

### JIT-JITST PROGRAM

WHERE ACADEMICS, ATHLETICS, AND FAITH COME ALIVE

GRADES 5-8 24/25

PLEASE RSVP VIA QR

# INFORMATION NIGHT

Monday, January 22nd @ 6:30 p.m.



JOIN OUR CONTACT LIST



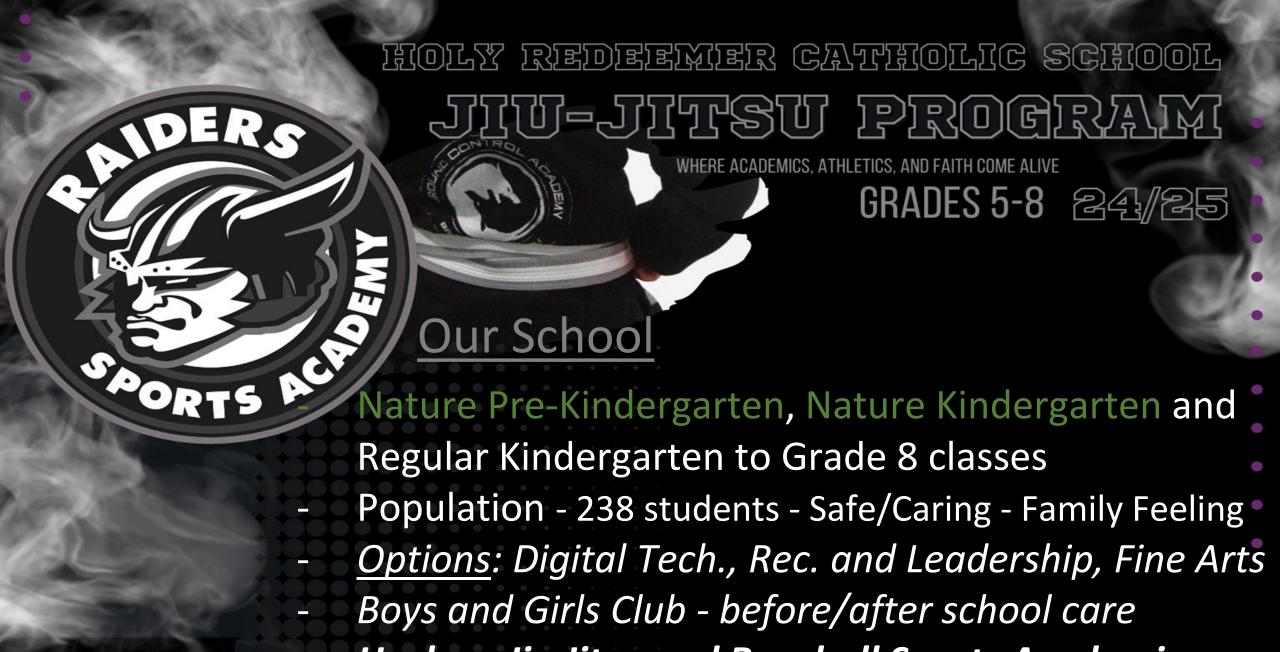
#### CONTACT US

780-922-4522 www.hr.eics.ab.ca

53117 RRD.222, Ardrossan, Alberta



Welcome and Introductions Indigenous Acknowledgement



- Hockey, Jiu Jitsu and Baseball Sports Academies



# MARTIOORS USTIC-UIL

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### Our Shared Vision – Sports Academy

Sports Academy program(s) is to empower and inspire students to reach their full potential, as students, athletes and individuals, and to create a supportive inclusive community that honours and celebrates student individual achievements, progress, and "whole-child" growth.



# MAKEDORIT WETTU-W

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#### Our Programs

Our programs will be designed to not only help young players grow and develop their skills but also to cultivate strong, wellrounded individuals.

#### Ground Control Jiu Jitsu Program

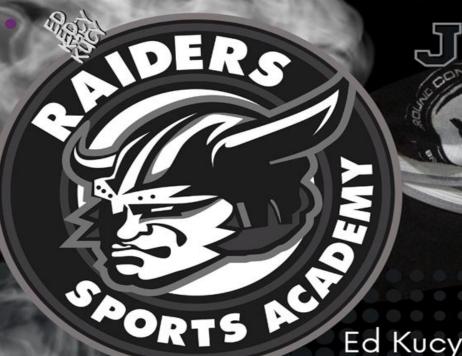
Our academy brings together kids from various backgrounds, each with unique motivations for training, yet all sharing a common goal: <u>realizing their full</u> <u>potential.</u>

In the world of Brazilian Jiu-Jitsu, your child will delve deep into the art, fostering qualities like *humility*, *perseverance*, *mental toughness*, *flexibility*, *body awareness*, *and sensitivity*. This journey demands dedication, but through the rigors of training, your child will develop not only effective techniques but also increased strength, coordination, confidence, and a calm, centered awareness.

