

## Deer Meadow Academy Programs

Philosophy: When students are given the opportunity to learn new things, they become more engaged, they achieve their full potential and they love learning.

Academy Foundation Principles: Academy classes require that students achieve and maintain high standards to remain in the academies. Academies offered will be based on student choice, however, only viable programs will be offered. Students unable or unwilling to put forth the effort required to remain in an academy may be enrolled in an alternate academy after consultation with parents at the discretion of school administration.

Academy Streams: Academies will fall under 3 major categories: Student Leadership Academy, Fine Arts and Languages Academy, and Sports Academy.

- Student Leadership Academy: Focus will include: fundamental study skills, student leadership projects (community legacy opportunities), community involvement (adopt a street, seniors web surfing, food bank drives), resiliency, school climate initiatives (organizing assemblies, spirit days, intramurals, composting, recycling), school communications media (newspaper/newsletter, video arts, morning announcements), student council, global citizenship (organizing charity initiatives, awareness of issues). Partnership opportunities with Olds High School Student Leadership and Olds College will be explored.
- Fine Arts and Languages Academy: Offerings may include: Music, Ukulele, Theatre Arts, Visual Arts (painting, sketching, sculpture), French, and American Sign Language (when staffing allows).
- Sports Academy: All students will receive instruction and training in the foundations of athletics. Core strength training, agility training, and training principles will be taught and continuously addressed. Sports psychology, ethics and nutrition will also be part of the general sports academy program. While primary instruction will come from Deer Meadow professional staff, partnerships will be explored with various community athletic organizations (Olds Grizzlys, Olds College, Red Deer College) to take advantage of their expertise.

**Costs: There is a General Academy Fee of \$40 for the year.** In addition, tuition will be charged on the principle of cost recovery, with **some programs costing more than others.**

**Transportation:** Students will walk or be bussed to facilities off-site.

## **Deer Meadow Leadership Academy: Programs of Excellence**

Students interested in the Leadership Academy must demonstrate skills in organization, communications, public speaking, problem solving and taking initiative.

### ***Card Games***

**Challenge:** How can I improve my math skills, problem solving skills, strategic thinking, and learn to work cooperatively in a team setting?

In this program, you will learn to play a variety of card games that will require you to use your critical thinking and math skills while working individually and sometimes collaboratively with a teammate. You will challenge others in a competitive setting where fair play and mutual respect are expected.

### ***Career Games***

**Challenge:** How can I explore careers that match my talents, interests, and work preferences?

This is a game about real life. Each student plays an adult character in a work role. They will discover unique personal skills and talents with respect to career choices. Students will also have an opportunity to explore some of their own work-related interests and values as an important part of career planning.

### ***Chess***

**Challenge:** How does chess help develop the brain and encourage students to think ahead?

In this academy, students will be learning strategies in chess and playing against each other to help develop critical thinking skills. Each session will consist of strategy and random scenarios to help students develop.

### ***Chinese Checkers***

**Challenge:** What strategies can I develop in Chinese Checkers to help me or my team win?

Chinese checkers is a 2-6 player game where the object of the game is to move your pieces to the other side. Games can be set up where players are put in teams and play against other players or individually. In this academy, students develop critical thinking skills to outsmart their opponents to claim victory!

## **Coding (Using [code.org](https://code.org))**

**Challenge:** How can I utilize [code.org](https://code.org) to increase my computer science knowledge?

Students will use [code.org](https://code.org) to build a variety of digital applications. Some possible options include: poetry art, Minecraft, flappy code, Star Wars, Dance party. This academy shows students the vast possibilities there are to computer science. This academy is also a self-paced one where students pick the ones that interest them the most and work at their own pace.

