ST. JOSEPH SCHOOL

OCTOBER EDITION

Christensen's Corner

Il want to start this month's letter with a sincere and deep felt thank you to all the families in the Joseph community. The new year has started off very smoothly and any issues have been able to be addressed quickly and efficiently. It is thanks to the hard work of our parents, students, and staff that have helped with the great start to the school year. I also wanted to acknowledge Mrs. Wilson, who was new to us last year and I neglected to mention her in our September newsletter. Mrs. Wilson came to us from St. Paul in Lethbridge and has been a great addition to our SJS family. At St. Joseph School we are really trying to develop leadership amongst our students. Our junior high leadership class is running our canteen, planning assemblies, taking pictures for the yearbook, working in our elementary classrooms, and keeping a running tally of points for our house teams. Our grade 1 students have also chosen to raise money for the Coaldale Food Bank through a partnership with the Coaldale Bakery by selling "everything but the kitchen sink" cookies, watch for this showing up on school cash online. These are just a few leadership opportunities our students currently have and I am sure more will arise throughout the year as we continue to use our faith plan message, Build! Pilgrims of Hope, as a challenge for each and every one of us to do something to make St. Joseph School an even better place to work and learn. I am so excited to see the growth in our students and our school community this year!

In addition to leadership skills we want to try and encourage independence for our students. To help us with this I would really like to encourage all our parents to try dropping off their students at the outside doors. Our teachers try to create a morning routine for their students so they can be greeted warmly by their classroom teacher and begin their morning routine once they get into class. It is challenging to develop these routines when we have too many extra bodies in the hallways and the classrooms first thing in the morning. I want our parents to feel welcome in the school and our staff is working hard to ensure open and frequent communication between school and home. I hope you understand where we are coming from in regards to this and appreciate your help in making sure all our students have a great start to the school day. Please reach out to me if you have any questions or concerns regarding this.

We had our first parent council and friends of St. Joseph meeting last week. It was great to have so many people out. It definitely added to the discussion and planning for the year. If you are interested in being a part of either parent council or friends of St. Joseph please don't hesitate to reach out. The executive for both groups has been set for the next two years, however, additional members at large are always welcome.

Finally I would like to highlight upcoming sacramental prep opportunities through St. Ambrose Parish. First Reconciliation and first communion will be offered this year. If your child is eligible and interested in any of these sacraments please connect with Sylvia Zalik through the St. Ambrose Parish office (403-345-3400), or look for more details in the Church bulletin. We also have sign up forms available here at the school