As your child trains with us, they'll form bonds with their peers, becoming like brothers and sisters. Together, they'll sweat, laugh, and engage in the art of wrestling and rolling. It's essential to remember that growth is a collaborative effort, so we emphasize the importance of respecting and caring for training partners.

# MALKTDORFT USTIL-UII'

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# DUR TEAT

Deven Needles

To Be Determined



Academy Administrator Principal



Head Coach



School Lead Teacher



# MALITOURY USTIC-UIC

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#### Deven Needles

I have been grappling since starting wrestling in high school, and feel that it has been one of the most important life skills I have developed. The grit, determination and mental discipline grappling required took me from a near-high school dropout to earning a degree in Mechanical Engineering. After a decade of working in engineering management, I turned my sights toward helping others build better lives through the crucible of Jiu Jitsu. I have an absolute love for teaching, an affinity for competitive grappling and a passion for building strong kids for future generations. I look forward to seeing your child develop on the mats!







# JIW-JITSU PROGRAM

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### **Facilities**

Primary facility - Strathcona County Memorial Hall

Secondary facility - Ardrossan Recreation Complex

- 10 minute walk for us to and from















# MALATIONET USTIC-UIT

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#### Schedule

Academy student-athletes will take all core classes in the morning during academy days and full day on non-academy days. Academy programming time replaces students' CTF/CTS choices and some Physical Education and Wellness class time.



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### Training and Development

- Academy Tuesday, Thursday and Friday
   afternoons (May change based on enrollments)
- Jiu Jitsu days 2 times per week (Thursday and Friday)
- Tuesday Strength and Conditioning,
  Recreational activities (1 per month) or planned guest speakers

# Belt Promotions

- Jiu Jitsu has one of the longest belt promotion systems. In most cases, it takes upwards 12 years to earn a black belt in Jiu Jitsu.
- Four degrees (stripes) can be earned. While a white belt, we prioritize character development and skill development as markers for promotions.
- Although attendance plays some role, it is not the primary factor in determining whether a student is ready for a premotion.





# MARIOORT USTIL-UIL

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# Fees and Swag

- \$190/month (with a \$190 enrollment deposit used in lieu of June payment)
- All Academy athletes will receive:
  - 2 Uniforms(GI), Drawstring Bag, T-Shirt, Shorts, Hoodie, Water Bottle



## MALTEORY TENTE-VIL

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#### Admission and Requirements

- Non-Catholic/Non-Boundary phone interview with Principal (Religion class requirement School of Choice Transportation)
  - New to HR Families only
- Behaviour contract for <u>all</u> Academy students
- Priority (HR students, EICS students, External)



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#### **Transportation**

- Transportation to and from available from
  - Sherwood Park
- Location: Holy Spirit (May vary as per EICS transportation)



### MARIORS USTIC-UIL

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#### Boys and Girls Club - Before or After School

- Available Before and After School at Holy Redeemer and Sherwood Park
- Times available 6:30 a.m. 8:30 a.m., After school until 6 p.m. or later if pre-arranged.
- Boys and Girls Club Bus Sherwood Park Pick up at HR



#### School Boundaries (School of Choice Transportation Fees)

- If you drive student(s) to/from school No transportation fees
- Holy Redeemer Boundary Within 2 km (Gr. 7-8) or 1 km (Gr. 5-6) EICS no transportation is required (\$360/year if required)
- Outside 1 or 2 km, based on grade, there is a \$180/year fee
- Outside Holy Redeemer boundary but within EICS Boundary \$360/year
  - (Contact EICS –Transportation to see if there is an EICS boundary in your area)

#### **How To Register**

Click on the QR Code found at the back of your brochure

#### **EICS Students**

Step 1 - Complete this Google Form.

Step 2 - Go to School Engage - Parent Portal and select our school for next year.

#### **Non-EICS Students**

- Complete Google form and
- Go to the EICS website and register your child(ren) to Holy Redeemer In the Language and Options box please write Sports Academy

Our Holy Redeemer office team will contact you to confirm your information and registration in the program.





## MARIOORT USTIL-UIL

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Register at www.eics.ab.ca

- Registrations Open February 1st

Thank you!

Questions and Answers...