



## FACILITIES

- Ardrossan Recreation Center
- Rabbit Hill Ski Resort
- Strathcona Aquatic Center
- Longshots Driving Range
- Rundle Park Golf Course
- Vertically Inclined
- Fox Run Golf Course

## FOR MORE INFORMATION, CONTACT:

Program Lead Teacher

Mr. Greg Lakeman

Asst. Principal

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Principal

Mr. Gordon Marshall

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## INFORMATION

- All classes will be supervised by certified teachers
- For specialty sports, certified instructors will be employed to ensure correct training and implementation.
- Based on Canadian Sport 4 Life (CS4L) and Long-Term Athlete Development (LTAD), a developmental pathway whereby athletes follow optimal training, competition, and recovery regimens.



*Athletics + Leadership*



## Mission & Vision

The mission of the Sport for Life Program is to provide students exposure to a variety of sport and recreation activities in a Catholic environment with the focus on creating life-long active and healthy lifestyles. Students will have the benefit of building athletic skill, along with leadership qualities in a faith-filled setting. The program is based on the Canadian Sport for Life (CS4L) model, which is a movement to improve the quality of sport and physical activity in Canada through improved athlete training and better integration between all stakeholders in the sport system, including sport organizations, education, recreation and health.

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**Holy Redeemer**  
**Catholic School**

# What is the Sport 4 Life Program?

A complimentary course offered to grade 7 & 8 students. The semester one program is different from the semester two program. Sport 4 Life runs

separate from P.E. activities and uses curricula from P.E. Sport Performance, Learn To Lead & Health programs.



<http://www.breakouthockey.ca/index.ht>

We play hockey for the love of the game, at Breakout Hockey we will help your child develop his hockey skills while nurturing their love for the game. Proper instruction and mentorship is vital in developing a great hockey player and athlete. Sean Brown has had inside experience with many hockey greats, and has gained a lot of knowledge over his 15 years as a professional hockey player. Playing with some of the most high caliber NHL clubs he has seen and learned what brings success to an athlete. Learning systems and techniques from coaches such as Larry Robinson, Pat Burns, Craig MacTavish, Kevin Lowe and Lou Lamoriello, he has valuable knowledge and expertise to share with new players on their journey to becoming great hockey players.



## FEE INCLUDES

- Transportation (bussing)
- Specialized/certified instructors
- Facility rental
- Equipment Use
- Program apparel (for 1<sup>st</sup> semester hockey)

## STUDENTS MUST

- Have good academic standing
- Display ability to maintain academic potential
- Be disciplined, dedicated, committed to improve
- Be highly motivated

## PLEASE NOTE

The introduction of hockey to the program is new. If there is not adequate enrolment accompanied by the commitment deposit, the hockey element will not be offered.

Registrations will be accepted starting at the Parent Info Night on at. Classes will be capped at 25 students. Subsequent students will be placed on a waiting list. Ringette players may be accommodated depending on circumstances.

## COST OF PROGRAM- CHOOSE FROM BELOW

### Semester 1 (Sept – Jan)

The Sport 4 Life program (Sept – Jan) is \$850. Includes one hr/per week of ice hockey instruction from Sean Brown through "Breakout Hockey". This option involves 6 periods per week. ( 3 p.m. periods involve activities listed below and 3 a.m. periods for hockey and transition from school to rink).

### Semester 2 (Feb – June)

The fee for the second semester program is \$200. This does not include the hockey element. A deposit of \$100 is due at registration. This option involves 3 periods per week involving the activities listed below, other than hockey.

## ACTIVITIES (MAY INCLUDE)

- HOCKEY
- GOLF
- WALL CLIMBING
- X-COUNTRY SKIING / SNOWSHOEING
- DOWNHILL SKIING
- SCUBA DIVING
- CARDIO CLASSES & SPIN CLASSI
- KAYAKING
- SQUASH / RAQUETBALL
- ARCHERY
- TENNIS
- ORIENTEERING
- TEAM BUILDING
- FIRST AID TRAINING /CPR



*The middle school and junior high school years are an important time to develop good physical activity habits that promote health and fitness in youth.*

*Opportunities to experience and explore a broad range of physical activities and sports are vital.*