Have a blessed October

1413 23 AVENUE COALDALE, AB T1M-1L6

PHONE: 403-345-3373 FAX:403-345-3789

WEBSITE- SJS. HOLYSPIRIT EMAIL: SJOFFICE. AB. CA

PRINCIPAL-MR. BRENT CHRISTENSEN ASSOCIATE PRINCIPAL-MR. BRUCE GAL



Important Dates

Thursday, Oct. 5- Thanksgiving Liturgy 10:54 am

Friday, Oct. 6- Wear Team Colours

Friday, Oct. 6- Terry Fox Run 11:00 am

Monday, Oct. 9- Thanksgiving Day- School Closed

Wednesday, Oct. 11- Cross Country Zones-Pincher Creek

Wednesday, Oct. 11- Subway Hot Lunch- Canteen Closed

Thursday, Oct. 12- Grades 6-9 to 8:45 am Mass

Friday, Oct. 13- Barnwell SV Boys VBall Tournament

Sunday, Oct. 15- Jagwear Store Closes

Wednesday, Oct. 18- Creative Hair Day

Wednesday, Oct. 18- Ice Cream Float Fundraiser for

Chalice

Thursday, Oct. 19- Grades 1-3 to 8:45 am Mass

Thursday, Oct. 19- Youth Choir Practice 11:45 am

Friday, Oct. 20- SJS PD Day- No School for Students

Friday, Oct. 20- Barnwell JV Boys VBall Tournament

Friday-Saturday Oct. 20-21- Big Storm Senior VBall

Tournament- Taber

Saturday, Oct. 21- Barnwell JV Girls VBall Tournament

Monday, Oct. 23- Divisional PD Day- No School for Students

Wednesday, Oct. 25- Wiebes Hot Lunch- Canteen Closed

Wednesday, Oct. 25- CEC Board Meeting 6:00 pm

Wednesday-Thursday, Oct. 25-26- JV Girls VBall League

Tournament- Providence Christian

Thursday, Oct. 26- Picture Retake Day

Thursday, Oct. 26- Grades 4-5 to 8:45 am Mass

Thursday, Oct. 26- Office Hours 3:30 pm

Friday, Oct. 27- Wear Team Colours

Friday, Oct. 27- School Assembly 11:00 am

Friday, Oct. 27- Youth Choir Practice 12:30 pn

Friday, Oct. 27- JV Boys VBall League Tournament- PBHS

Friday-Saturday, Oct. 27-28- SV Girls VBall League

Tournament- Coaldale Christian

Saturday, Oct. 28- SV Boys VBall League Tournament- St.

Catherines

Sunday, Oct. 29- Youth Led Mass 4:00 pm

Tuesday, Oct. 31- Halloween- Classroom Activities in the

afternoor



JUST A REMINDER TO PLEASE PAY YOUR CHILD'S SCHOOL FEES AS SOON AS POSSIBLE. IF YOU HAVEN'T ALREADY SIGN UP FOR SCHOOL CASH ONLINE, PLEASE CONTACT THE OFFICE AND WE CAN HELP! YOU CAN PAY SCHOOL FEES, FIELD TRIPS, HOT LUNCHES AND MORE AND IT IS VERY USER FRIENDLY AND A PAINLESS PROCESS.... I PROMISE!

Athletic Update

Our St. Joseph athletes have had a busy September and much more to come in October. All of our volleyball teams have begun playing league games and attended tournaments. Our Cat's Classic saw both our SV Girls and Boys teams compete and both represented our school really well. The boys were fortunate to win third place in our tournament and the girls played some really competitive matches and demonstrated growth throughout the tournament. Our JV Boys and Girls teams competed in the St. Mary's Little Storm Tournament in Taber. The coaches for both teams were very proud of our athletes and the effort that they put forth. The SV Girls finished second in the Senator Gershaw tournament and the grade 7 and 8 boys won the FLVT tournament. Way to go to all of our volleyball players and coaches! Our athletes have also been practicing for the upcoming zone cross country race taking place in Pincher Creek on October 11th. We have four athletes attending this race and we wish them all the best. What a great start to our volleyball and cross country seasons, we look forward to many more exciting matches and fun as the year continues.



Youth Led Mass

St. Joseph School coordinates a Youth led Mass once a month at St. Ambrose Church. Our first SJS coordinated Youth led Mass for this school year will be on

We will need readers, greeters, gift bearers, altar servers, ushers, singers, emailed to all parents.

All students and staff are encouraged to share their precious time and form to Mrs. Mastel at mastelp5657@gmail.com or take a picture and text it to her at 403-892-4207.

The choir will have two practices:

Thursday, October 19, 11:50 a.m. to 12:16 p.m. in the SJS Library, and



Meet Mrs. Mastel. She worked at St. Joseph School for 30 years before she retired! She now continues to bless us with her musical talents and leads the Youth Choir.



TERRY FOX RUN
THE STUDENTS OF ST. JOSEPH SCHOOL WILL BE TAKING PART IN THE TERRY FOX RUN TO BE HELD ON FRIDAY, OCTOBER 6TH. THE STUDENTS WILL WALK/RUN APPROXIMATELY 2KM AND RETURN TO THE SCHOOL FOR A PRE-PURCHASED HAMBURGER AND BAG OF CHIPS FOR \$5. IF YOUR SON/DAUGHTER WOULD LIKE A HAMBURGER AND BAG OF CHIPS PLEASE USE SCHOOLCASH ONLINE TO PURCHASE. ALL PROCEEDS LESS THE COST OF THE SUPPLIES WILL BE DONATED TO THE TERRY FOX FOUNDATION. YOU CAN ALSO DONATE TO THE TERRY FOX FOUNDATION USING SCHOOLCASH ONLINE. ALL MONEY RAISED HELPS SUPPORT CANCER RESEARCH IN CANADA. THE STUDENTS WILL ASSEMBLE IN THE GYMNASIUM AT 11:00 FOR A SHORT PRESENTATION FOLLOWED BY THE RUN/WALK AND THEN HAMBURGERS AND CHIPS (MUST BE PRE-PURCHASED). PLEASE WEAR YOUR FAMILY TEAM COLOURS TO EARN POINTS FOR YOUR TEAM! THANK YOU FOR SUPPORTING THE 2023 TERRY FOX RUN!