## **Construction Crafts**

**Challenge:** How can popsicles sticks and pasta noodles be used to build structures?

In this academy, students will be researching, designing, and building a material list for a structure that interests them. They will be building a variety of structures with popsicle sticks and pasta noodles. This unit compliments the grade 7 science unit structures and forces really well. Some possible choices include bridges, houses, flowers, wheels, flowers, etc. **There is a cost of \$10 for this academy, per semester.**

## **Digital Escape Room**

**Challenge:** How can we use critical thinking and problem-solving skills to create and escape an escape room?

Critical thinking and problem-solving, communication and collaboration, creativity and innovation are some of the skills you need to escape. In this class, you will try new escape rooms and eventually build your own escape room.

## **Gardening & Landscaping**

**Challenge:** How can we enhance our school grounds and promote sustainability within our school gardens?

In this academy, students learn about basic gardening/horticulture and the need to consider regional climates, water availability and exposure to sunlight. Students have the opportunity to plan and design a garden that may thrive in Alberta, and will also continue to care for and maintain our school's raised flower beds where we are growing perennials, annuals and vegetables. Come and be a special part of making a beautiful difference that our entire school community will enjoy and benefit from for many years to come.

## ***Genius Hour***

**Challenge:** What are you excited about????

Genius Hour is an opportunity to pursue your passion!!! A time where you can discover, find and/or follow a specific interest or activity you want to explore. Students will create their own inquiry question, answer their question through research and then share or present their final projects! (In our learning community and beyond.)

In short:

- 1) What are you excited about or what have you always wanted to learn or do? (What is your passion?)
- 2) What is a strong/deep question(s) that you have about that passion? (This will be used to guide your research.)
- 3) Research your question(s). Not just a simple google search for an answer but a deep down, uncover every stone type research... this is your PASSION! You are getting time to explore it... do it!!!
- 4) Present and share your project with others.

***For more specifics on Genius Hour please visit <http://www.geniushour.com/>***

## ***GOG 'Great Old Games'***

**Challenge:** What were some of the greatest, most enjoyable games of the 20th century and why did our ancestors enjoy them so much?

Have you ever wondered what people do when there is no Wifi or electricity? Have you ever wondered what your grandparents did for fun? This academy provides experiences with different selections of games including dice games, cards, outdoor games, picnic type games, board games and interactive games with friends. Some of the games include charades, anti-l-over, bocce ball, ladder golf, crib, rummy... There will be an opportunity to challenge peers, young and old with visits to the elementary school to teach the students a game and heading to the senior lodge to run a card tournament and a bingo afternoon.

## ***H20***

**Challenge:** Who am I as a learner? How can I use my strengths to improve my academic performance?

Students will develop and implement a plan, based on learning styles and strengths, to work toward improved core academic performance.

### ***History Exploration***

**Challenge:** How do historical events help shape the world to the way it is today?

In this academy, students will explore a variety of historical events that help shape the world to the way it is today. Think of this as an extension to social studies outside of the traditional curriculum. Topics explored include WWI, WWII, the Cold War, USSR, Korean War, American Civil War.

### ***Interact***

**Challenge:** How can I have a positive impact on our world and gain important leadership skills in the process?

This is a Junior Rotarian academy that has the mantra “Service above Self”. Students will work together and research areas of greatest need, exchange ideas, build relationships, make commitments then take action on projects that they are passionate about. They may be school-wide, local, provincial, national, or global social issues. Students will research their ideas, develop project plans and carry out these plans and witness the impact they, as youth can have. Students develop leadership skills, public speaking skills, active listening, cooperating, collaborating and an intrinsic sense of pride in what they are passionate about and developing important project ideas that can be sustained from year to year.

### ***Labyrinths***

**Challenge:** How can I use movement and pattern to develop self-awareness and emotional regulation?

The labyrinth is not a maze. The labyrinth is an ancient symbol, image and structure, used by different cultures in different ways. In modern times it can be used as a tool for reflection and mindfulness. We will learn the history of the labyrinth, how to draw it, how to make a full size walkable labyrinth and how to use it as a moving meditation and a tool for growth and understanding.

