

***Medicine Hat
High School
Baseball
Institute***

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Objective

The objective of the Medicine Hat High School Baseball 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 courses as key components. While the class is open to all students at Medicine Hat High School, the goal will be to draw students who may not have considered Medicine Hat High School as their first choice for their secondary school.

Why now?

Throughout Alberta, the rise of Academies has been a noticeable development for the past decade. These Academies have been pulling students away from School District 76 for many years, and this could potentially increase in the coming years. For over thirty years, Southern Alberta has provided secondary school students with the opportunity to play baseball in S.A.B.H.L. This league has historically been made up of Tier 1 teams from Lethbridge and Medicine Hat. Last year, Lethbridge withdrew from the league, leaving Medicine Hat with only a four team league. This year Medicine Hat and CHHS has moved down to join the Tier 2 League. As a result of this, I fear that if we do not provide students with a better opportunity to play baseball locally, then they will either leave Medicine Hat for a Vauxhall, Badlands or Okotoks Academy, or join McCoy High School. McCoy has been gaining students because of the opportunity they offer baseball players with a consistent coaching staff and an improved schedule with some trips to the United States. Eagle Butte High School currently has five players who play within the Medicine Hat American Legion Baseball program, and all of these students are serious about being competitive baseball players. If an opportunity like an Institute was available to them, I strongly believe we would have the opportunity to absorb players from our rural areas. With the development of a Baseball Institute, School District 76 would be able to keep its current student population and increase in numbers over time.

Vision:

I have been involved in sports all of my life. I have played competitive hockey, soccer and baseball, and have learned valuable lessons in my development along the way. Baseball has molded me into the positive and productive citizen that I am today. I 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 my personal goal to provide students with a platform to achieve success through the same experiences that I had. With curriculums being changed, I 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 District, Alexandra Middle School, Medicine Hat, Alberta:

Alexandra Middle School provides a baseball academy that works 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

Medicine Hat High School Baseball Institute will be an open class to students from Medicine Hat High School. The class will be open to both males and females to provide equal opportunity to all students. The entire Class will be held at Medicine Hat High School. Outdoor training will take place during September, October, April, May, and June. During November, December, January, February and March students will take part in weight training and conditioning.

This class has the capability of incorporating many different credits including physical education. Upon approval of the Institute a complete course description will be provided including the credits earned. The Baseball Institute would take place during T.A. and period 5 of the current school time table.

Development:

To build a successful program I will need to have a strong support system within the community such as Medicine Hat Big League Baseball and the Medicine Hat Mavericks. It will be necessary to involve prominent figures within the community to give students the best experience possible. I would look to pull from local business owners and organizations to provide our students with first hand training and experience to allow them to develop their career skills. Not only will I bring the community into the classroom, but I will take the classroom to the community. An Institute like this has amazing growth potential, and could benefit the local youth far before they even reach High School. To grow our youth's interest in the sport of baseball, I would like to develop after school programs at the Elementary level and provide these students with a positive framework where they can develop skills in a fun setting. Through this experience, it is my hope that we can interest more young athletes into pursuing baseball as a sport of choice.

In the past Alexandra Middle School provided their students with a Baseball Program for over thirty students. It would be a goal of mine to combine these students in any way possible. I believe that if we are able to have the two schools work together, we would benefit by furthering student interest and allowing them an opportunity to ease into the transition made when entering High School. This would be a direct line of students for our Baseball Institute, and the more we are able to work together the better for both schools.

The overall goal of the MHHS Institute is to benefit local students. With that being said, as the program continues to grow, I envision opening our Institute to students across the country. For the past two years, I have been the Head Recruiter for Okanagan College and have signed over 25 players from 8 separate provinces to play in Kelowna, B.C. It is with these connections that I would look to expand our program to be a nationally recognized institute that provides students with elite training opportunities that prepares them for the professional world and hopefully for Collegiate Baseball.

Facilities

To have an opportunity for on field training, an infield would have to be built on campus. I would propose that the backstop, west of the football field be renovated. With the help of local resources, the cost of this process would be minimal.