October Hot Lunches

We have two great hot lunch days planned for October. Wednesday, Oct. Il Subway is in the house. To follow on Wednesday, Oct. 25, Wiebes Delicatessen will be on the menu. ALL hot lunch items must be purchased through school cash online and the sale will close the week before. If you have any questions, feel free to contact the school.

Thanksgiving

Join us in celebrating Thanksgiving here at the school on Thursday, Oct. 5 at 10:54 in our Thanksgiving Liturgy. Monday, Oct. 9 the school will be closed as we all gather with our families and loved ones for the holiday.



Fall is finally here! Leaves and pumpkin spice lattes as far as the eye can see..... Elementary students are back singing and playing together, and band students old and new have received their instruments for the year. Noises are being made (sorry parents), songs are being learned, and our first concert is right around the corner.

On the 31st from 2-2:30 we will host a short but sweet Halloween concert with performances by the grade 3-5 classes. More details will be available closer to the concert.

Halloween

It's that time again. Costumes, candy and a little chaos;) It's Halloween time again. Here is the laydown for the day. Kids can come dressed in their costumes. Please refrain from your child having weapons or drug paraphernalia as part of their costumes. There will be a Costume parade at 12:18 followed by classroom parties from 1:55-3:15. Individual teachers may reach out with any snack help or suggestions. Can't wait to see all the wonderful costumes.





Youth Led Mass-Sunday, October 29, 2023

St. Joseph School will be coordinating the 4:00 p.m. Mass at St. Ambrose Church for Sunday, October 29, 2023!

We need readers, greeters, gift bearers, ushers, altar servers, singers, and musicians.

If YOU would like to participate, please complete the attached volunteer form and email it to Mrs. Pat Mastel, mastelp5657@gmail.com

or snap a picture and text it to her at 403-892-4207.

If you have any questions, please contact Mrs. Mastel at 403-892-4207. The choir will only have 2 practices in preparation for this special Mass:

Thursday, Oct. 19, 11:50 a.m. to 12:16 p.m. in Library, and
Friday, Oct. 27, 12:22 to 1:22 p.m. in the Choir Loft at St. Ambrose Church.

We will meet in the Gathering Space after school & walk to the church together

	PRINT First and Last Name
	ers:
Parent's Email Address:	
I would like to share my tal	lent as a: Altar Server
Greeter	Usher
	Choir Member
Gift Bearer	Choir Member

Saint Teresa of Calcutta

"To each is given the manifestation of the Spirit for the common good."

1 Corinthians 12:7

Saint Marguerite d'Youville 1701-1771 (Feast Day: October 16)

St. Marguerite d'Youville is the first native-born Canadian to become a canonized saint in the Catholic Church. She was born just outside of Montreal in 1701 into a growing family, but at the age of seven, her father died, which left the family impoverished. She left school to help work and take care of the family, and later married Francois d'Youville. Her marriage and family life were challenging; Francois was a dishonest businessman and did not care deeply for Marguerite, and four of their six children passed away at young ages. Upon Francois' death in 1730, a priest told Marguerite:

"Console yourself, Madame, God has destined you for great works, and you will rebuild a crumbling house."

Despite all of the sadness and challenges of her early life, Marguerite was convinced of God's presence in her life, and sought to make real to others his compassionate love. In 1737, Marguerite and some other women established a home for the poor in Montreal. Over time, the group became a religious order and took over the General Hospital in Montreal. The Grey Nuns, as they were commonly known, cared for the elderly, the ill, and the poor of the surrounding communities, and eventually spread to nearly every continent to feed the hungry and serve the common good.

"Building" In Our Schools

This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* St. Patrick Fine Arts is celebrating all the ways community members can *build* others up through their words and actions. Students are encouraged to fill out a "Project BUILD Slip" when they've experienced or seen a kind word or action and place it in the "Project BUILD Box". During morning announcements, the slips are read as an encouragement to all, that we are created with a purpose and a calling to build God's Kingdom through service to others.



