- Medicine Hat Minor Softball Association Coach for over 5 years
- Notre Dame Baseball/Softball Instructor since 2019

Jared Libke—Instructor

jared.libke@mhcbe.ab.ca



- Played at Prairie Baseball Academy 2013-2016
- Played at the University of Arkansas at Monticello 2016-2018
- Pitched for the Medicine Hat Mavericks in the WCBL 2016-2018
- Medicine Hat Mavericks Pitching Coach 2019
- Medicine Hat Moose Monarchs Pitching Coach since 2022



Notre Dame Basketball/Volleyball

VOLLEYBALL AREAS OF INSTRUCTION :

- Attacking, blocking, defense, passing, serving, setting skill development
- Tactical training appropriate for age level
- Modified game play
- Reading and reacting
- Volleyball concepts, systems and formations introduced and refined
- Assessing game decisions

BASKETBALL AREAS OF INSTRUCTION :

- Both basic and enhanced fundamental basketball skills for all levels of basketball players.
- Learning to read and react on defense and offense.
- Game play situations and scrimmages.
- Basketball concepts and different defensive situations will be taught. Zones, full court presses, and so on.
- Building the whole student athlete.
 - Nutrition
 - Mental training
 - Fundamental fitness training in our new fitness center.
- Trying new activities and sports throughout to create multi-sport athletes.

EQUIPMENT

All students will be expected to have indoor volleyball/basketball shoes. Volleyball knee pads would be beneficial but optional. All students will receive an academy training jersey that is to be worn when participating in the Academy.

FACILITIES

The Notre Dame Basketball/Volleyball Academy will utilize the MH College gymnasium as it's primary training facility as well as Notre Dame Academy.





INSTRUCTORS:



Kennedy Antler—Teacher/Instructor

kennedy.antler@mhcbe.ab.ca

- Played for the MH College Women's Basketball team from 2013-18
- Became ACAC's all time rebound leader in her fifth and final year with the Rattlers
- Four time ACAC All Conference player
- 2017-18 ACAC Women's Basketball Player of the Year
- Alumni of Notre Dame Academy and Monsignor McCoy High School where she coached McCoy's junior varsity girls basketball
- Currently serves as a Gr 9 Homeroom teacher and NDA's "A" Girls coach



Drew Loehndorf—Teacher/Instructor

drew.loehndorf@mhcbe.ab.ca

- Over 10 years coaching experience within Middle School -High School and Club Volleyball
- Played for Medicine Hat College Men's Volleyball team for 3 years
- Coaching Association of Canada Training in: Fundamental Movement Skills, Safe Sport Training and Making Ethical Decisions in Sport.
- 3 Time attendee of the American Volleyball Coaches Association Convention
- Over 15 Years of teaching experience with the MHCBE



Doug Grimm—Instructor

doug.grimm@mhcbe.ab.ca

- Educator of 34 years; Began teaching at Monsignor McCoy High School for 26 years and his final 8 years at Notre Dame Academy
- Brings years of experience in coaching and child development
- Obtained his Masters of Arts in Leadership and Administration through Gonzaga University
- Coached both boys and girls varsity volleyball teams at Monsignor McCoy High School as well as two years SEAVC club volleyball.
- Currently in his 10th year as assistant coach for the MH College Women's Volleyball Team

Notre Dame Golf Academy

AREAS OF INSTRUCTION

OUTDOOR GOLF (September/October and April-June)

- Golf Related Fitness Training
- Golf Equipment (terminology, selection, etc.)
- Golf Course Etiquette and Rules of Golf.
- Swing Technique (Putting, Chipping, Full Swing).
- Hands-on practice and playing sessions (at Cottonwood Coulee Golf Course).
- On Course playing days (Paradise Valley Par 3)
- Practice Techniques
- Course Management and Strategies of the Game.
- Skill testing

ALBERTA PHYSICAL EDUCATION AND HEALTH (November—March)

- Alternate Activities (There will be a variety offered throughout the year)
- Curriculum covered throughout the year

EQUIPMENT

- Academy students are required to have their own golf clubs.
- All students receive Academy clothing to be worn when participating in the Academy.
- Proper footwear is required for all activities throughout the year

GOLF FACILITIES

- Cottonwood Coulee Golf Course
- Connaught Golf Club
- Paradise Valley Par 3 Golf Course
- NDA Golf Simulator

GOLF INSTRUCTION

Notre Dame Academy will partner with Advantage Golf Academy and PGA of Canada Professional Trevor Moore. Professional instruction will be utilized throughout the golf training and instructional program.