### ***Leadership***

**Challenge:** How can we help the students in our school find the courage to be leaders in school? How can we promote discipline and self-confidence?

Students will organize school based activities including school spirit days, costume days, pajama days, hat days, sock hops (dances for grade 5 and 6's), and pep rallies for upcoming activities to name a few. They will also build connections in the community including time spent being snow angels, participating in Secret Santa for Seniors, Food Bank drives, Olds Elementary mentors, Chalking it up for Mental Health, Garbage clean up in the community, school barbeque volunteers, Triathlon volunteers and any activity that comes up for us to be better people. There are opportunities to attend leadership conferences and other events. This looks fantastic on a resume and it builds public speaking, encourages networking and building relationships as well as allows a more well rounded outlook on planning activities.

### ***Math Games***

**Challenge:** How can I improve my math skills through the use of hands on and digital resources?

Students will practice basic math facts and improve their numeracy skills through interactive online games as well as card games.

### ***Puzzling***

**Challenge:** How can we use critical thinking and problem-solving skills to solve a variety of puzzles, and use those skills to create our own puzzles for others to solve?

In our world, we are often faced with problems that need to be deciphered and solved using a variety of skills and logic. In this option, we will explore different types of puzzles like logic puzzles, picture puzzles, cryptic puzzles, riddles and various other puzzles. Students will have an opportunity to experience and try to solve these different types of puzzles, create their own and explain strategies to approach and solve these puzzles. This option will give students an opportunity to problem solve for a common end goal.

### ***Robotics 1***

**Challenge:** How can we use computer science to create usable apps and program-specific tasks?

Computer science first is a programming course that involves block-based and theme-based coding using Scratch. Continuing on we will be using micro bits and dot and dash robots to apply our block programming onto computer hardware. This course will be a building block for using Vex IQ robots in term 3. Robotics 1 is recommended for Robotics 2, but not mandatory.

### ***Robotics 2***

**Challenge:** How can we use computer programming to accomplish real-life tasks using robots?

The study of robotics incorporates all four pillars of STEM. In this course, we will be using Vex IQ robots which is a snap-together robotics system designed from the ground up to provide the opportunity for students to become engineers. In this course, students will not only build robots but also program them to pass different levels of challenges.

### **Wellness & Self-Care**

**Challenge:** How can I help to take care of my emotional and mental health, as well as, learn to self-regulate, and take care of and manage my emotions?

This option will focus on mental health education and practices students can use to positively impact their mental health. The content of this option is related to how stress/anxiety/depression affect the brain and information and supports that are available. Activities and practices this option may include are breathing/calming methods, yoga, music therapy, calming art/drawing such as mandalas, sketch notebooks, and calligraphy, mindfulness jars and “Bucket Filling”, journaling, self-care practice, and positive self talk. This option is all about relaxation and awareness!

### **Deer Meadow Fine Arts Academy: Programs of Excellence**

Students interested in the Fine Arts Academy must demonstrate skills in music, art, languages, theatre, cooking, and/or writing.

### ***Yearbook: A Year to Remember***

This academy is a **2 term commitment** that will allow students to plan, design, and publish the 2021/2022 yearbook for “the Meadow”, leaving their personal touches on a piece of EDMS history.

Using digital website planning and design, students will work together and with staff to collect photos and design a memory for Titans to enjoy forever.

### ***Animated Short Films***

**Challenge:** How can I utilize Toontastic to make an assortment of digital animation videos to enhance my video making skills?

Students will develop fundamental skills to build a variety of digital animation videos. Using Toontastic students will have the option to create historical films, mysteries, school reports, scifi, and etc. This academy teaches students the value behind using video to express their thoughts and the application can be a valuable alternative for creative students who like to express themselves outside of the traditional pen and paper realm.

