



- **AREAS OF INSTRUCTION** (*2 times a week*)
- 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 and on course playing at Paradise Valley Par 3).
- Practice Techniques
- Course Management and Strategies of the Game.
- Skill Testing
- Alberta Physical Education and Health curriculum will be covered throughout the year
- Alternate Activities (There will be a variety of offered throughout the year)

Equipment

Academy students are required to have their own golf clubs and proper footwear for all activities throughout the year.

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

Instructors: Trevor Moore, Rob Aberle & Boyd Block



NDA Fitness Centre

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 Roman Catholic Separate
Regional School District #21

NOTRE DAME ACADEMY

Sports Academies

Hockey
Golf
Soccer

Baseball/Softball

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 - SPORTS PROGRAMS



ON-ICE COMPONENTS

(2 times a week—September to March)

- Skating fundamentals
- Power Skating (2 times/month-G. Dubreau)
- Puck handling skills
- Passing, Shooting situations
- Correct checking techniques
- Offensive/Defensive play
- Team tactics

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.

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.

Instructors: Lon Bosch & Chad Gans



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.

Instructor: Rob McDonnell & Amber Harnett



AREAS OF INSTRUCTION *(2 times a week)*

- 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, and socks that are to be worn when participating with the Academy.

Instructor: Wayne Deis & Nathan Bechtold

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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.