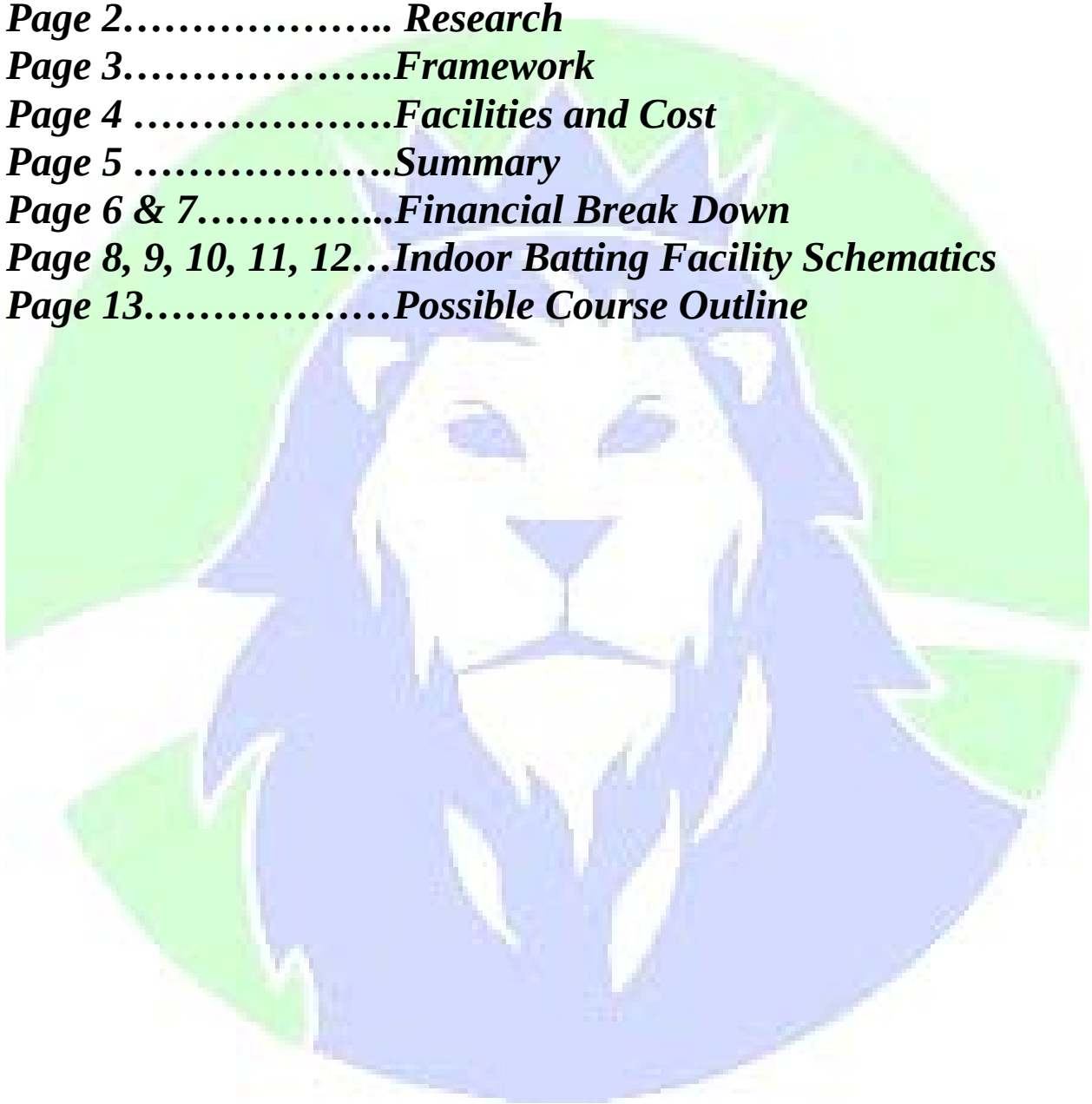


***Dr. Roy Wilson
Athletics
Institute***

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Objective

The objective of the Dr. Roy Wilson Athletics Institute is to engage students in education through the use of sport and exercise science. Students will have the opportunity to develop as athletes through on field activities, physical training, mental training, and exercise science as key components. While the class is open to all students at Dr. Roy Wilson, the goal will be to draw students who may not have considered Dr. Roy Wilson as their first choice for their middle school.