## ***Art***

**Challenge:** How am I able to express myself through art?

The art room is a busy place to explore through creating. Often creating art is an expression of who we are, personally or culturally, or what we are thinking. Students will begin to explore this world by using a variety of methods such as drawing, painting, and sculpture. Learning the techniques and skills with these tools as well as developing an understanding of various styles of artists' work is the focus of this class.

## ***Arts & Crafts***

**Challenge:** How can I demonstrate my creative side using a variety of materials?

This academy will teach constructive, hands-on activities for students who prefer more physical forms of art. Students will be working with popsicle sticks, paper rolls, yarn, straws, paint, paper, and much more.

## ***Band A and B***

**Challenge:** How can I begin to develop my band skills to improve myself as an individual and as a member of a group?

This will be a beginner band course open to anyone interested. Students will select an instrument to play and learn to read music along the way. If renting your instrument, you may choose flute, clarinet, trumpet, trombone, or baritone. If you already have a different band instrument at home you may bring that to play instead.

Requirements: a commitment to practice and to take part in potential performances. **Band is a commitment for term 2 and 3. There will be a fee for instrument rentals.**

## ***Citizen Science***

**Challenge:** How can I develop my awareness and understanding of our local ecosystem through contributing to ongoing scientific data gathering?

We will be taking science outdoors and into our local community by participating in citizen based science. We will observe, identify and record certain species in our community. Every plant, bird or mammal identification is a complex puzzle that needs solving. Students will develop observational, analytical and problem solving skills.



Students will contribute their work to an ongoing scientific database with thousands of fellow citizen scientists. **The cost for this Academy will be \$10 per semester.**

**Students will require: good walking shoes, weather and sun appropriate clothing, binoculars (if you have them)**

### ***Choir***

**Challenge:** How can I begin to develop my musical and singing skills to improve myself as an individual and as a member of a group?

This program is designed for students without any choral or singing experience. You will learn some important skills for healthy singing while making music. Let's have some fun and sing songs together! Students will have to be masked and socially distanced to sing indoors. A small binder or duotang will be required to organize music.

### ***Digital Anima***

**Challenge:** How can we enhance our abstract and critical thinking skills through the world of digital animation?

Digital Anima is part of Information and Technology and reflects 21<sup>st</sup> century learning components. This academy will enable students to create and animate pictures and videos using specialized freewares like online Photoshop, Canva, online Adobe illustrator, etc. Students will also explore ideas on commercial graphic designs, website designs and apps, including gaming techniques, using Microsoft, Google and iOS technology. This academy will also introduce concepts of real time projects at their age appropriate level.

### ***French FSL 7/8***

**Challenge:** How can I explore the language and culture of French as a second language?

In the grade 7 French Program of Excellence, students will explore themes such as school, people around me, weather, and holidays and celebrations. In the grade 8 program, animals, clothing, food and nutrition, and holidays and celebrations are some of the topics explored. In both programs, students will have opportunities to expand listening, speaking, reading and writing skills in the French language. Students will also investigate various aspects of French culture. **FSL 7/8 is a 3 term/year long commitment!**

### ***Forensic Science***

**Challenge:** How can I enhance my science process skills through competencies like critical thinking skills, managing information, and problem-solving?

This course sequence presents students with an opportunity to take a course that is of interest to them, while also developing a realistic understanding of forensic evidence-gathering techniques. Through the exploration of possible career pathways in forensics.

### ***Improvisation Drama***

**Challenge:** *How can I explore my creativity and skills through theatre?*

*Improvisation is the process of acting without a script. You will have the opportunity to participate in a wide variety of activities, such as, awareness games, movement, voice, skits, and group improvising that will help build your confidence through play.*

### ***Just Get Crafty***

**Challenge:** How can I demonstrate my creative side using a variety of materials?

This academy will teach constructive, hands-on activities for students who prefer more physical forms of art. Projects will vary from paper-mache, boho hanging decor, clay sculpting, jewelry making, and much more. In the last part of this academy, you will get to choose any craft you would like to design and execute yourself. **There will be a \$40 fee for this academy.**

### ***Magic The Gathering***

**Challenge:** How can I develop my strategic thinking through playing a card game?

Magic The Gathering is a turn-based, fantasy card game that helps develop strategic and analytical thinking. The game is incredibly complex and dynamic. Students must analyze the game at every turn, predict their opponents next move and react quickly. You can bring your own deck, or we can provide one to you. Students will learn game theory and assemble a unique deck from a class library of cards for an inclass tournament. Come win your seat as school champion. Open to all experience levels.

