

2022-2023
GCD

SPORTS
St. Albert
ACADEMY

Gymnastics/Cheer/Dance
Program
2022 - 2023

Table of Contents

Academy Student Review	3
Used to evaluate athlete’s eligibility. Is used as a part of the academy report card that goes home in December and June.	
Academy Information Page	4
Answers academic questions.	
What classes do academy athletes miss?	5
Physical Education and Health Activities.	
Grade 4 – 9 Academy School List and Transportation	6
Elementary Academy Schedule	7
Junior High Academy Schedule	8

St. Albert Sports Academy
“Athletics are a Dress Rehearsal for Life”
Ph. # 780-459-4478
ggiacobbo@gsacrd.ab.ca

Name: _____

Sports Academy Student Review

For: Academy students and Parents

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

Rational:

The rational behind the sports 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 my game.

	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 students 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 Sports Academy?

- The Sports 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 sports academy coordinators 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 sports 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.
- Junior high athletes may miss some option time depending on the school they attend.

P.E./Health Activities Include

Golf	Basketball
Badminton	Spin Class
Sports Psychology	TRX Training
Martial Arts	Volleyball
Yoga	Track and Field
Rock Climbing	Water Polo
Viper Training	Olympic Weight Lifting
Curling	Bowling
Lacrosse	Football
Baseball	Fitness Training
Speed and Agility	Dance Play
Scootering	

Academy School List

English Programs:

Grades 4 – 6 Albert Lacombe School

Grades 4 – 6 Neil M. Ross School

Grades 7 – 9 Vincent J. Maloney

Grades 7 – 9 Richard S. Fowler

French Programs:

Grades 4 – 6 École Father Jan

Grades 4 – 6 École Marie Poburan

Grades 7 – 12 École Secondaire Sainte Marguerite d'Youville

Transportation

The program runs Tuesday, Wednesday and Thursdays. All Elementary athletes train in the mornings. Parents are responsible to drop their athlete off by 8:00 A.M. on academy days. Athletes are then bussed back to their respective school.

All Junior High Athletes train in the afternoons. We transport them from their respective schools to the training facility. Parents are expected to pick their athletes up at the end of the day wherever their athlete is training within St. Albert.

We always bus to and from Edmonton facilities.

At the beginning of every year we put together a car pool list where interested families can have access to contact information of other interested families. There is a lot of car pooling that happens within the many academy groups.

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GCD Elementary AM
 Oct. 2021

Date	Drop Off	Activity
Oct. 5	Dynamyx	Gymnastics
Oct. 6	Dynamyx	Cheer
Oct. 7	No Limits	Dance
Oct. 12	Dynamyx	Gymnastics
Oct. 13	Dynamyx	Cheer
Oct. 14	No Limits	Dance
Oct. 19	Dynamyx	Gymnastics
Oct. 20	Dynamyx	Cheer
Oct. 21	No Limits	Dance
Oct. 26	A.L.	P.E./Fitness
Oct. 27	St. Albert Curling Club	Curling
Oct. 28	Servus	Badminton/Ropes Training

- All Athletes are to be Dropped off by 8:00 A.M.
- All athletes should have a proper change of clothes and water bottle for each activity.
- The St. Albert Curling Club is located in 3 Tache St. just off of Sir Winston Churchill Ave.
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GCD Junior High PM
 Oct. 2019

Date	Drop Off	Activity
Oct. 5	Dynamyx	Gymnastics
Oct. 6	Dynamyx	Cheer
Oct. 7	No Limits	Dance
Oct. 12	Dynamyx	Gymnastics
Oct. 13	Dynamyx	Cheer
Oct. 14	No Limits	Dance
Oct. 19	Dynamyx	Gymnastics
Oct. 20	Dynamyx	Cheer
Oct. 21	No Limits	Dance
Oct. 26	A.L.	P.E./Fitness
Oct. 27	St. Albert Curling Club	Curling
Oct. 28	Servus	Badminton/Ropes Training

- All Athletes are to be picked up by 3:00 P.M.
- All athletes should have a proper change of clothes and water bottle for each activity
- The St. Albert Curling Club is located in 3 Tache St. just off of Sir Winston Churchill Ave.