



Catholic Central High School

Hockey Academy 15/25/3
Physical Education 10/20/30

(Quarter 3 & 4, 2012)

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

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.

To follow more closely on what your child is doing within the CCH Hockey Academy or to discuss any concerns throughout the year you can contact me at:

CCHS: (403) 327-4596 **CELL:** (403) 332-1487 **EMAIL:** jay.langager@holyspirit.ab.ca.

The CCH webpage can be located at <http://www.holyspirit.ab.ca/cchs/>.

Visit the CCH Hockey Academy webpage @ <http://www.cchacademies.com/hockey/> for updated blogs & videos on what the students are being exposed to during class.

New



Like us on **FACEBOOK** @ www.cchacademies.com/hockey

Follow us on **TWITTER** @CCH_Hockey

Subscribe to **YOU TUBE** @ www.youtube.com/user/cchacademies

These social media pages are used to update students, parents, and CCH Hockey Academy followers of what students are learning while in the program. It will also be used to keep track of Hockey Academy Alumni news and other relevant hockey information.

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

The quarter 3 & 4 hockey academy class is the largest class to date since the program was established in 2005. Currently there are 41 students signed up for the program. This class will be split into two groups in order to set students up for the best chance to develop into successful hockey players and individuals. In the past this class has been capped to deal with this issue. The problem we had with this strategy was many students missed out on a great opportunity to develop on and off the ice. This year we have decided to split the class into two groups to accommodate for such a big class. This strategy will allow all the students that signed up to have an equal opportunity to develop throughout the year. There are 21 forwards, 16 defensemen, and 4 goalies that are divided equally into Group A or Group B. Students will stay in their group for all activities unless told differently by their Hockey Academy teachers. These groups will see a variety of scenarios throughout the program such as: Group A on ice while Group B is in the gym. Group B on ice while Group A is swimming. Group A vs. Group B game, defensemen from Group A & B on ice with Group A goalies while forwards and Group B goalies work on modules, etc. These groups are subject to change throughout the year depending on certain circumstances.

Since this group has high numbers there will be two teachers that will be team teaching the Hockey Academy Program.

Quarter 3

Mr. Langager will be teaching all the on-ice sessions with a variety of guest coaches. He will also be involved in teaching the 5 Health, Recreation, & Human Service (HRH) modules. These will include lessons on Nutrition, Sport Psychology, Leadership, Wellness, Anatomy, and more. Other lessons on hockey skills and tactics will be led by Mr. Langager. Mrs. Winters will be teaching a variety of the PE lessons that will take place in the gym, fitness centre, classroom, and off campus. She will also be involved in teaching a variety of the HRH modules. Mrs. Winters is an excellent athlete that is a CCH Alumni.

Quarter 4

Mr. Langager and a teacher TBA will split on-ice instruction, modules, skill centre, and PE duties. Both groups will be exposed to these teachers in all the learning environments.

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



(January 30, 2012)



ONE SCHOOL
TWO BUILDINGS
ENDLESS OPPORTUNITIES