In addition to a backstop, an indoor, drop down, cage would be purchased by the MHHS Baseball Team to be placed in the new Gymnasium. For more information please look at design schematics.

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 participate in the Fall Institute and all fees will be covered by the program. We understand that MHHS has 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

I believe that in today's world, an individual must make his own niche. I have played baseball and coached my entire life. During my playing career, I was named to the Canadian Junior National Team, drafted by the Atlanta Braves and received many All Conference Nominations. As a coach, I have two years' experience at the NCAA Division 1 level, one year of experience with the Kelowna Falcons of the West Coast Collegiate League, two years of experience as Assistant Coach and Head Recruiter at Okanagan College, six years of experience as a coach with the Medicine Hat Moose Monarchs, and am currently working with the youth of Medicine Hat during the Mini Mavericks baseball camps. It has been my goal to create a Baseball Institute for many years, and I believe Medicine Hat is ready for a secondary school to offer such a program. I 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.



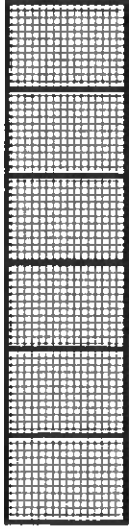
Financial Break Down

<u>Institute Only Participants</u>	Fall only	Spring and fall	Spring only
<u>Apparel</u>			
Hat	\$22.00	n/a	\$22.00
Grey Shirt	\$18.00	n/a	\$18.00
Green Shirt	\$18.00	n/a	\$18.00
Sweatshirt	\$40.00	n/a	\$40.00
Shorts	\$20.00	n/a	\$20.00
Pullover	\$40.00	n/a	\$40.00
Rawlings Baseball Pants	\$40.00	n/a	\$40.00
Belt	\$3.00	n/a	\$3.00
Socks	\$10.00	n/a	\$10.00
Bat - Optional	\$70.00	n/a	\$70.00
<u>Facilities</u>			
Semester Equipment Keep Up Fee	\$50.00	\$50.00	\$50.00
<u>Travel</u>			
Trip to Kelowna -			
Bus - \$1000.00/day for 6 days for 25 players	n/a	\$240	\$240
Hotel - \$80/day for 5 nights @ 7 rooms for 25 players	n/a	\$112	\$112
<u>Totals</u>			
		\$402.00	
	\$331.00	\$733.00	\$683.00
<u>Spring Travel Roster</u>		Team only	Team and Institute
Hat		\$22.00	
Green Shirt		\$18.00	
Sweat Shirt		\$40.00	
10 Home Game Umpire Costs @115.00/game@ 16players		\$94.00	\$94.00
Annuual Field Usage Fee - \$400 @16 players		\$25.00	\$25.00
Local Tournament Fee - \$250 @16 players		\$15.65	\$15.65
SAHBA League Fee - \$300 @ 16		\$18.75	\$18.75
Projected Travel Costs - \$3000.00 @ 16 players		\$187.50	\$187.50
Additional Coaching - \$1000.00 @ 16 players		\$62.50	\$62.50
		\$483.40	\$403.40
MHHS Fall Institute	\$331.00		
MHHS Spring Institute	\$683.00		

MHHS Fall and Spring Institute - \$331.00 + \$402.00	\$733.00		
MHHS Fall Institute and Spring Roster - \$331.00 + \$ 403.40	\$734.40		
MHHS Spring Institute and Spring Roster - \$683 + \$403.4	\$1,086.40		
MHHS Fall and Spring Institute and Spring Roster - \$733 + \$403.4	\$1,136.40		