## ***Model Building***

**Challenge:** Can you follow precise directions to skillfully and accurately create a scale model?

Students will develop a product(s) which will exhibit their abilities and skills (craftsmanship) to follow precise directions and build an accurate model.

This 'hands-on' academy is designed to give students time and space to create a model(s). If you enjoy working with your hands, like building models or simply wish to try it for the first time, then this two period academy opportunity is for you! **\*\*\*Students will be asked to purchase (on their own) a model kit and all supplies needed to create it. Specific details will be handed out on the first day of class. Each model may cost \$30 to \$50 and experienced students may build two models.**

## ***One-Act Plays***

**Challenge:** How can I explore my creativity and skills through theatre?

A One-Act play is a play that takes place in one act or scene. Students will select roles, rehearse and then perform the plays for each other. Some of the components the students will engage in are staging, movement, prop work, and character development.

## ***Photography***

**Challenge:** How can I develop creativity within myself and collaborate effectively with others while participating in a variety of photography challenges?

The focus for this course will be on creative photography. Participants will be engaged in a variety of photography "challenges" aimed at fostering creativity, utilizing various types of technology, working collaboratively and having fun. **Students will require a digital camera or can be given a special pass to use their phones for this class only.**

## ***Skateboard Design***

**Challenge:** How can I plan, design and execute the production of a unique skateboard?

This hands-on workshop allows participants to design their own one-of-a-kind skateboard! Learn about the history of skateboard shapes and functions before using creative problem-solving skills and personal artistic license to design a unique skateboard deck from start to finish. This process encourages critical thinking, reinforces math and measurement skills, teaches basic woodworking techniques and

safety, and ultimately gives participants a sense of personal accomplishment upon completion of the project. **There will be a \$40 fee for this academy.**

## ***STEM***

**Challenge:** We are going to build, learn and play with easily accessible materials to make amazing inventions that we will test.

STEM stands for science, technology, engineering, and mathematics. STEM is important because it pervades every part of our lives. Science is everywhere in the world around us. Technology is continuously expanding into every aspect of our lives. Engineering is the basic design of roads and bridges, but also tackles the challenges of changing global weather and environmentally-friendly changes to our home. Mathematics is in every occupation, every activity we do in our lives. **The cost of this Academy will be \$15.00**

## ***Theatre Sports***

**Challenge:** How can I explore my creativity and skills through theatre?

Theatre Sports is a team based improvisation competition. Opposing teams perform scenes that are judged by a rotating group of students. The purpose of Theatre Sports is to provide entertainment for the audience and enjoyment for the players.

## ***Ukulele***

**Challenge:** How can I explore my musical interests and skills while developing a deeper understanding of music and how to play the ukulele?

This program is designed for students without any experience on the ukulele. You will learn how to chord, strum and sing along to several songs! Ukuleles will be provided by the school. Students will require a small binder or duotang for organizing music.

## ***Zentangle***

**Challenge:** How can I develop creativity within myself while learning about and applying a variety of Zentangle techniques?

If you like to draw patterns or doodle with pen and paper, you can learn to Zentangle. As the name implies, it's a Zen-like way of creating images through repetitive patterns and shapes. Zentangling is relaxing, stimulating, entertaining, and fun! Students in this class will explore a wide variety of Zentangle techniques while working on a number of creative and artistically satisfying projects.

