



- *Commitment to academics is our first priority*
- *Students can choose between enrolling in both academies or pick either one*



Alexandra Middle School

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Alexandra Middle School

HOCKEY & BASEBALL ACADEMIES

Middle Level Sports Performance Elective



Be the best you can be!



Medicine Hat School District No. 76
"Where Kids Count"



Our academies aim to provide students with the attitudes, knowledge, and skills that are mandatory for the improvement of learning and the enhancement of performance.

All students will have success through believing in themselves and striving for their own personal excellence.

This sports performance elective creates a positive skills based environment that links sport with education by focusing attention on the physical, social, cultural, and emotional potential of our athletes.



Hockey Canada Skills Academy

Purpose:

An opportunity that allows young hockey players to do part of their training during school hours with the direction and vision of Hockey Canada.



Partnerships:

Alexandra Middle School, Hockey Canada, Hockey Alberta, City of Medicine Hat, Medicine Hat School District No. 76.

Instruction:

1. On-Ice Skills Development

- 2 times a week.
- Skating, puck-handling, shooting, checking, goaltending, and passing are a few of the skills developed in this component.

2. Off-Ice Skills Development

- 2 to 3 times a week.
- Dry-land training, plyometrics, cross-training, nutrition, mental discipline training.
- Uni-hockey, floor hockey, weight training, lacrosse and many other activities are utilized to improve the overall experience for the student.

3. Skills Tests

- Students are evaluated to assess learning and improvement. This includes skating, puck-handling, shooting, and agility tests.

4. Fitness Tests

- Students will be challenged to improve their overall skills. These tests provide the students feedback to their own individual ability and potential.

5. Situational Plays

Tuition:

- **\$450**
- Fees include Hockey Canada Fee, additional instructors, transportation and facilities rental.



Alexandra Baseball Academy

Purpose:

To create a positive skill-based environment that links sport with education.

Partnerships:

Alexandra Middle School, Medicine Hat School District No. 76, and the City of Medicine Hat.

Instruction:

1. On-Field Skills Development

- 2 to 3 times a week.
- Throwing, hitting, catching, pitching, base-running, in-fielding, out-fielding, and defensive situations are a few of the skills developed in this component.

2. Off-Field Skills Development

- 2 to 3 times a week.
- Personal development through 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.

Tuition:

- **\$200**
- Fees include transportation, equipment , additional instructors and facilities rental.

Get in the game at Alexandra!