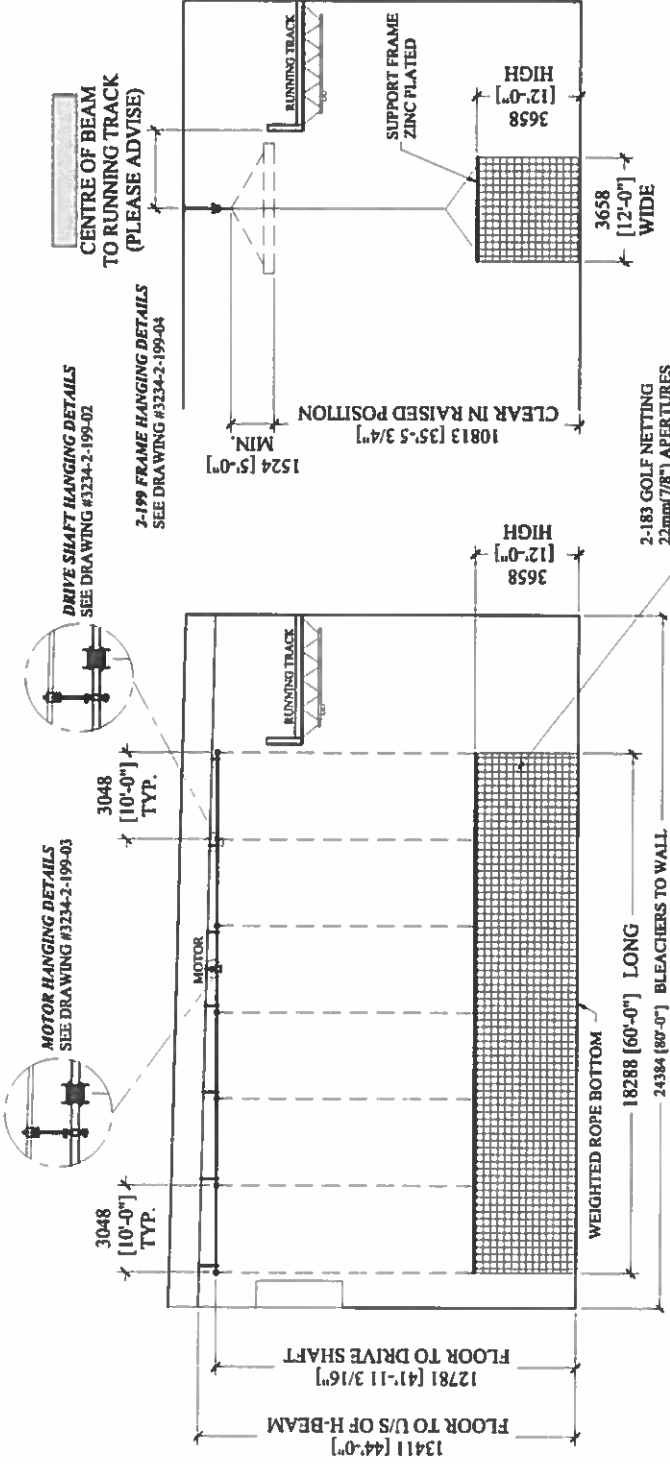
Any student that suffers financial hardship will be given the opportunity to participate in the Fall Baseball Institute. Any costs unable to be paid will be covered by the MHHS Baseball Institute. It is our goal to have students raise all fees through the sale of Program Adds and Season Ticket Sales.





SUPPORT FRAME LAYOUT - PLAN VIEW

UNIT WEIGHT
500kg (1100lbs)



ELEVATION

SECTION

PLEASE CONFIRM ALL DIMENSIONS

NOTES:
ENSURE ALL LIGHTS, ELECTRICAL FIXTURES, MECHANICAL DUCTS, PLUMBING, ETC. DO NOT ENCR OACH IN THE AREA REQUIRED TO HANG AND OPERATE THIS DEVICE.

NETTING COLOUR:

- ☐ RED
- ☐ ROYAL BLUE
- ☐ WHITE
- ☐ BURGANDY
- ☐ NAVY BLUE
- ☐ BLACK
- ☐ FOREST GREEN
- ☐ YELLOW
- ☐ GREY

☒ T.B.D.

QUED



SEAWAY PLASTICS LTEE

270 St. Joseph Blvd., Lachine, Quebec, H8S 2L7
TEL: (514) 637-2323 FAX: (514) 637-5371

PROJET
PROJECT

SERVUS SPORTS CENTRE

TITRE
TITLE
2-199 RETRACTABLE
BATTING CAGE

ARCHITECTE
ARCHITECT

NOTE:

QUED WILL NOT BE RESPONSIBLE FOR
ANY MODIFICATIONS TO THE HANGING
AREA DIMENSIONS AFTER FIELD CHECK
AND APPROVED SHOP DRAWINGS.