INSTRUCTORS:

Rob Aberle—Teacher/Instructor



rob.aberle@mhcbe.ab.ca

- Teacher at Notre Dame Academy will compliment the skills instruction
- NDA Golf Academy Instructor since September 2004
- NCCP Trained
- Attended several golf instructional schools

Lon Bosch—Teacher/Instructor



lon.bosch@mhcbe.ab.ca

- Teacher at Notre Dame Academy will compliment the skills instruction
- NDA Golf Academy Instructor since September 2019
- NCCP Trained

Scott Duchscherer—Teacher/Instructor



scott.duchscherer@mhcbe.ab.ca

- Teacher at Notre Dame Academy will compliment the skills instruction
- NDA Golf Team Coach
- NDA Golf Academy Instructor since 2024
- Attendee of several Golf Instructional programs

Rob McDonnell—Teacher/Instructor



rob.mcdonnell@mhcbe.ab.ca

- Teacher at Notre Dame Academy will compliment the skills instruction
- NDA Golf Academy Instructor since 2021
- NCCP Trained
- Mayville State University (North Dakota) Golf Team 1993

Instructors: Don Holyk & Brian Saunders

Notre Dame Hockey Academy

AREAS OF INSTRUCTION:

ON-ICE COMPONENT *(40 on ice sessions)*

- Skating fundamentals and Power Skating - 7 sessions with Platinum Star
- Skill Testing
- Puck handling skills on and off the ice
- Tactical/technical awareness
- Passing and shooting skills and situations
- Correct checking techniques, Offensive/Defensive play, team tactics

POWER SKATING DAYS WITH PLATINUM STAR SKATING *(7 Days)*

GOALIE SESSION DAYS WITH TIGERS GOALIE COACH MATT WONG *(8 Days)*

PHYSICAL EDUCATION DAYS *(31 Days)*

OFF-ICE COMPONENT *(14 off-ice hockey skills training days)*

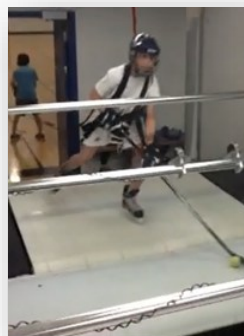
- “SAC” class (speed-agility-conditioning)
- Nutrition—Jennifer Paterson, dietitian
- Hydration
- Neuromuscular Training
- Goal Setting /Mental Training
- Self evaluation and reflection
- Physical Education and Health activities will be included
- Cross training: lacrosse, ball hockey, swimming, bowling, golf, baseball, curling, sledge hockey, wheelchair basketball, dance, co-operative games, gymnastics, kickboxing, karate
- Skating Tread
- WHL Sense Arena—Virtual Reality Training

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. All students receive an Academy jersey which are to be worn when participating with the Academy.

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 and BMGC.





INSTRUCTORS:



Chad Gans—Teacher/Instructor

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.
- High Performance I Certified
- Theory Levels I, II and III
- Alberta Cup Assistant Coach 2009, 2010
- U18 AAA Assistant Coach 2009/10, 2010/11, 2011/12, Coach 2013/14, 2014/15
- Scout—Portland Winterhawks (WHL) 2017—Present



Shay Samson—Teacher/Instructor

shaylund.samson@mhcbe.ab.ca

- Teacher at Notre Dame Academy will compliment the skills instruction
- Played hockey with MHMHA from Timbits-Bantam
- Coached U12 CAHL and U15AAA Spring Hockey
- Coached MHC Rattlers in the ACAC for 2 years



Slater Dykema—Instructor/Power Skating

slater.dykema@mhcbe.ab.ca

- Played hockey with the MHMHA from Timbits to Midget AAA
- Played Junior A in the AJHL for the Drumheller Dragons earning awards such as “Hardest working”, MVP and “Unsung Hero”
- Owner of Platinum Star

Matt Wong—Instructor

- Goalie Coach
- Medicine Hat Tigers (current)
- Brooks Bandits (past)
- Drumheller Dragons (past)



Notre Dame Soccer Academy

AREAS OF INSTRUCTION:

- Positive practice habits (i.e. effective warm ups and cool downs).
- Agility, balance, coordination and flexibility required to successfully play soccer.
- 1 vs. 1 Attacking Skills that can be used to get by defenders.
- 1 vs. 1 Defending Skills that can be used to stop attackers.
- 1 vs. 1, 2 vs. 2 and 4 vs 4 competitions.
- Appropriate Nutrition for athletes.
- FIFA Laws of the Game
- Basic Mental Skills Training (i.e. Goal Setting)
- Receiving, trapping, and shooting skills.
- Soccer tactics found in small sided game situations (i.e. 3 vs. 3 or 4 vs. 4).
- Physical Education and Health activities will be included.

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, water bottle, bag and socks that are to be worn when participating within the Academy.

FACILITIES

The Notre Dame Soccer Academy will utilize two different facilities. The field at Notre Dame will be used for our Outdoor Sessions and the indoor fields at the Big Marble Go Center will be used for our Indoor Soccer Sessions.





INSTRUCTORS:



Wayne Deis—Teacher/Instructor
wayne.deis@mhcbe.ab.ca

- Certified NCCP Coach and has Level 1 & 2 Coaching Theory
- Completed Pre-B License Course and B License Training
- Completed 'Senior, Youth and Children Community Coaching'
- Making Headway in Soccer (Concussion protocol)
- Successfully completed the following diplomas in coaching: Sports Psychology, The Mental Game in developing players, Advanced Youth Coach, Leadership Development, Talent ID and Futsal.
- Certified First Aid Training
- Former Medicine Hat Soccer Association Mini Director



Nathan Bechtold -Teacher/Instructor
nathan.bechtold@mhcbe.ab.ca

- Completed BSc in Kinesiology
- ASAA Fundamentals of Coaching Certificate, NFHS Concussion in Sports Certificate & NCCP Level 1 & 2 Coaching Training
- Coaching Futsal Diploma, The Mental Game: The Coaches Role in Developing Players Diploma, Leadership Development in Soccer Diploma & Professional Development Certificate: Advanced Youth Coach
- Certified First Aid Training



Jaime Franco—Instructor
jaime.franco@mhcbe.ab.ca

- Professional player in Colombia (Team Dinastia)
- Cedefa Spain Certificate
- National School of Sports Certification
- Physical Educator UDEC

Notre Dame Academy Fee Schedule

FEE SCHEDULE:

Each academy registration will require a deposit which is payable by June 1 and is non-refundable if a student forfeits their space after this date.

Parents/guardians can choose to pay the remaining balance with a scheduled payment on August 1 or make monthly payments beginning August 1 through November 1 consecutively (depending on the number of payments selected). Items will be added to SchoolCash Online after acceptance into a program is determined.



Basketball/Volleyball Academy

Baseball/Softball Academy

Golf Academy

Soccer Academy

\$1300/year

Deposit: \$150.00 (payable June 1)

The remaining can be paid through 2 options:

One payment of \$1150.00 on August 1

OR

Monthly payments beginning August 1st

Select between 2—4 payments to total \$1150.00

Hockey Academy

\$1700/year

Deposit: \$150.00 (payable June 1)

The remaining can be paid through 2 options:

One payment of \$1550.00 on August 1

OR

Monthly payments beginning August 1st

Select between 2—4 payments to total \$1550.00

All Academy fees must be paid in full by November 1st.

Should unforeseen circumstances arise and schools experience a temporary closure, scheduled payments will not be stopped. Refunds (if applicable) will be calculated dependant on the length of closure, the academy expenses and revenue collected. Refunds would only be issued at the end of the school year after all factors have been taken into account and have been approved by MHCBE Senior Administration.

Notification of Acceptance and Placement

Parents will be notified via email whether their child has been accepted into an academy program. We anticipate letters to be sent out by April 30th but since the number of spaces are subject to staffing approval, this date may be extended.

Instruction on setting up payment thru SchoolCash will be provided in your acceptance letter and must be completed by the specified deadline (no exceptions). If payment option has not been set up on SchoolCash by the specified date in the letter, the academy space will be forfeited and granted to another student.



Notre Dame Academy Gallery





Medicine Hat Catholic Board of Education

“Showing the face of Christ to all”



Notre Dame Academy

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