What you will need:

1-2 regular BLACK sharpies and 1-2 fine tip BLACK sharpies

Pencil, Eraser, Ruler

### **Deer Meadow Sports Academy; Programs of Excellence**

All Sports Academy students will receive instruction in the area of fitness and nutrition and how they apply to individual needs, while examining the importance of nutrition for optimal health and sport performance.

#### ***Aquatics***

**Challenge:** How can I explore the different areas of aquatics to gain a deeper understanding and confidence in the water?

Students will develop swimming strokes, self-rescue skills, and some advanced lifesaving skills. Participants will also have the opportunity to experience waterpolo, aquafit, diving, synchronized swimming, and fun pool games. Prerequisite: Ability to swim with confidence in deep water. **There is an additional \$40 fee for this academy.**

#### ***Badminton***

**Challenge:** How can I improve my athleticism and gain a deeper understanding of the game of badminton through participation in a variety of drills, activities and game situations?

The goal of this class is to introduce students to the fundamental skills and knowledge of the game of badminton. Emphasis will be placed on learning the proper technique for the serve, smash, clear, drop and net shots. As well, participants will acquire knowledge about badminton rules, terminology and strategy related to playing both singles and doubles.

#### ***Basketball***

**Challenge:** How can I explore my interest in Basketball while taking my skills and knowledge to a new level?

Students will develop fundamental skills to build the foundation for future success as a basketball player. Classes will be run like an actual basketball practice; fundamental skills (shooting, passing, ball handling, defending, rebounding) will be developed through dynamic active drills that focus on proper technique. Team tactics and strategies will also be introduced.

## ***Bowling***

**Challenge:** How can I become more physically fit and develop my skills in the “life sport” of bowling?

Students will learn, set goals and further develop basic bowling skills for better understanding and enjoyment of this ‘life’ sport. Did you know that bowling is considered a life sport and that people from all over the world from all ages enjoy playing it? Do you enjoy bowling? Have you ever thought about how you might get better at it so you could: beat your parents or friends, reach a personal high score, or simply just try it out? If so, the Bowling Academy is for you! The class will have: detailed instruction on how to bowl, bowling etiquette, scoring, and more. This will be supported by practice and games! Come on Titans... let’s go BOWLING! **An additional fee for this Academy will be \$35.00**

## ***Curling***

**Challenge:** How can I explore the sport of curling while deepening my knowledge and understanding of the game?

This course will introduce the students to the rules, skills, strategies and etiquette of curling. The course will begin with the basic fundamentals of curling; the sheet marking, hack, stones, delivery, sweeping, strategies and scoring. No previous experience is necessary. **The additional fee for this Academy will be \$25.00.**

## ***Fun Fit***

**Challenge:** How can I find enjoyment from a variety of physically active endeavors?

Students that do not have an interest in any of the sport specific Sports Academy choices will enroll in this course. All students must fulfill the Alberta Education requirement that states that students at these grade levels must have instruction in Physical Education. This class will operate like a traditional Physical Education class with a variety of units of study which will introduce students to many sports and fitness activities.

## ***Golf***

**Challenge:** How can I explore my interest in golf while taking my skills and knowledge to a new level?

Golf Academy students will have the opportunity to learn the game of golf while using the facilities at the Olds Central Highlands Golf Course. Basic skills, safety, golf etiquette and rules will be covered throughout the semester. **The cost for this Academy will be \$25.00 per semester.**

## ***Outdoor Education***

**Challenge:** How can I build an appreciation of nature through an experiential learning process?

Outdoor Education offers students curriculum based 'beyond the indoor classroom' learning experiences. Students will participate in activities in outdoor environments, gain an appreciation for nature, develop perspectives and understanding of human impacts on outdoor environments and learn knowledge and skills needed to safely participate in outdoor activities. A variety of cooperative tasks, environmental education lessons, and field trips will provide the balance in the course. **The cost for this Academy will be \$20 per semester.**

**Students will require:**

**good running/hiking shoes  
weather and sun appropriate clothing**

## ***Pickleball***

**Challenge:** How can I explore my interest in Pickleball while taking my skills and knowledge of each game to a new level?

