

SPORTS *St. Albert* ACADEMY

Vincent J. Maloney
Jr. High School
Recreation Program
2024 -2025

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Used to evaluate athlete's eligibility. Is used as a part of the academy report card that goes home in December and June.	
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St. Albert Recreation Academy
"Athletics are a Dress Rehearsal for Life"
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Name: _____

Recreation Academy Student Review

For: Academy students and Parents

Done by: Academy staff in conjunction with classroom teachers and administration

Rational:

The rational behind the recreation academy student review is to provide academy students and parents with a clear idea of how the students are doing when it comes to meeting the eligibility requirements for the academy. It also provides a recommendation about continuing or looking for other programming based on students being able to meet eligibility requirements. While parents are always informed in regards to major incidents this will give parents an idea of how their son or daughter makes out on a daily basis as well as provide a clear picture of strength areas and areas that need improvement.

Eligibility Requirements:

Rubric: **C – consistently U – usually N – needs improvement**

1. I must have a passion, desire and true love for sport and activity.

	Prepared for Academy sessions.
	Changes on time.
	On time getting to bus.
	Attentive and focused during sessions.
	Works hard at all sessions.

2. I will work to my academic potential.

	Prepared for class.
	Organized.
	On task/Attentive.
	Homework is completed on time.
	On time getting to class.
	Takes pride in work
	Meeting attendance requirements at school.

3. I will be disciplined, dedicated and committed to improving.

	Respectful and well behaved on bus.
	Respectful and well behaved in dressing rooms.
	Respectful towards self and others.
	Respectful towards teachers and all instructors.

4. I will be able to work independently.

	Is focused on skill development and improvement.
	Is able to work on skills without direct supervision.
	Is able to focus and complete a workout without being distracted.
	Is self-motivated and driven to improve.

Based on this student's ability to meet eligibility requirements it is recommended that he or she:

	Continues with the program.
	Corrects areas that need improving and continue with the program.
	Looks for other programming options.

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Information:

What is The Recreation Academy?

- The Recreation Academy program is offered by Greater St. Albert Catholic Regional Division No. 734, and uses a love for sport to focus on academics. The program is available to students in grades 4 – 12. Athletes in the program are expected to work to their academic and athletic potential and are held accountable to this standard.

Is core subject time affected by the sports programming?

- No, all academy athletes meet the time guidelines set forth by Alberta Education in all core subject areas. All students in the academy schools get the same amount of instructional time in the core subject areas.

Is there more homework for academy athletes?

- No, being in the academy does not mean more homework. Academy athletes are expected to use their class time to their advantage, which will in turn limit the amount of homework they have. It is fair to assume that as all students progress through the school years there will gradually be more homework each year. It is reasonable for upper elementary students to spend between 30 and 60 minutes each day doing homework and junior high students between 45 and 90 minutes. Homework includes reading and reviewing, and the time involved varies with each individual. Some students will require more time than others. Being in the academy does not mean more homework.

Are academic expectations lower for academy athletes?

- Absolutely not, if academy athletes are not working to their potential, they are given the opportunity to get caught up. This opportunity can range from simply missing a session to having an individual plan put in place.
- A big part of the recreation academy coordinator's job is to monitor academics and behaviour of the academy athletes. Academy athletes are expected to display on task behaviour and work to their academic potential. Agenda use, organization and time management are expected habits. When academy athletes are not meeting these expectations their teachers and the recreation academy staff hold them accountable. Academic expectations **do not change because you are an academy athlete.**

Is the Academy an elitist program?

- No, students in the academy must have a passion for sport. They must be able to work to their academic potential, they must be disciplined and committed to improving academically and athletically and they must be able to work independently. Students of all skill levels are welcome as long as they can meet the eligibility requirements. Academy athletes are also encouraged to be involved in all aspects of school such as intramurals, clubs, track and field, journal games and dances. Teaching and modeling respect for self and others is a cornerstone of the academy.

Class Time

- Academy athletes are taught P.E. and Health outcomes through the academy.
- Elementary athletes miss out on some elective time – Art/Music/Library.
- Junior High options may be affected.

Recreation activities that the academy may explore:

Golf	Basketball
Badminton	Paddling
Snow Feet	TRX Training
Martial Arts	Volleyball
Yoga	Track and Field
Rock Climbing	Water Polo
Viper Training	Scuba Diving
Curling	Bowling
Lacrosse	Football
Baseball	Fitness Training
Speed and Agility	Dance Play
Bocce	Croquet
Horse shoes	Swimming
Fire Building	Archery
Billiards	Squash/Racquetball
Snowshoeing	Skiing
CrossFit	Broomball
Rollerblading	Tennis
Scootering	Ping Pong
BMX/Bike Riding	Nerf Tag Games
Fitset Ninja Obstacle Course	

Recreation Academy School List

Schools:

Grades 4 – 6 Holy Family School

Grades 4 – 6 J.J. Nearing School

Grades 4 – 6 Sister Alphonse Academy

Grades 7 – 9 Sister Alphonse Academy

Grades 7 – 9 Richard S. Fowler Jr. High School

Grades 7 – 9 Vincent J. Maloney Jr. High School

Transportation

Transportation will be determined by the individual schools.

The Elementary and Junior High programs at Sister Alphonse Academy and Holy Family School runs 2 days a week.



