

Catholic Central High School

Hockey Academy 15/25/35
Physical Education 10/20/30
(Quarter 3 & 4-2009/10)

Dear Parent/Guardian,

The Physical Education and Hockey Academy programs at Catholic Central High School are designed to enable the student to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. The PE program is based on four general outcomes – the **ABCD's** of physical education:



A – Activity



B - Benefits to Health



C – Cooperation



D – Do it Daily...for Life

The students are encouraged to seek a Catholic expression in their daily life.

To allow for maximum enjoyment and safety in a physical education/hockey academy class, please refer to the attached forms. The vast majority of concerns your son/daughter may encounter are covered in this information. Your cooperation in completing the forms and returning them next class would be greatly appreciated.

If you need to contact me this year please call me at CCHS 327-4596 or my cell phone 403-332-1487. You can also reach me via email at jay.langager@holyspirit.ab.ca. The CCH webpage can be located at <http://www.holyspirit.ab.ca/cchs/>

It is our hope that your son or daughter will find the Physical Education/Hockey Academy programs at Catholic Central a successful experience.

Individualized Program Plan Information

If your son or daughter is on an Individualized Program Plan or is coded as a Special Education Student, you need to meet with Mrs. Koran. (Coordinator of Special Needs Services at CCHS) Mrs. Koran will organize permission and grant students participation on any field trips.

Mr. Jay Langager _____ (February 1, 2010)

Catholic Central High School



**2009-10: Mr. Langager
Quarter 3 & 4
Room 154**

Teacher: Mr. Jay Langager

Classroom 154 or Men's Physical Education Office (inside gym)

Jay.langager@holyspirit.ab.ca

403-327-4596 (w)

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, lacrosse, 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:

Academy courses are designed for motivated, enthusiastic students who wish to develop academic skills while improving athletic or musical competencies.

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 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!

CCH Academy Code of Conduct

As an Academy Student I will strive to develop the mental, physical and spiritual well being needed to make wise decisions consistent with my academic and career goals.

1. I will demonstrate proper and acceptable social conduct in school and at any school related facility.
2. I will strive for self-improvement as an athlete, musician, student and person.
3. I will strive to do the best, both academically and behavioural in all of my classes.
4. I will be dedicated mentally and physically in order to contribute to my class. I know that it will mean self-sacrifice and hard work.
5. I will not make disrespectful remarks to or about: my classmates, coaches, guest coaches, facility workers or any other personnel that is involved with the program.
6. I will not use profanity or abuse public facilities.
7. I will wear academy apparel at appropriate times, be punctual and look respectful.
8. I expect to play and learn in an alcohol, tobacco and drug-free environment and expect adults to respect this wish.
9. I will be proud of the Academy program that I'm involved with.
10. I will practice with pride knowing that it will make a difference.

I have read this handout very carefully and we have discussed it as a class. With the acceptance of these responsibilities, I will begin the Academy class knowing that violation of any of the above Code of Conducts will cause me to be in communication with the principal at Catholic Central High School.

I, _____ agree to the above Code of Conduct.

Student's Signature _____ Date: _____

Parent's Signature _____ Date: _____

Sports Performance 15-25-35

Hockey Academy (5 Credits)

On-Ice Practice and Skill Development 15%

Skill tests, observation checklists and drills will be used to determine a student's skill acquisition and application.

Theory 25%

Written assignments will be used to determine a student's understanding of basic concepts, rules, strategies and techniques in a variety of hockey related activities. Nutrition, sport psychology, hockey history and practice planning are also some related topics.

Performance 60%

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 10-20-30

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%
- Performance 70%



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.
- 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.
- 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 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 and possibly do some work.

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. Ramada waterpark is 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 Van/Bus – students MUST wear a seatbelt.
- Students will be expected to help clean the school bus/van.
- 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 gym foyer area or gym until the dismissal bell rings.

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 Physical Education web page, 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.

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.

Hockey Academy and Sports Performance Topics

- The Sports Performance section of the Hockey Academy course will focus on the three subcategories.
- Topics will be approached and taught in a hockey-specific environment.
- Students will learn about and/or experience all types of training listed below.

1. Training for Hockey Players

Students will develop the knowledge and skills around various training techniques:

- Anaerobic and Aerobic Training- gain an understanding of cardiovascular exercise.
- Strength Training- muscle physiology, program recording, and safe weight training.
- Flexibility Training- muscle physiology and response to flexibility training, exposure to various stretching programs.
- Agility Training- understanding agility training and exposure to footwork drills.
- Power Training- definition of power and the practical uses of power training
- Speed Training- dealing with fast twitch and slow twitch muscle fiber. Applying this to basic speed training principles.

2. Nutrition and Performance for Hockey Players

Performance enhancing strategies

- Nutrition, hydration, and timing of meals.
- Pre and Post Game Meals.
- Returning to play after an injury or sickness.
- Injury or prevention of injury

3. Sport Psychology for Hockey Players

Identifying and understanding your strengths and weaknesses as an athlete.

- Personal Management: use of a planner.
- Intro to goal setting outcome, performance, and process goals.
- Interpersonal communications.
- Self talk to improve performances.
- Imagery- how to uses and practice imagery.