This academy will provide pickleball players with a chance to develop and refine their skills and understanding of the game.

## ***Soccer***

**Challenge:** How can I explore my interest in soccer while taking my skills and knowledge to a new level?

We will work on fundamental skills such as shooting, passing, ball handling and defending through dynamic drills that focus on proper technique. Team tactics and strategies will also be introduced.

## ***Track and Field***

**Challenge:** How can I explore my interest in Track and Field events while taking my skills and knowledge to a new level?

Students will develop fundamental skills to build a foundation for future success as a Track and Field athlete. Students will be introduced to all events and given the opportunity to try each one.

## ***Triathlon***

**Challenge:** How can I prepare and train myself for a triathlon?

So, do you want to try to have fun and exercise at the same time? Then the triathlon academy is for you. In this academy, participants will train in swimming, biking and running. In June you will put all your hard work and training together and complete a final fun triathlon. Participants will also learn about proper sports nutrition, strengthening techniques and stretching exercises. **Students must be able to swim a full length of the pool without stopping. They must have a fully functioning bicycle, an approved helmet, good running shoes and a swimming suit.**

**Grizzlies Camp info below**



# **TRIUMPH SKILLS ACADEMY**

**Jr. Academy Grade 7 & 8**

## **SPEED DEMON SKILLS & POWER PLANT PROGRAM**

**SPEED DEMONS-** Success in the modern game of hockey hinges on the ability to read, recognize, react, and execute skill with superior technical precision. However elite players and coaches realize even that is not enough. Speed is a necessity. The Triumph Skills Academy program will help grow a young player's game by exposing them to the most effective techniques and tactics to take their game to the next level. The Speed Demon Skills program is an all-encompassing execution plan for success in today's aggressive, attacking, and fast-paced game of hockey.

**POWER PLANT -** The Speed Demon Power Plant Off-Ice Training program is a scientifically designed program that will take your athletic skill development and strength and conditioning to the next level. Participants will be blown away by the rapid results the program delivers. Committed athletes can expect to see dramatic changes in both body composition and performance; changes they have never attained with more traditional training programs. Work-outs are quick, exciting, and constantly varied to maximize adaptation; while at the same time safe, effective, and grounded in a scientific-based approach that ensures the participant develops the most important athletic qualities. The Speed Demon Power Plant Off-Ice Training program delivers unique work-outs designed to make you leaner, make you stronger, make you more powerful, make you faster, make you smarter, and help you improve every aspect of your athletic performance.

**TECHNICAL PRECISION + SPEED = SKILL .....SPEED DEMON SKILL !**

**Focus:** Hockey Skill, Athletic-Motor Skill,  
Athletic-Cognitive Skill & Mental Skill Development

**Session 1-Nov 16- Jan 20 (7 weeks)**

(Cost -2 days onIce 1 day Powerplant - \$395 2 days OnIce - \$ 265 1 day PowerPlant - \$132)

**Session 2-Feb 8 - Apr 7 (8 weeks)**

(Cost -2 days onIce 1 day Powerplant - \$450 2 days OnIce - \$300 1 day PowerPlant - \$150)

**Session 3- Apr 26 - June 16 ( 7weeks)**

(Cost -3 days PowerPlant - \$395)

**Ice Times:** Tuesday & Thursday

**Off Ice Development:** Wednesday

(No Academy on Non School Days)

**Register at: [www.oldsgrizzlysbooster.com](http://www.oldsgrizzlysbooster.com)**

**Registration must be completed (through the grizzlys) prior to DMS academy sign up Nov 2 & 3 at [www.oldsgrizzlysbooster.com](http://www.oldsgrizzlysbooster.com)**