



Catholic Central High School



2012:

Q. 3 Mr. Langager/Mrs. Winters

Q. 4 Mr. Langager/TBA

West Campus

Quarter 3 & 4

Room 515

Teacher: Mr. Jay Langager

Classroom 515 or Men's Physical Education Office (inside gym)

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Mission Statement:

In a Christ-centered environment the **Mission** of all CCH Academy classes is to develop specific skills and positive attitudes toward sport and music. The Academies provide endless opportunities for adolescents to develop career pathways in golf, hockey, music and soccer.

Our Academy Vision:

CCH has a **Vision** to enrich the lives of all academy students through challenge, teamwork, competition and fair play. Students will learn and appreciate their Academy focus while representing our school and Catholic faith. Academy students will strive for excellence!

A Simple Philosophy:

The Hockey Academy Program is designed for motivated, enthusiastic students who wish to develop academic skills while improving their athletic Performance.

10 Important Course Objectives:

- To teach life skills through the use of sport.
- The focus of the program is to manage acceptable academic progress while advancing hockey and life skills.
- To provide each student athlete an opportunity to pursue excellence in hockey, improve and develop in the physical, psychological, and tactical demands of the sport.
- To expose each student athlete to a high level of instruction, various athletic equipment, community facilities and endless opportunities in the sport of hockey.
- To provide a positive learning environment and provide experiences that will assist the student athlete in overall individual development. This will enhance their educational experience at Catholic Central High School
- To increase community involvement through CCH community relationships
- To provide various opportunities in cross-training, strength and conditioning
- To educate students in the areas of nutrition, injury prevention, sports burn-out, sport psychology, wellness, anatomy and various skill related areas.
- Students will work to improve their time management, independence, and organizational skills while developing an ability to achieve individual goals.
- How about having fun every day!

Hockey Academy (10 Credits)

Hockey Academy 15/25/35 (5 credits)

Students will be exposed to 5 different Health, Recreation & Human Services (HRH) modules a year. Students need to complete and pass a module to get 1 credit. Within a module a student may have a variety of assignments or it may be just one big assignment. Some of the modules students will be exposed to are: Wellness, Anatomy, Nutrition, Sport Injury, Pain & Pain Management, Leadership, Sport Psychology, Training Methods, and more.

Physical Education 10/20/30 (5 credits)

Emergency or Standard First Aid instruction will be given to students. Students will be exposed to a unit of First Aid during the semester but will **not** be certified.

- Physical Skills/Knowledge 30%

Skill tests, observation checklists and drills will be used to determine a student's skill acquisition and application. Written assignments will be used to determine a student's understanding of basic concepts, rules, strategies and techniques in a variety of activities including hockey. Hockey history, hockey tactics and practice planning are also some related topics.

- Performance 70%

This section will be graded on daily performance for all related activities. Students will demonstrate responsibility during class and be graded according to the attached rubrics. A day grade out of 5 marks will be given to each student.



Physical Education/Sports Performance **Daily Performance Rubric**

5 Marks = Excellent

- Always demonstrates skill development through appropriate movement activities (various units).
- Always demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Always is polite, honest, and positive with all members.
- Always demonstrates an active lifestyle performance in and out of class.
- Always punctual and prepared for class activities.

4 Marks = Acceptable

- Almost always demonstrates skill development through appropriate movement activities (various units).
- Almost always demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Almost always is polite, honest, and positive with all members.
- Almost always demonstrates an active lifestyle performance in and out of class.
- Almost always punctual and prepared for class activities.

3 Marks = Average

- Usually demonstrates skill development through appropriate movement activities (various units).
- Usually demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Usually is polite, honest, and positive with all members.
- Usually demonstrates an active lifestyle performance in and out of class.
- Usually punctual and prepared for class activities.

2 Marks = Needs Work

- Sometimes demonstrates skill development through appropriate movement activities (various units).
- Sometimes demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Sometimes is polite, honest, and positive with all members.
- Sometimes demonstrates an active lifestyle performance in and out of class.
- Sometimes punctual and prepared for class activities.

1 Mark = Unacceptable

- Rarely demonstrates skill development through appropriate movement activities (various units).
- Rarely demonstrates an understanding and appreciation of health benefits that are the result of physical activity.
- Rarely is polite, honest, and positive with all members.
- Rarely demonstrates an active lifestyle performance in and out of class.
- Rarely punctual and prepared for class activities.

Hockey Academy Guidelines

Academic Performance

Students are expected to maintain good academic standing and successful progress reports in **all subjects**. Students are encouraged to perform on and off the ice at all times during the school year.

Attendance and Participation

- Students are required to attend all classes and training sessions if they are attending school for that day.
- Injuries **DO NOT** excuse students from the Hockey Academy class. **(ex. on next page)**
- The Hockey Academy is an activity class and participation is very important.
- Marks are contingent upon daily participation in appropriate gym attire/hockey equipment, which indicates a state of readiness and preparedness for involvement in activities.

