



# Medicine Hat Catholic Board of Education

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## Media Release

# Monsignor McCoy High School New for Sept 2019

## BASEBALL ACADEMY and FITNESS & PERFORMANCE COURSE

April 29, 2019

New this year and starting in September 2019, students at Monsignor McCoy High School will be able to enroll in two new programs; a Baseball Academy and Fitness & Performance Course.

The **Baseball Academy** - Students will develop baseball specific skills working with our baseball specialist *Mr. Kyle Swannack, Baseball Academy Instructor*. Kyle brings an exceptional expertise in baseball and baseball training programs to allow students to achieve a broad range of baseball-related skills, individualized training and conditioning, mental training sessions including unique workouts and instruction on nutrition and physical health conditioning. Academy programming will be integrated into the school day. This two semester course will run 1 to 2 times per week throughout the year both on-campus and off-campus at community sports training facilities. The Academy program fee is \$850 annually which includes transportation costs, program gear and clothing. The Academy incorporates the Fitness & Performance course.

The **Fitness & Performance Course**- Students will explore the world of athletic performance and training with fitness specialist *Mr. Bj Melle*. The course is offered as a module-based CTS course and a hands-on experience in guided intensive training and conditioning sessions using a variety of different training methodologies. The course focuses on *anatomy & physiology, physical & mental athlete training and nutrition education*. Students transition between classroom instruction to school fitness areas, gymnasiums and outside sports fields. The course is offered each day during one semester. The program fee is \$35.

*"We are so excited to offer this exceptional programming for our students and we are proud to announce these programs are offered in partnership with the Alberta Sport Development Centre, giving students the opportunity to work with specialized Coaches; and both programs are paired with Phys. Ed so students can earn High School credits too",* said school Principal Paul Bauche.

**FAQ & How to Register:** Find details on our website @ <https://www.mccoyschool.ca/>.

Programs are available for students currently enrolled & new students!

**Monsignor McCoy High School offers many programs of choice and is accepting registrations for next year. Call us to learn more 403.527.8161.**

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More information @ <https://www.mccoyschool.ca/>