Corporal Works of Mercy Feed the Hungry —

Pilgrims of

Hope

So many people in our communities and world do not have enough food to eat. As we enjoy Thanksgiving this month, it is a good time to <u>pause</u> and <u>reflect</u> on how we may be blinded to our own waste or excess. On top of hunger, we also know about the expansion and impact of food insecurity. According to a Caritas study, only 19% of countries worldwide have full food security, and inside those we know that experiences vary drastically. As Pope Francis said,

"Consumerism has led us to become used to an excess and daily waste of food, to which, at times, we are no longer able to give a just value, which goes well beyond mere economic parameters. We should all remember, however, that throwing food away is like stealing from the tables of the poor, the hungry!"

What might some practical suggestions be?

- See to the proper nutrition of your loved ones
- Support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry
- Make a few sandwiches to hand out as you walk through areas where you might encounter people in need
- Educate yourself about world hunger
- Avoid wasting food
- Share your meals with others

Pope's Prayer Intentions - For the Synod - Let us pray for the Church, that she may adopt listening and dialogue as a style of life at every level, allowing herself to be guided by the Holy Spirit towards the world's peri

Catholic Social Teaching — Common Good —

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action

All of the Catholic Social Teachings are embedded in our relationship with God and others. Because we each have inherent dignity, being created in the image and likeness of God, we are called to live, learn, and work together in community. We are built for relationship, in the same way that our triune God is a relationship. The Catechism of the Catholic Church notes that: "The good of each individual is necessarily related to the common good...The common good concerns the life of all."

There are three main elements required for the common good: (1) Respect for the person; (2) Social well-being and development; and (3) peace. Lastly, "The dignity of the human person requires the pursuit of the common good. Everyone should be concerned to create and support institutions that improve the conditions of human life." (CCC 1905-1926)

As we build our societies, we are called to organize in ways that promote human dignity, and consider what is good for all human persons.

Resources:

The Common Good (The Religion Teacher)
The Common Good (Caritas Australia)
What exactly is the Common Good
(Duquesne University)
The Common Good (CAFOD)

"The Lord calls us to share in his work of creation and to contribute to the common good by using the gifts we have received." (Christus Vivit 253)

Gospel Readings

October 1, 2023



26th Sunday in Ordinary Time

Gospel Reading: Matthew 21:28-32

"Do nothing out of selfishness or out of vainglory; rather humbly regard others as more important than yourselves, each looking out not for his own interests, but also for those of others." — Philippians 2:3-4

In my family it is not always easy to think of others before myself. There are many days that I just want to do my own thing, and maybe even be left alone. But today's scripture tells me not to be selfish—thinking only of myself—but to consider others as more important than what I want. Jesus taught us the same thing when he gave us the two great commandments. He told us to love God with all our heart, mind, and strength. He also taught us to love our neighbors as ourselves. This sounds easier than it is sometimes, but if we ask the Lord to help us, he always will.

What are some ways I can put others in my family first?



Praver:

Lord, please teach me how to love those around me in a self-sacrificing way. As I do, I know I will grow closer to you.



October 8, 2023 27th Sunday in Ordinary Time

Gospel Reading: Matthew 21:33-43

"...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things." — Philippians 4:8

There are many ways for us to be entertained these days: video games, movies, books, social media, television, and much more. It can be difficult sometimes to decide what we should and should not be taking in. Are all of these activities making me a better person? Today's scripture helps us to have a holy focus. If we apply what it is telling us about being true, honorable, just, pure...then the things we use to entertain ourselves will help us grow closer to the Lord, not farther away from him.

Are you aware of any entertainment your family engages in that God may not like? What is it? Can you substitute other activities that are more in line with today's scripture?

Prayer

Dear Lord, help me to always be thoughtful about the things I let into my heart and mind. May they always be things that will cause me to praise you.