- A note from a parent, guardian or Doctor is required for any missed days.
- Students that can't be in class any particular day need to be excused at the office by a parent or guardian or else the student doesn't get their Daily Participation Marks. (**Parents/Guardians call school administrators to excuse student from class**)
- If a student is injured but can attend class they must bring their gym strip to the ice rink. If possible, injured students will participate in light stretching, organizing equipment, video, alternative assignment or other appropriate activities.

(example #1) John received stitches on his wrist over the weekend and cannot skate. John attends class on time and helps with equipment, water bottles and anything that needs to be cleaned up. John is active in class and receives his performance marks for the day.

(example #2) William breaks his ankle over the weekend and knows that we are playing badminton in the morning hockey academy class. He decides not to attend class but comes for his block #3 and #4 Math class. William should have attended HA class to observe his peers, work on modules, and help out the academy in any way they can..

No Shortcuts! Be Prepared Every Single Day

- Hockey Academy Fees.
- Appropriate attire for PE consists of a change of shirt, shorts, socks, and appropriate athletic footwear.
- Academy students will receive a t-shirt and shorts for all off-ice activities.
- Hats will not be considered gym wear unless the class is conducted outside.
- The teacher must be by the ice surface for students to go on.
- Students will be expected to follow **Hockey Alberta guidelines** for equipment use for all on-ice training sessions (neck guards).
- A hockey jersey and socks will be provided for all players, these must be worn for all on-ice sessions.
- If you forget your jersey and or socks please see the coach for an extra pair.
- When you go on the ice shut the door behind you.
- Trailer key and equipment storage.

Safety Procedures

For each student's individual safety and well-being:

1. Report all injury accidents to the teacher.
2. Students should wear appropriate gym attire and athletic shoes in class.
3. Teacher will give instructions before an activity starts.
4. Only equipment authorized by your teacher should be used.
5. Students are not permitted to start the activity unless instructed to do so.
6. No jewelry should be worn in class.
8. Students should know the proper fire drill procedure/lock down.

9. Students should not use faulty equipment and should tell the teacher.
 10. **Aquatics Unit:** This unit is developed **for both the swimmer and non-swimmer** alike and is taught by certified life guards with the supervision of the class room teacher. The unit consists of water fitness activities and life saving techniques.
- Students should report all medical history or physical handicaps that will impair full participation in the water to the pool staff. Rec swims are supervised by a certified lifeguard.

Transportation to Off-Campus Facilities

- On occasion students will be required to walk to sport facilities near the school.
- Students will be expected to comply to appropriate student behavior guidelines (CCH Student Agenda) while waiting for transportation to and from school to off campus facilities.
- While traveling in any CCH Bus – students ***MUST*** wear a seatbelt.
- Students will be expected to help clean the school bus.
- Students can be driven or picked up from the rinks by their parents.
- **STUDENTS ARE NOT PERMITTED TO DRIVE THEIR OWN VEHICLES OR TO OBTAIN RIDES WITH OTHER STUDENTS TO OFF CAMPUS FACILITIES.**

Physical Education Classroom Procedures

Students will be given 5-10 minutes to change after the equipment is replaced.

Students must stay in the foyer or gym until they are dismissed by their teacher.

If you leave class before the bell you will not be able to participate in certain activities. You will also lose all your participation marks for the day.

- Lunch or food.
 - Car keys.
 - Gym Strip in locker.
 - Office visit or washroom.
1. No food, drinks (other than water) and hats are allowed in the various physical education facilities, in the various lecture areas, or at off-campus facilities.
 2. Students will be expected to show respect for equipment. Advise your teacher of any damaged equipment immediately so that the equipment may be repaired or replaced.
 3. I-pods and cell phones are not allowed in class. PE students share lockers and therefore we suggest that valuable items be left at home or in the students main school locker. The PE department will not take responsibility for stolen items out of PE lockers. On occasion PE lockers are left unlocked by the students and items go missing. “If you do not bring valuable

items to class, they will not go missing.

Semester Calendar

- Students will be given a daily activity calendar and will be expected to be prepared for each daily activity.
- Additional calendars will be posted on the CCH Hockey Academy web page www.cchacademies.com/hockey/, at the main office, in the dressing room hallways and also on the PE bulletin board located beside the cafeteria.
- Daily schedules do change so always have gym attire in your PE lockers.
- **Teachers use a group text messaging system with the hockey academy group in order to communicate changes to the schedule.**

Holy Spirit Assessment Policy

The Holy Spirit Division Assessment Policy states the following: A student's failure to submit work is a critical behavioral and discipline issue as defined by the School Act in that "a student shall conduct himself or herself so as to reasonably comply with the following code of conduct: (a) be diligent in pursuing the student's studies."

Teachers at Catholic Central have determined the following procedures to be used if a student does not hand in work:

- (1) Alternatives will be discussed with student such as an alternative due date, alternative assignment, after school or lunch time to complete the assignment, etc.
- (2) Parents will be contacted by the teacher and alternatives discussed.
- (3) The student will be referred to administration or a counselor to discuss reasons for work not being completed.
- (4) Working with the student, parents, teacher and, if necessary, administration a mutually agreeable solution will be reached.



ONE SCHOOL
TWO BUILDINGS
ENDLESS OPPORTUNITIES