DISTRIBUTEUR
DISTRIBUTOR

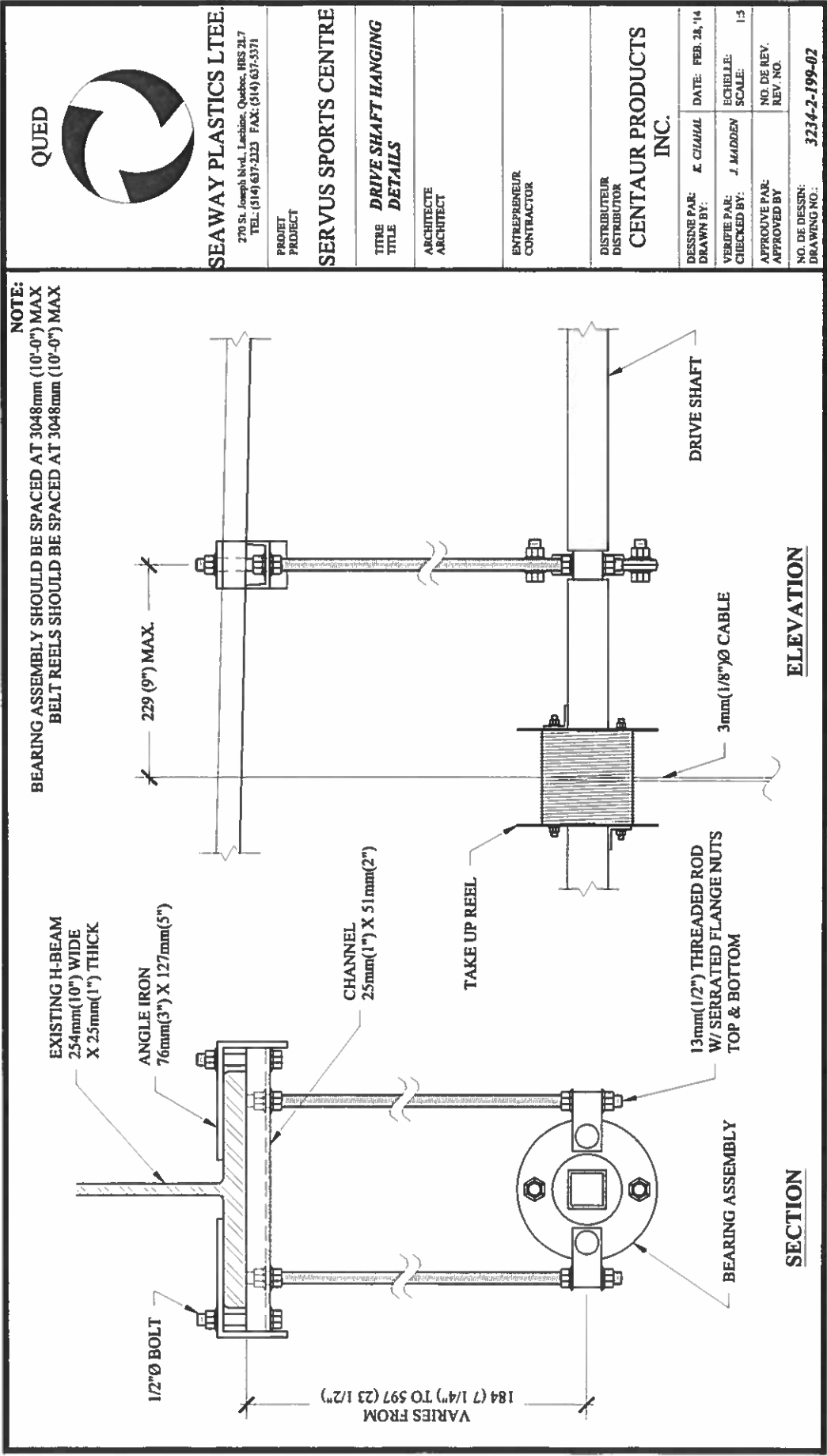
CENTAUR PRODUCTS
INC.