Download this month's <u>Saint Praver Card</u> - Saint Marguerite d'Youville

Home Page

Gospel Readings

October 15, 2023

28th Sunday in Ordinary Time

Gospel Reading: Matthew 22:1-14

"I can do all things in him who strengthens me." — Philippians 4:13	
There are times when a task makes me feel overwhelmed. I talk myself out of being able to ever the second of the s	van tovit I put if off until I convince mysel
that I can't do it. Today's scripture gives us hope that because we are children of God we can	
gives us what we need to do the task before us. When we feel defeated, we simply need to re	mind ourselves of the grace we received
baptism. Jesus is on our side, and he makes us stronger!	I CAN
Name some times that you felt defeated, then asked God to help you.	DO ALL
	THROUGH
	CHRIST
	WHO
	SIRENGIHENS
Prayer:	IVIE
Dear Lord, thank you for your overflowing grace that makes use strong, even when we feel down. love and grace are never ending.	Your PHIPPWS
tore and grace are never enamy.	-110
October 22, 2023	29th Sunday in Ordinary Tim
Gospel Reading: Matthew 22:15-21	
"We give thanks to God always for all of you, remembering you in our prayers." — 1 Thessalonia	ans 1:2
It is common that people turn to God in their need, asking for help and for God to fix bad thing always give thanks to God in prayer, for the good things and even the bad. Most especially, re It can be a blessing to others to have someone praying for them, even if they are not aware of you pray for them, without knowing why. You could consider yourself a "secret agent of prayer	emember to pray for others and their need f it. They may feel a little happier the day
Who are some of the people you can pray for on a regular basis?	We give
This are some of the people you can play for on a regular basis:	thanks to God
	for all of you,
	remembering
	in our prayers.
	in our prayers.
Prayer: Dear Lord, we thank you for all the special people you have put into our lives. Please bless them i	in a special way today
20th, we many you for an me special people you have put into our lives. I tous otto mon t	na spoota may waay.
October 29, 2023	30th Sunday in Ordinary Tim
Gospel Reading: Matthew 22:34-40	<u> </u>
"You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind." -	- Matthew 22:37
I really love watching TV. I also really love eating ice cream. I especially love getting presents.	. But this kind of love always leaves me
wanting more and never feeling satisfied. Jesus gave us hints of how we could be truly fulfilled	d, by turning our focus to God and
giving him all the love we have inside ourselves. By giving God all the love we have inside of deserves for all the good things in our lives, which in turn can also help us appreciate them may be a suppreciate them as a suppreciate them are suppreciated the suppreciate them are suppreciated to the suppreciate them are suppreciated to the suppreciated them.	
so deserving of all our love.	ore. What all awesome God we
What are some things that you "love" that can get in the way of your love for God?	P 92 4
	- CONTROL -

Lord, thank you for loving me more than I could ever understand. Please help me to love you with all the love I have, to show you how glad I am to be your child



Division Parishes

"...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching."

Hebrews 10:25



Assumption Church Lethbridge

Father Kevin Tumback Father Santiago Torres

Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm

> 2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931



St. Basil's Church Lethbridge

Father Kevin Tumback Father Santiago Torres

Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am | 11:00 am

> 604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931



St. Martha's Parish Lethbridge

Father William Monis

Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am | 11:00 am

> 355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891



Ss. Peter & Paul Parish Lethbridge

Father Gary Sedgwick

Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am

> 643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753



St. Ambrose Parish Coaldale

Father Ian Gagne

Mass (Sunday): 9:00 am | 4:00 pm

1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400



St. Catherine Parish Picture Butte

Father Ian Gagne

Mass (Sunday): 11:00 am

762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433



St. Augustine Parish Taber

Father Philip Van Tinh Le

Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am

> 5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226



St. Michael's Parish Bow Island

Father Wojciech Jarzecki

Mass: 9:00 am

1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023



St. Michael's Parish Pincher Creek

Father Myles Gaffney

Mass: 10:00 am

958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071



Dear Parents,

Another school year has started and as Alberta's new Minister of Education, I want to introduce myself and give you a quick update about some of the things your government has been doing to ensure our students are set up for success.

A top priority for my parents was getting me a high-quality education, since I'm a second generation Calgarian. Having immigrated to Calgary in the 1970s their educational opportunities were limited, and they firmly believed that a strong education is the path to greater success and prosperity. I took their advice to heart and went on to earn my PhD in political science and conflict resolution. I'm passionate about education and will work hard to set our students up for success.

As the 2023/24 school year gets underway there are several important highlights I want to share with you.

I firmly believe that the upcoming school year will give students the tools and resources they need to succeed.

