

HOLY TRINITY

Catholic High School

SOCCER ACADEMY



SKILL DEVELOPMENT

Students will train with a dedicated coach to develop soccer skills on a daily basis while achieving physical education outcomes.

FITNESS TRAINING

Students will receive daily fitness and conditioning training.

SEMESTER ONE ONLY

Middle School Core (ELA, SS, Sci, Math) Health/Religion 2 Electives Academy	High School <u>5 academy credits</u> 5 - Physical Education
\$700	

Daily Schedule

	Sept. 5 - Oct. 13	Oct. 13 - Jan. 31
7:10 am	Arrive at HT Outdoor	Travel HT → MI
7:30 am - 8:30 am	Academy Programming	Academy Programming
8:30 am - 8:45 am		Change
8:45 am - 9:05 am	Change	Travel from MI to HT
9:10 am	MS Start Block 2	MS Start Block 2
9:05 am - 9:35 am	High School students join Sports Performance in Fitness Room	High School students join Sports Performance in Fitness Room

INFORMATION NIGHT

May 23, 2017

6 pm - 7 pm

THEATRE

Hear more about the BuiltToPerform philosophy, enjoy a Q&A on academy programming, and meet the coaches.

REGISTRATION NIGHT

May 29, 2017

6 pm - 8 pm

Main Office

PLF FRIDAY CLINICS AND TRAINING

Available to all Academy students

Training Skills

SMART Goal Setting, Team-building games, nutrition, physical testing, injury prevention, sport physiology, portfolio development.

Extra Fitness Opportunities

Yoga, speed, balance, flexibility, muscular strength, muscular endurance.

#HTBuiltToPerform

#KnightKnation

#WeAreFMCS