DESSINE PAR: K. CHAHAL
DATE: FEB. 28, '14

VERIFIE PAR: J. MADSEN
ECHELLE: 1:200

APPROUVE PAR:
NO. DE REV. REV. NO.

NO. DE DESSIN: 3234-2-199-01
DRAWING NO:



QUED



SEAWAY PLASTICS LTEE.

270 St. Joseph Blvd., Lachine, Quebec, H8S 2L7
TEL: (514) 637-3323 FAX: (514) 637-5371

PROJET
PROJECT

SERVUS SPORTS CENTRE

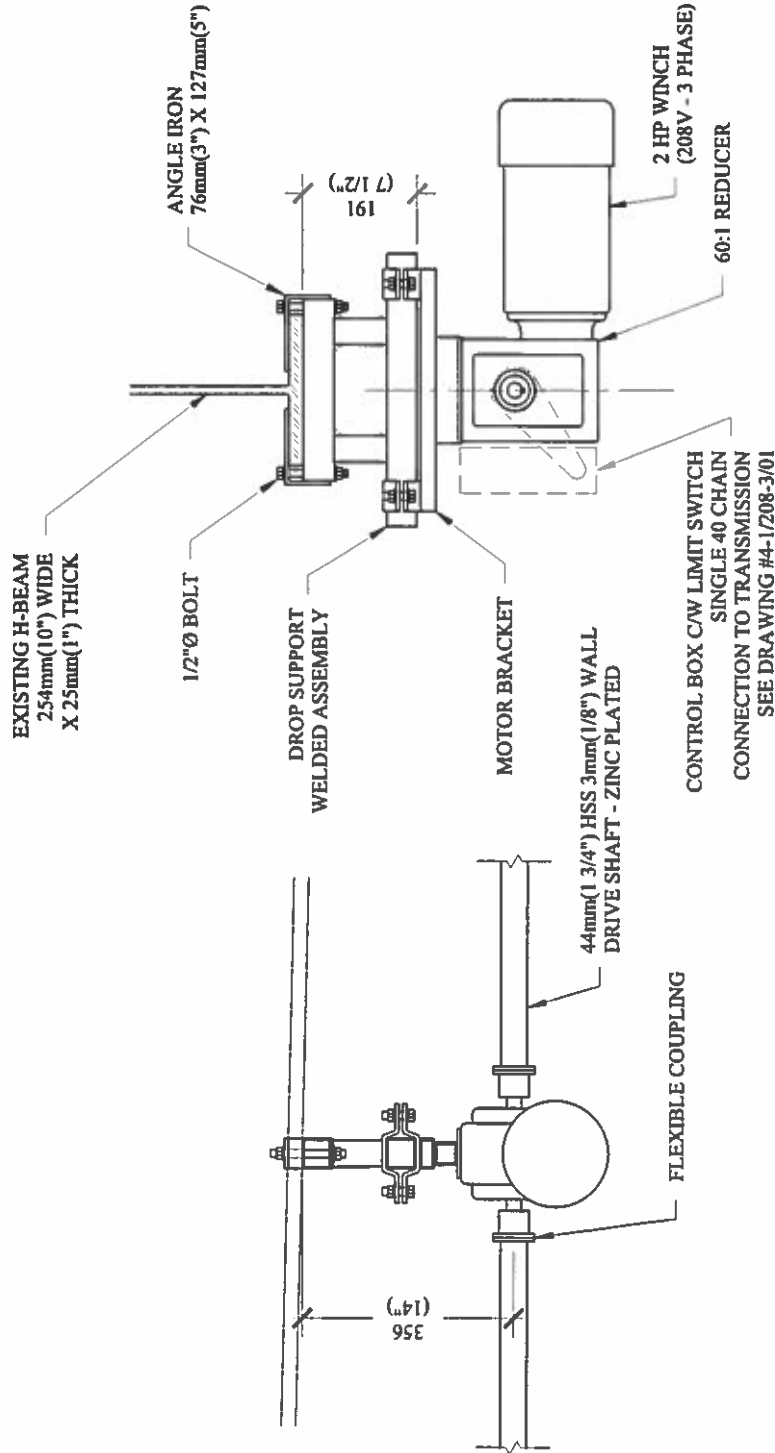
TITRE
TITLE
MOTOR HANGING
DETAILS

ARCHITECTE
ARCHITECT

ENTREPRENEUR
CONTRACTOR

DISTRIBUTEUR
DISTRIBUTOR
CENTAUR PRODUCTS
INC.

DESSINE PAR: DRAWN BY:	K. CHAILL	DATE:	FEB. 28, '14
