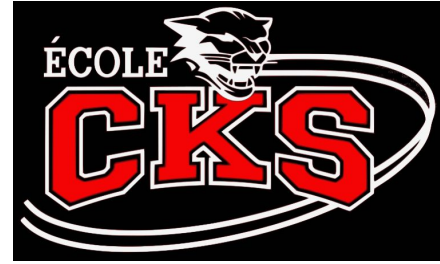


BATTLE RIVER SOCCER ACADEMY

What is the Battle River Soccer Academy?

The Battle River Soccer Academy is a partnership between École Charlie Killam School and Tom McManus of Vikings Soccer, where student athletes can focus on both academic achievement and individual skill development in soccer.



Meet the Staff:

Kathryn Andrukow and Tom McManus will be the lead instructors.



Mrs. Andrukow is a teacher at ÉCKS. She has played soccer her whole life in Camrose, Red Deer and Edmonton. In her youth she played on Team Alberta, Alberta Summer Games, and trained at the National Training Center at the Edmonton Garrison. She has played at the USport level for the University of Alberta Pandas, as well as in the ACAC for the Augustana Vikings. Mrs. Andrukow has coached levels U6 and U16 in Camrose. She has a passion for growing soccer at the local level, and helping athletes reach new goals, and most importantly to enjoy the game!

Coach Tom McManus brings a wealth of high-level coaching experience, including Canada's National Women's Soccer team, numerous Canadian university teams, and Canadian professional teams. Tom is currently the head coach of both the men's and women's soccer teams at the University Alberta Augustana Campus. Tom is excited to work at the local level, to instill a love of the game, and create positive and supportive experiences for students in soccer.



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Program Specifics:

Weekly Schedule

Students have a Soccer Academy class every day of the week. The class takes place of the students' PE classes during the months of the academy (Feb - June)

Three of the sessions are in the morning, and will always be soccer sessions. Sessions will be held indoors, until weather permits us to go outside. The morning sessions will require students to be there **before** regular school hours.

Two of the sessions of the week will be fitness sessions and take place in the afternoon.

Soccer Sessions:

Each week there will be a theme that is focused on, some themes may be covered over 2 weeks. Themes can include dribbling, defensive play, passing, shooting, movement on and off the ball etc. Two weekly sessions will be drill based with immediate and direct feedback to students from the coaches. One session a week will be game play / scrimmage where students can utilize the weekly skills in a game like situation. Most of these games are “coaching games” meaning when teachable moments appear, play will be stopped, analyzed and practiced so that players can improve their game knowledge.

Concussion Baseline Testing

Concussions are common in sports, and very common in soccer being that players head the ball, and come in contact. Because of this we will be doing what is called a “Concussion Baseline Test” with players. Players will be tested at the beginning of the semester for balance and basic memory recall so that instructors will have a good understanding of how players operate when they do not have a concussion. This is then used when players are suspected to have a concussion, where instructors can compare students' memory and balance to their baseline. Instructors have received training on how to recognize signs of a concussion and what to look for. Instructors cannot diagnose a concussion as only a medical doctor can and so parents will be notified immediately if instructors or school staff suspect their child has a concussion.

Goalie Training: We will be covering goalkeeping at least once a week. Tom McManus will be doing some of the goalkeeping sessions, as well as members of Vikings soccer. We will be working on the basics. Shot stopping, footwork, communication, dealing with crosses, etc. We will not do a great deal of diving from a standing position due to the floor surface, until weather permits us to go outside. There will be times when they do dive but it will be limited. Whenever we play a scrimmage the goalkeepers will be used in that capacity and given direction.

Fitness sessions

Fitness training within the soccer academy will focus on all-around functional fitness. Obviously, soccer-related fitness will be a priority, but an important goal of this component will also be balanced fitness and enjoyment of physical activity away from the soccer field. Deanna Roper (owner/certified personal trainer from Next-Level Fitness/Crossfit Camrose) and Jilisa Chenard will be the primary instructors for this section along with other instructors and presenters will also be accessed when appropriate. These sessions will be held at school or an alternative location from approximately 12:15 - 1:00pm on corresponding days.

Fitness training will include:

Goal-setting. Physical Fitness, Yoga, Skill Development, Fitness Testing

Classroom Days: Periodically, we will use training times to focus on goal setting and soccer - related concepts. Guest speakers are often brought in to discuss; soccer injuries, motivation, diet/nutrition, strength and conditioning, etc.

Transportation

All transportation needed throughout this semester is provided, however parents will need to bring their students to school early on the days of morning sessions.

Financial Cost

The cost will be \$130 a month paid to Charlie Killam School. This covers facility rental, staffing/instructors, fitness costs, athlete apparel, and transportation.

There are no refunds for students leaving the program part way through the year, unless injury or other special circumstances occur. Payment options are; one lump sum or monthly installments via online payments. Statements will be sent via email, not mailed.



Battle River Soccer Academy Intent Form

Name: _____

Date of Birth: _____ Gender: Male Female

Address: _____

City: _____ Postal Code: _____

Parent/Guardian Name(s): _____

Phone: Mother: (____) _____ - _____

 Father: (____) _____ - _____

Most Recent Team/Club: _____

Current Position(s): _____

Are there any medical conditions or injuries that we should be aware of? If so, please list them.

Current Academic Standing (Marks)

Math: _____ Language Arts: _____ Science: _____ S.S.: _____

Grade for 2019-2020 School Year: Grade 6 Grade 7 Grade 8

My child is in the French Immersion program

The soccer program will be offered in the second semester, if we can build an initial class of at least 30 students