St. Albert Sports Academy

Recreation Program

October 2023

DATE	Group 1 Activity	Location	Group 2 Activity	Location	Group 3 Activity	Location	Group 4 Activity	Location
Tues. Oct. 3rd	Tennis	U of A Pavillion Depart: 12:20pm Return: 1:55pm	Karate	Desa School of Karate Depart: 12:45pm Return: 2:10pm	Flag Football	VJM Field Start @ 12:55pm	Servus - volleyball	Servus Place Depart: 12:45 pm Return: 2:10 pm
Wed. Oct. 4th	Karate	Desa School of Karate Depart: 12:45pm Return: 2:10pm	Smart Start program @ Servus (day 1)	Servus Place Depart: 12:45pm Return: 2:10 pm	Orienteering	Lion's Park *WALKING* Depart: 12:30pm	Orienteering	Lion's Park *WALKING* Depart: 12:30pm
Thurs. Oct. 5th	Orienteering	Lion's Park *WALKING* Depart: 12:30pm	Orienteering	Lion's Park *WALKING* Depart: 12:30pm	Karate	Desa School of Karate Depart: 12:45pm Return: 2:10pm	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 2:00pm
Tues. Oct. 10th	Corn Maze	Edmonton Corn Maze Depart: 12:20pm Return: 1:50pm	Corn Maze	Edmonton Corn Maze Depart: 12:20pm Return: 1:50pm	Tennis	U of A Pavillion Depart: 12:20pm Return: 1:55pm	Karate	Desa School of Karate Depart: 12:45pm Return: 2:10pm

Wed. Oct 11th	Game OVR	Game OVR Depart: 12:45pm Return 2:10pm	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 2:00pm	Smart Start program @ Servus (day 1)	Servus Place Depart: 12:45pm Return: 2:10 pm	Flag Football	VJM Field Start @ 12:55pm
Thurs. Oct. 12th	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 2:00pm	Smart Start program @ Servus (day 2)	Servus Place Depart: 12:45pm Return: 2:10 pm	Corn Maze	Edmonton Corn Maze Depart: 12:20pm Return: 1:50pm	Corn Maze	Edmonton Corn Maze Depart: 12:20pm Return: 1:50pm
Tues. Oct. 17th	Servus - Fitness Center	Servus Place Depart: 12:45pm Return: 2:10 pm	Servus - volleyball	Servus Place Depart: 12:45pm Return: 2:10 pm	Game OVR	Game OVR Depart: 12:45pm Return 2:10pm	Bowling	St. Albert Bowling Depart: 12:45pm Return: 2:10pm
Wed. Oct. 18th	Servus - fieldhouse activity	Servus Place Depart: 12:45pm Return: 2:10 pm	Game OVR	Game OVR Depart: 12:45pm Return 2:10pm	Sledge Hockey	Clareview Arena Depart: 12:20pm Return: 2:00pm	Smart Start program @ Servus (day 1)	Servus Place Depart: 12:45pm Return: 2:10 pm
Thurs. Oct. 19th	Flag Football	VJM Field Start @ 12:55pm	Disc Golf	Kingswood Park Depart: 12:45pm Return: 2:15pm	Bowling	St. Albert Bowling Depart: 12:45pm Return: 2:10pm	Tennis	U of A Pavilion Depart: 12:20pm Return: 1:55pm
Tues. Oct. 24th	Bowling	St. Albert Bowling Depart: 12:45pm Return: 2:10pm	Concussion Testing	VJM Begins at 12:40pm in room 121	Orienteering	Lion's Park *WALKING* Depart: 12:30pm	Orienteering	Lion's Park *WALKING* Depart: 12:30pm

Wed. Oct. 25th	Orienteering	Lion's Park *WALKING* Depart: 12:30pm	Orienteering	Lion's Park *WALKING* Depart: 12:30pm	Smart Start program @ Servus (day 2)	Servus Place Depart: 12:45pm Return: 2:10 pm	Concussion Testing	VJM Begins at 12:40pm in room 121
Thurs. Oct. 26th	Concussion Testing	VJM Begins at 12:40pm in room 121	Tennis	U of A Pavillion Depart: 12:20pm Return: 1:55pm	Servus - volleyball	Servus Place Depart: 12:45pm Return: 2:10 pm	Smart Start program @ Servus (day 2)	Servus Place Depart: 12:45pm Return: 2:10 pm
Tues. Oct. 31st	Servus - Fitness Center	Servus Place Depart: 12:45pm Return: 2:10 pm	Bowling	St. Albert Bowling Depart: 12:45pm Return: 2:10pm	Concussion Testing	VJM Begins at 12:40pm in room 121	Servus - volleyball	Servus Place Depart: 12:45pm Return: 2:10 pm

Required Equipment:

Activity	Required Equipment
Tennis	Indoor shoes Exercise clothing Water bottle *Racquets will be provided*
Karate	Comfortable clothing No shoes - bare feet Water bottle

Registration Information

Registration can be done through the PowerSchool Parent Portal.

If you are new to our division, please email sports-rec-office@gsacrd.ab.ca to get an id to register.

The full cost of the program is **\$2300** which includes the \$460 non-refundable deposit. The remaining \$1840 can be paid monthly from October to May.

❖ If new to the program please email a character reference letter from a teacher and/or coach to Sports & Rec Academy Office - sports-rec-office@gsacrd.ab.ca. This letter needs to be submitted no later than 20 days from submitting the registration form. Failure to submit a reference letter for new students can void the registration.

❖ **A non-refundable deposit of \$460** must be paid when the registration form is submitted.

❖ **REFUNDS** will be processed according to full months of non-enrollment only, subject to withholding of the non-refundable deposit of \$460.

❖ Greater St. Albert Sports Academy student registrations will be accepted on a first come first served basis. You are encouraged to get your registration in as soon as possible, as space may be limited by school capacity.

❖ This Application will be reviewed in its entirety by the Sports Academy Coordinator for program acceptance.