



# HOLY REDEEMER CATHOLIC SCHOOL JIU-JITSU PROGRAM

WHERE ACADEMICS, ATHLETICS, AND FAITH COME ALIVE

GRADES 5-8 24/25



PLEASE RSVP VIA QR



JOIN OUR CONTACT LIST

## INFORMATION NIGHT

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

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Welcome and Introductions  
Opening Prayer  
Indigenous Acknowledgement



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## Our School

- Nature Pre-Kindergarten, Nature Kindergarten and Regular Kindergarten to Grade 8 classes
- Population - 238 students - Safe/Caring - Family Feeling
- Options: Digital Tech., Rec. and Leadership, Fine Arts
- Boys and Girls Club - before/after school care
- **Hockey, Jiu Jitsu and Baseball Sports Academies**



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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.



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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, well-rounded 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: realizing their full potential.

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.

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## OUR TEAM

Ed Kucy



Academy Administrator  
Principal

Deven Needles



Head Coach

To Be Determined



School Lead Teacher



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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!





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## Facilities

Primary facility - Strathcona County Memorial Hall

Secondary facility - Ardrossan Recreation Complex

- 10 minute walk for us to and from



# ARDROSSAN RECREATION COMPLEX

  
STRATHCONA  
COUNTY

80 - 1 Avenue





**Holy  
Redeemer**

**Ardrossan Rec  
Centre**

















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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.
- Everyone begins as a white belt. Each belt has a black bar on it where 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 promotion.







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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

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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 all 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)

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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.**



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Register at [www.eics.ab.ca](http://www.eics.ab.ca)

- Registrations Open February 1st

Thank you!

Questions and Answers...