



## Sports Academy Schools

Grades 4-6: Albert Lacombe School 459-4478

Grades 7-9: Vincent J. Maloney Catholic Junior High School 458-1113

### Transportation

All Sports Academy students are bussed to off-site facilities in either St. Albert or Edmonton. Parents are responsible for students' return transportation from St. Albert facilities. Bussing is provided from Edmonton facilities back to Albert Lacombe School.

### Tuition

The Sports Academy is fully funded by participants.

Tuition is \$2,200 per year per student for a 10-month period. These very reasonable fees cover staffing, transportation, programming, and facilities.

### Sponsors

Sport Fanatics  
Surf Billboards

*"This is our son's second year and it's been a very positive experience for him. His grades are better than ever and he seems to truly enjoy both the academic side as well as the sports side! The break in the afternoons away from the classroom seems to give him the extra energy and motivation to get that homework done! Great program, excellent teachers; everything has been excellent!"*

*Debbie B.*

# Sports Academy Staff

### Geoff Giacobbo, Co-ordinator

Mr. Giacobbo is a teacher with extensive sports and coaching experience. He has completed the intermediate NCCP Hockey Certification, coached the St. Albert Bantam AAA Sabres Hockey Club to a provincial championship, and has a solid foundation working with groups in a training and recreational setting. Currently coaches Midget AAA K.C. PATS.

### Pasquale De Luca, Head Soccer Instructor

Mr. De Luca is a former player for the Canadian Olympic and World Cup soccer teams. He has extensive professional playing/coaching experience including the (NASL) Edmonton Drillers and Toronto Blizzard, as well as directing numerous soccer camps and schools.

### Frank Esposito, Teacher/Hockey Instructor

Mr. Esposito is a certified power skating instructor with EFCL. Mr. Esposito has coached from the Pee Wee to midget AAA level of hockey. He has playing experience in the Alberta Junior Hockey League, the Western Hockey League, the CIAU hockey league, the Italian pro league, and the Euro hockey league.

### Michelle Lutic, Teacher/Soccer Instructor

Michelle Lutic is an energetic, young Grade 5 teacher at Albert Lacombe School. She has been a Special Olympics swimming and soccer coach for the past 3 years. She has her First Aid and CPR certificates and also her Level 1 sign language course.

### Joe Esposito, Teacher/Hockey Instructor

Mr. Esposito has been teaching for 15 years. He has completed his NCCP IV1 Power Skating Certification and First Aid CPR. Espo has playing experience with the New Westminister Bruins (WHL) and Merritt Warriors (BCJHL).

### Justin Kidd, Hockey Instructor

- Completed Hockey Canada Initiation Level, NCCP Coaching Level, Speak Out Against Abuse & Harrassment and Hockey Canada Safety.
- Instructed at the St. Albert Sports Academy for two years.
- Very highly motivated, still very active in sports with a solid reputation working and leading groups in a training and fun environment.

If you want to learn through sport in a Christcentered, groundbreaking program, contact: Geoff Giacobbo, Sports Academy Facilitator  
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# Athletics are a dress rehearsal for life.



FOR BODY / FOR SPIRIT / FOR MIND / FOR STRENGTH / FOR ENERGY / FOR HAPPINESS / FOR ATTITUDE / FOR FAMILY / FOR STAMINA / FOR DRIVE / FOR VITALITY / FOR YOU / FOR LIFE

## Mission

The Greater St. Albert Sports Academy is based on the philosophy that students can learn through sport to maintain/improve academic standing as well as improve sports skills. Providing individual attention to all Academy students in a Christ-centered environment is fundamental to the success of each student.

Organization, time management, and respect are reinforced as the cornerstones to becoming successful student athletes.

High-energy training, attention to detail, and character development are key components of the program that is designed to prepare students for a future in athletics and life.

## Eligibility

Any Grades 4-9 child who:

- Has passion, desire, and a true love for their game
- Works to their academic potential
- Is disciplined, dedicated, and committed to improvement
- Can work independently

## The Program

Sports like you have never had before! Sports Academy students will not only receive specialized skill and fitness training in hockey or soccer, they will also have the benefit of an enhanced physical education program.

Students will encounter physical workouts on and off the ice/field and will receive professional instruction within an environment suitable for their overall development as a player. This environment will be both relaxed and disciplined allowing the athlete to embrace all activities with an understanding of what is expected from them.

## On-ice/Field Sessions

### Hockey (September - June)

All students will have two ice times per week where individual skills are analyzed and developed.

- Skating
- Agility/mobility
- Checking techniques
- Deceptive stick handling
- Defensive/offensive tactics
- System play
- Passing
- Quick feet
- Shooting
- Power Skating

### Goaltending

- Skating
- Crease movement
- Rebound control to the puck
- Angles
- Squaring
- Passing/shooting & Puckhandling

## Soccer (September - June)

All students will have two field times per week (indoor/outdoor weather permitting) where basic physical, mental, technical and tactical skills are analyzed and developed.

- Passing
- Control work games
- Decision-making
- Heading
- Small-sided
- Dribbling
- Shooting
- Defending & Attacking

## Off-ice/Field Sessions

All Sports Academy students will be provided with additional instruction in:

- Fitness development
- Sport specific training
- Sport psychology
- Character development
- Leadership
- Nutrition
- Team building
- Health & Physical education

## Activities

- Ultimate frisbee
- Squash/racquetball
- Floor hockey
- Badminton
- Basketball
- Flag football
- Water polo
- Wall climbing
- Golf
- Volleyball
- Swimming/diving
- Gymnastics



*"Since starting with the academy more than a year ago our son has shown growth in hockey and in many other areas. He has become more committed and disciplined in the training and nutritional aspects of sports."*

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