Why now?

Throughout the last decade in Alberta, the rise of Academies has been a noticeable development. These Academies have been pulling students away from the School Division. With the development of an Athletics Institute, Medicine Hat Public School Division would be able to keep its current student population and increase in numbers over time without losing students to other divisions.

Vision:

All of the coaches at MHHS have been involved in sports their entire lives. They have played at a very high level and understand the valuable lessons that sports can provide in shaping young citizens. Sports have molded us all into the positive and productive citizen that we are today. We have learned first-hand how being involved in athletics can positively impact a student's academic performance, improve social skills in team work settings, provide confidence, develop time management skills, improve health and provide many other notable benefits. It is our personal goal to provide students with a platform to achieve success through the same experiences that we have all had. With curriculums being changed, we see the combination of sports and academics as a perfect match. While allowing students to explore their athletic interests and to follow the Canadian Long Term Athlete Development model (<http://canadiansportforlife.ca/>), we are able to guide them through cross curricular development in the framework of Exercise Science (Anatomy, Physiology, and Kinesiology), Physical Therapy, Psychology, Health and Nutrition and Career Development.

Research

Delta School District, Sands Secondary School, North Delta B.C.: Baseball takes place in 2 blocks. The students use 1 PE credit course and 1 elective course to cover this. Students receive credit for PE at the appropriate grade level and Baseball 10 to 12 (8 credits per year). Recently, John Haar (BC Baseball Hall of Fame Member) has developed a baseball curriculum so the students next year will receive baseball credits for the program. Delta School District has all the schools on the same block rotation. This allows the students to be able to stay at their home school and travel to Sands Secondary School for the baseball program. Delta has 11 academies that are offered throughout the district. Sands Baseball Academy spends the majority of its days on the field or turf and also has an indoor batting facility that they travel to when needed. They also complete several cross-training sessions at the recreation center. Periodically throughout the semester they have implemented classroom days that consist of theory, situational play, field maintenance etc. The cost of the academy is as follows;

- Fees are divided over 10 monthly payments
- Monthly fees: \$255/month
- Deposit fee: \$610 includes Sept and June fees plus \$100 administration fee. Due June 2nd

Central Okanagan School District, Rutland Secondary School, Rutland B.C.: Rutland Secondary runs on a Day 1/Day 2 schedule. Baseball takes place during the morning periods on Day 1 of the Fall Semester. Students will earn 4 course credits for participation in the Rutland Secondary School Baseball Academy. The cost of this program is \$1200 for the semester, and this fee goes towards Training Facilities, Equipment, Busing, and Coaches. All training done in the academy is done off campus, and students are bused to and from each location. During the early fall months, training takes place at Elks Stadium, Kelowna, B.C. During the latter part of the semester, training takes place at the Capital News Center, Kelowna, B.C.

Edmonton Catholic School, St. Francis Xavier, Edmonton, Alberta: The first Baseball focused Academy in Alberta incorporates credits from Physical Education (5 credits), Sports Performance (5 credits), Independent Religion (3 credits) and Independent C.A.L.M. (3 credits). Physical Education consists of on field training, multi-sport training, fitness training, skill testing and an off season program. The Sports Performance segment consists of sports medicine, sports psychology, nutrition and guest speaker. Religion and C.A.L.M. studies both consist of specific instructional speakers and independent studies. The Baseball Academy is delivered during blocks 1,2 and 3, and is a full year program. The total cost for the 10 month program (including extra instructional hours and apparel) is \$2000.00.

St. Albert Public School System, Bellerose Composite High School, St. Albert, Alberta: Bellerose Composite High School Sports Academy program provides opportunities for high-performance athletes to be part of the National Long-Term Athlete Development Model of Canada. This program provides students with 3 to 5 credits and is designed for the student athlete competing in Provincial or National levels in their specific sport, and welcome athletes from all disciplines. An attempt to accommodate specific training and competition schedules is made for each individual. The program offers life skills to best equip athletes to be successful in

whichever direction life takes them. The program covers the following areas: study hall/tutorials, sport psychology, time management and decision making, university and college application support, conditioning for on- and off-season fitness and sports nutrition. The cost of the course is \$40.00, but this does not include workout gear. The majority of training done through the Baseball Academy is done off campus at the Edmonton Prospects Baseball Facility. Any theory or classroom work is completed on campus.