VERIFIE PAR: CHECKED BY:	J. MADDEN	ECHELLE: SCALE:	1:10
APPROUVE PAR: APPROVED BY:		NO. DE REV. REV. NO.	
NO. DE DESSIN: DRAWING NO.	3234-2-199-03		



SECTION

ELEVATION

QUED



SEAWAY PLASTICS LTEE.

270 St. Joseph Blvd., Lachine, Quebec, H3S 2L7
TEL: (514) 637-3333 FAX: (514) 637-3371

PROJET
PROJECT

SERVUS SPORTS CENTRE

TITRE
2-199 FRAME HANGING
DETAILS

ARCHITECTE
ARCHITECT

ENTREPRENEUR
CONTRACTOR

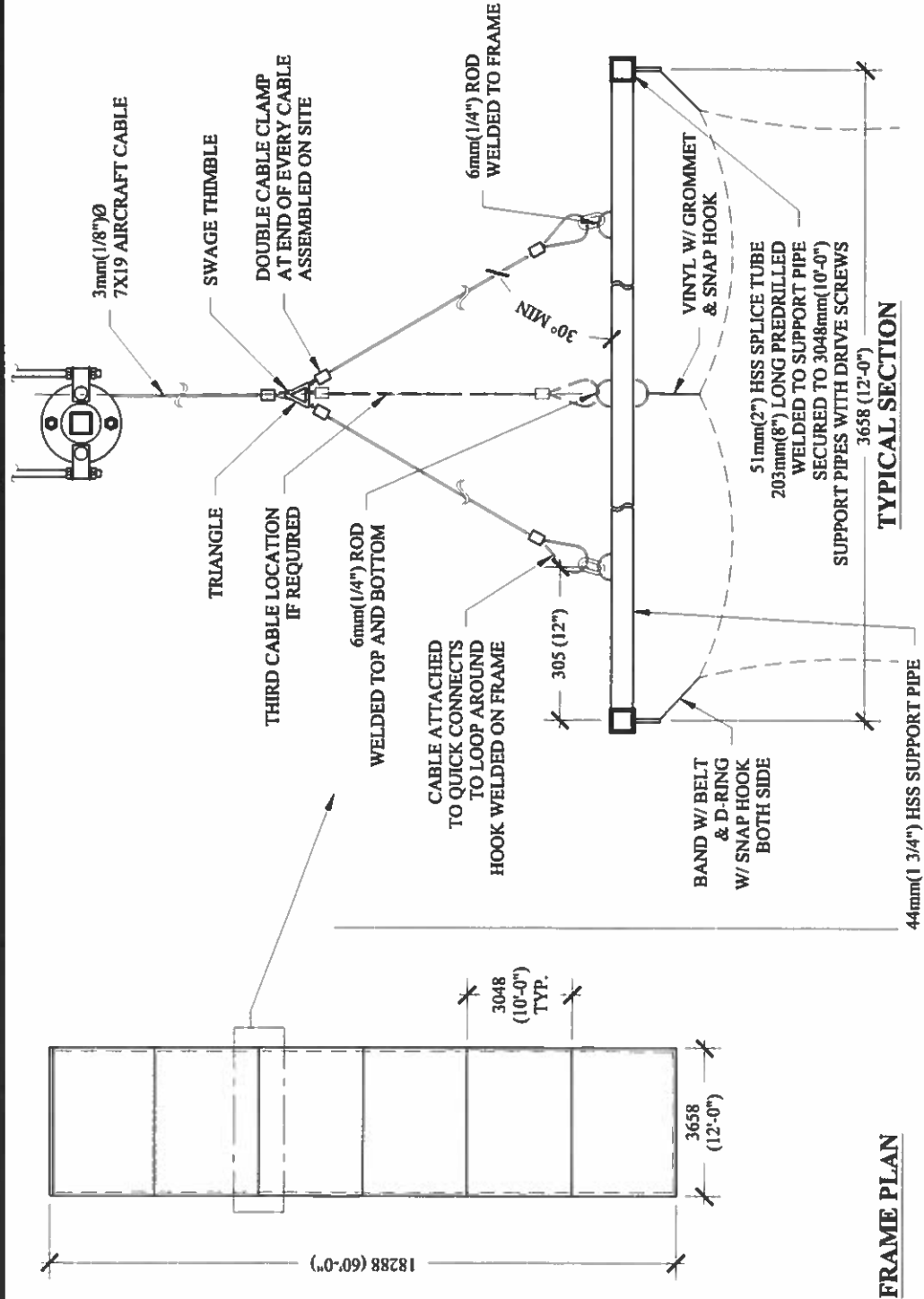
DISTRIBUTEUR
DISTRIBUTOR
CENTAUR PRODUCTS
INC.

