



Monsignor McCoy High School

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Medicine Hat Roman Catholic Separate School District No. 21



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April, 2019

Dear Parents & Guardians of students at Monsignor McCoy High School, Notre Dame Academy & St. Mary's School.

As part of our ongoing mission to develop and offer excellent programming for students, Monsignor McCoy High School is excited to announce a **Baseball Academy** and a **Fitness & Performance Course** starting in September 2019!

The **Baseball Academy** - Students will develop baseball specific skills working with our baseball specialist *Mr. Kyle Swannack, Baseball Academy Instructor*. Kyle brings an exceptional expertise in baseball and baseball training programs to allow students to achieve a broad range of baseball-related skills, individualized training and conditioning, mental training sessions including unique workouts and instruction on nutrition and physical health conditioning. Academy programming will be integrated into the school day and will be offered 2 to 3 times per week either on-campus or off-campus at community sports training facilities. The Academy program fee is \$850 annually which includes transportation costs, program gear and clothing. The Academy incorporates the Fitness & Performance course.

The **Fitness and Performance Course**- Students will explore the world of athletic performance and training including fitness specialist *Mr. Bj Melle*. The course is offered as a module-based CTS course and a hands-on experience in guided intensive training and conditioning sessions using a variety of different training methodologies. The course focuses on *anatomy & physiology, physical & mental athlete training and nutrition education*. Students transition between classroom instruction to school fitness areas, gymnasium and outside sports fields. The course is offered each day during one semester. The program fee is \$35.

Monsignor McCoy is proud to announce these programs are offered in partnership with **Alberta Sport Development Centre (ASDC)**, giving students the opportunity to work with specialized Coaches offering expertise in strength & conditioning training and support with personalized fitness goals with a focus on healthy eating and nutrition that will benefit students throughout their lives. Both programs are paired with Phys. Ed allowing students to earn Alberta High School Credits. Programs are open to ALL students, no previous experience or training is necessary.

FAQ & How to Register - Following the Easter break, detailed information about both programs including how to register will be posted on the school website @ <https://www.mccoyhighschool.ca/>. Have more questions, call us at 403.527.8161.

Sincerely,

Paul Bauche, Principal
Monsignor McCoy High School