

2024-2025  
SAA Rec Academy

**SPORTS**  
*St. Albert*  
**ACADEMY**

Sister Alphonse Academy  
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”**  
**Ph. # 780-444-3392**  
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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.

# St. Albert Recreation Academy

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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**

<b>DATE</b>	<b>Grade 6-8 McKinnon)</b>
<b>Monday, Oct. 2</b>	<i>Recognition of National T &amp; R-No School</i>
<b>Wednesday, Oct. 4</b>	<b>Rugby with Alexis @ St. Albert Rugby Club</b> <i>Please dress for the weather. Good running shoes and athletic clothing are needed.</i>
<b>Monday, Oct. 9</b>	<i>Thanksgiving Day</i>
<b>Wednesday, Oct. 11</b>	<b>Edmonton Corn Maze</b> <i>Looking for 2 parent volunteers. Please email me @ <a href="mailto:tmckinnon@gsacrd.ab.ca">tmckinnon@gsacrd.ab.ca</a></i>
<b>Monday, Oct. 16</b>	<b>Pickleball @ Larose Courts</b> <i>Must have running shoes and athletic wear.</i>
<b>Wednesday, Oct. 18</b>	<b>St. Albert Bike Trails</b> <i>Please make sure bike is in GOOD working condition. Tires pumped up and no loose handle bars. A bell and helmet(that fits well) is required by law.</i>
<b>Monday, Oct. 23</b>	<b>Volleyball at Servus (Court 2)-Clean, indoor running shoes needed.</b>
<b>Wednesday, Oct. 25</b>	<b>Indoor Soccer at Servus(Orion Fieldhouse)</b> <i>Clean, indoor running shoes needed.</i>
<b>Monday, Oct. 30</b>	<b>Baseline Testing 12:55pm @SAA</b>

# 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](mailto:sports-rec-office@gsacrd.ab.ca) to get an id to register.

The full cost of the program is **\$1600** which includes the \$320 non-refundable deposit. The remaining \$1280 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](mailto: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 \$320** 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 \$320.

❖ 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.