DESSINE PAR: K. CHAUHAN DATE: FEB. 28, '14
DRAWN BY:

VERIFIE PAR: J. MADDEN ECHELLE: 1:10
CHECKED BY: SCALE:

APPROUVE PAR: NO. DE REV.
APPROVED BY: REV. NO.

NO. DE DESSIN: 3234-2-199-04
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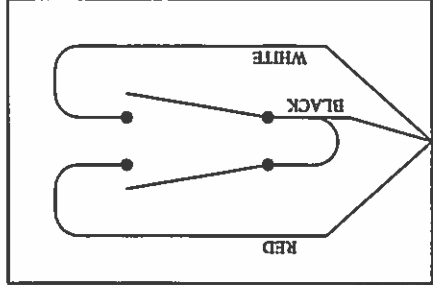


FRAME PLAN

TYPICAL SECTION

208V, 3-PHASE
20 AMP CIRCUIT
W/ DISCONNECT

SELECTOR SWITCH
SPRING LOADED
WITH 2 CONTACTORS



QUED

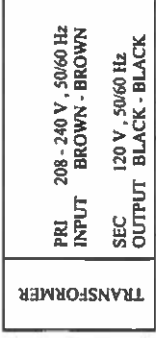
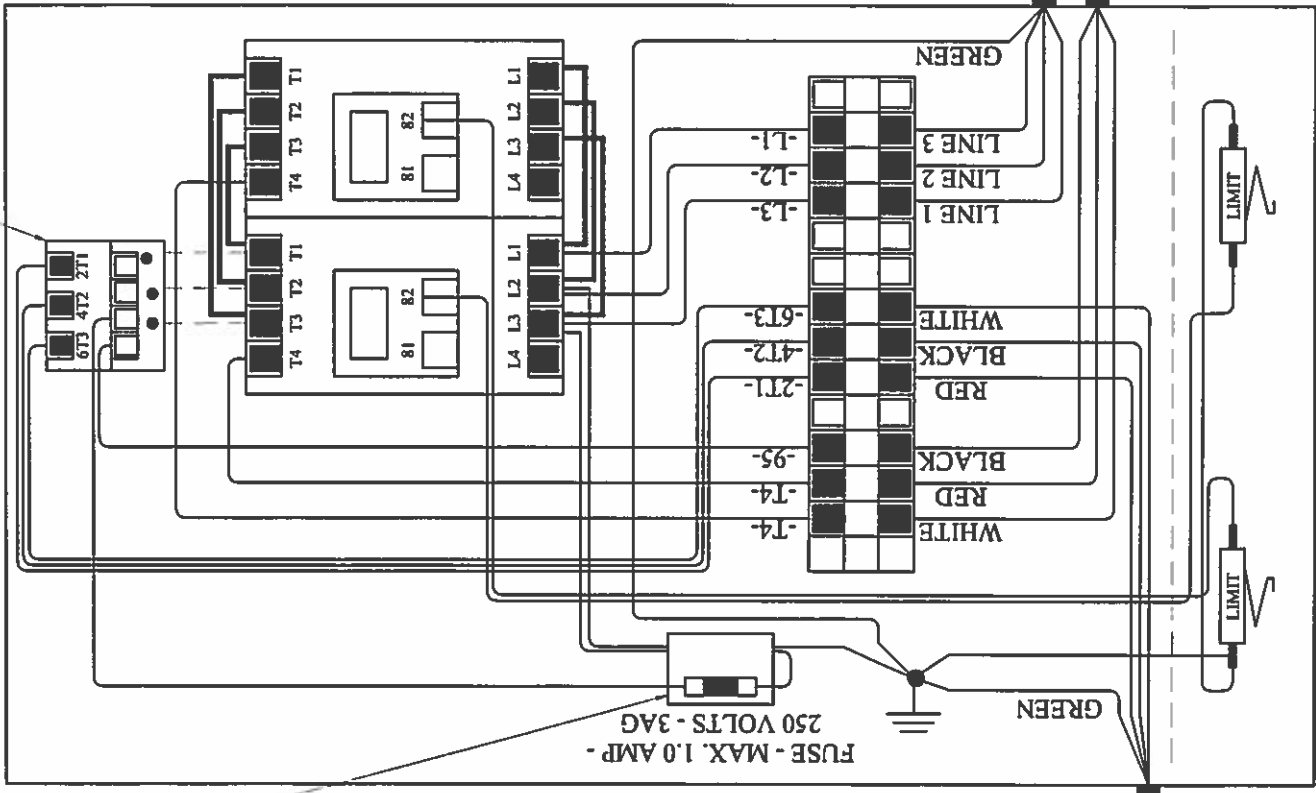


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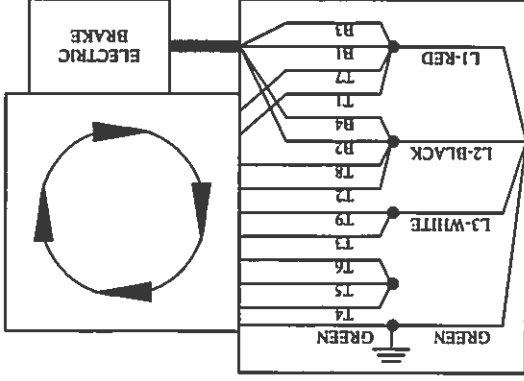
270 St. Joseph Blvd., Lachine, Quebec, H8S 2L7
TEL: (514) 637 2323 FAX: (514) 637 3371

TITRE **WIRING DIAGRAM**
TITLE #4-1/208-3/01

THERMAL OVERLOAD RELAY
6.3...10A



2 HP, 1740 RPM
208 V - 230/190/460/380
TEFC, 145C FRAME
3 PHASE, 60/50Hz



Course Outline

Grade 10

Fall

CCS1080: Community Volunteerism 1

HSS1020: Nutrition & Wellness

REC1020: Injury Management 1

REC2120: Coaching 1

HSS1080 Leadership Fundamentals 1

Spring

Physical Education 10

Grade 11

Fall

CCS2080: Community Volunteerism 2

REC2010: Nutrition for Recreation Activities & Sport

REC2020: Injury Management 2

REC3120: Coaching 2

HSS2080 Leadership Fundamentals 2

Spring

Physical Education 11

Grade 12

Fall

CCS3080: Community Enhancement

REC2060: Leadership in Recreation & Sport

REC3140: Sport and Society

HSS1090 Speaking & Presenting

HCS2120: Pain and Pain Management

Spring

Physical Education 12

Possible additions:

HCS2130: Chronic Conditions

HSS 2050: Becoming a Mentor

HSS3070: Peer Mentoring

HSS3080: Leadership Fundamentals 3