Medicine Hat Public School Division, Alexandra Middle School, Medicine Hat, Alberta:

Alexandra Middle School provided a baseball academy that worked in supplementation of 1 P.E. course. The Academy consists of on-field skills development that occurs 2 to 3 times a week. This development includes throwing, hitting, catching, pitching, base-running, infielding, outfielding and defensive situations. When off field, Alexandra Baseball Academy works in a classroom to develop goal setting, self-evaluation and reflection, conditioning, fitness training, cross training, nutrition, weight training, soft tissue and rotator cuff training, as well as other activities and sports to promote the students overall enjoyment and improvement. All training that is done off campus is completed at the Medicine Hat Field House. The cost of the Academy is \$200, which covers transportation to and from training facilities, equipment, additional instructors and facility rentals.



Framework

Dr. Roy Wilson Athletics Institute will be open to all students from Dr. Roy Wilson. The class will be open to both males and females to provide equal opportunity to all students. The class will work within MHPSD facilities as well as the Southridge YMCA and Baseball Diamonds across from Dr. Roy Wilson. During the 1st semester of the High School Calendar, Football and Basketball will be the focus provided by Chad Watson and Ross Lyttle. During the 2nd semester of the High School Calendar, Baseball will be the focus provided by Lyall Foran. While each semester has a specific sports focus, athletic performance components as well as fundamental sport skill development will be at the core of the class.

This class will fit into the current class schedule from 1:50-3:00pm Monday through Thursday each week.

- **Could students leave at 1:40 on days when they are bussing to MHHS??
- ** Could we keep kids until 3:35 and then they take one of our buses home??
- ** Can we keep kids till 3:30 when working with them at Roy Wilson??

Development:

One of the major components to this program is allowing High School Teachers and Coaches to have an impact on these Middle School Students. This will draw students to the program because of the expertise and credibility they bring. Not only will we bring the high school into the middle school, but we will provide training opportunities at MHHS so that the transition period for a middle school student becomes seamless. An Institute like this has amazing growth potential, and could benefit the local youth far before they even reach High School. Through this experience, it is our hope that we can interest more young athletes into pursuing athletics as a possible tool to gain post-secondary education.

Facilities

Students in the Dr. Roy Wilson Athletics Institute will not only be able to utilize their own schools facilities, but they will be able to train at MHHS indoor and outdoor facilities. They will also have an opportunity to train at the Southridge YMCA gym and weight room while in athletic performance components of the class.

Costs

Please see Financial Break Down

To the students: In the event that a student is unable to pay their fees for the Institute, they will be advised to use kidsport but will be covered by the program if they cannot. We understand that MHPSD schools have a very diverse student population from different socio economic backgrounds. We do not want to exclude students because of their financial standing. If possible, students will be asked to fundraise a percentage of their cost.

Summary

We believe in creating an environment where students can focus their energy and natural skills while learning character building lessons. Medicine Hat is ready for MHPSD to provide a training ground for their athletes and Dr. Roy Wilson is able to provide the setting. We would welcome an opportunity to have a direct influence on our community's youth, and to give them an opportunity to learn in a fun and engaging setting.

Financial Break Down

<u>Institute Only Participants</u>	Fall Class	Spring Class	Spring and Fall Class
<u>Apparel</u>			
Hat		\$25.00	\$22.00
Blue Shirt		\$22.00	\$18.00
Green Shirt		\$22.00	\$18.00
Sweatshirt		\$65.00	\$40.00
Shorts		\$25.00	\$20.00
Equipment keep up fee		\$100	
<u>Travel</u>			
80 bussing dates over the course of the year (MHHS/ Pool/ Field House)		\$250	
Based off of a minimum of 16 students			
<u>Facilities</u>			
Any student that suffers financial hardship will be given the opportunity to participate in the Fall Baseball Institute. Any costs unable to be paid will be covered by the MHHS Baseball Institute. It is our goal to have students raise all fees through the sale of Program Adds and Season Ticket Sales.			