Here are some of the things that we are working on:

1) We are injecting new funding to start the school year off on the right foot.

For the current school year, Alberta's government has increased funding to many of our school divisions to make sure they have the financial resources they need to give our kids a world-class education. Funding has increased by seven per cent from last year increasing the total amount of taxpayer dollars going directly to our school divisions to \$7.4 billion. In addition, a new Classroom Complexity Grant will be implemented which provides \$126 million over three years in new funding to help school authorities hire more educational assistants to help our teachers manage classrooms that are increasingly more complex with more students with diverse learning needs. As well, our hardworking teachers will also receive a two per cent salary increase this September as part of a deal reached with teachers last year and finally, we are providing \$414 million in new funding, a 32 per cent increase, to help bus another 80,000 students to school.

2) We are hiring more teachers and staff in our classrooms.

As students head back to class, they may start to see new friendly faces in their school. Budget 2023 provided funding to hire up to 3,000 new educational staff over three years, including teachers, educational assistants, bus drivers and other school support staff such as speech language pathologists and psychologists. Ensuring students have the supports they need to succeed in and out of the classroom is a top priority of mine.

3) We are focused on improving student mental health.

Alberta's government is supporting almost 80 mental health pilot projects across the province, with an investment of \$50 million. These projects will encourage student well-being through new and innovative approaches to providing supports and services like counselling, social and emotional learning, student assessment and training for school staff. For more information, please click here.

4) We will continue to lead the country in early literacy and numeracy assessments.

As a father of two, I want to know how my girls are progressing in their academic journey and I know many of you want the same. In September of 2022, Alberta's government implemented new mandatory literacy and numeracy screening assessments for all students in Grades 1 – 3. These assessments will help identify students who are struggling with literacy and numeracy skill development and inform teacher intervention lesson plans and techniques to improve student skills. Based on school reporting, these interventions are working. I am very proud of the work that is being done here. Please know Alberta is leading the country with this type of early assessment and screening and will continue to foster new and improved ways to improve the education system. For more information, please click here.

In closing, I want to thank and acknowledge all our hardworking teachers, educational assistants, principals, and other school support staff. The work that you do is deeply acknowledged and appreciated by Alberta's government and I want to express my personal appreciation for your work. I look forward to serving as our province's Minister of Education for our great province and am confident we can continue to provide every student with a world-class education.

Best,

Demetrios Nicolaides ECA PhD

Minister of Education



Prairie Baseball Academy 14 Week Winter Camp



ACADEMS Nov 13th- Mar 8th (early bird pricing until Sept 30th)

About Our Camp

The Prairie Baseball Academy is excited to once again be offering our Winter Camp to youth baseball players in the Lethbridge and surrounding areas. This will be the 13th vear PBA runs their Winter Camp. and our coaching staff is striving to continue to provide the best instruction possible for your children. Every night, we will provide at least one current PBA coach and 6-8 current players in the program to provide instruction. Our goal as a coaching staff is to work on improving all necessary baseball skills while maintaining a fun and safe learning environment. Baseball in Lethbridge continues to grow year after year, and we want to make sure PBA does it's part to help continue that growth. The hard work campers have put in during the winter months over the last 13 years has directly correlated to the success Lethbridge has had at the national level.

amp Focus

Efficient Warm Up → Ladder / Agility / Footwork / Speed

SAFE Indoor Throwing Program → Builds arm strength (Radar Gun)

Proper Fitting reclinique -> Por all ages and skill levels

 $\textbf{Infield/Outfield Technique} \rightarrow \textbf{Emphasis on footwork/Glove action}$

Introduction to Pitching → Starts after winter break. Used as a complete introduction for some. More experienced campers will receive more advanced pitching instruction.

Games → Our staff likes to conclude most camp sessions with some sort of competitive game. These games force kids to use the skills they're learning in camp.

PRAIRIE BASEBAGL ACADEMY	Early Bird Until Sept 30th	Regular Price After Sept 30th
1 Night/Week 21 Hrs Instruction	\$420	\$498.75
2 Night/Week 42 Hrs Instruction	\$551.25	\$630
Beginner Camp 19.5 Hrs Instruction	\$236.25	\$315

All prices include GST

Please etransfer pba@telus.net if you have any questions

Coaches

TODD HUBKA
Head Coach PBA Varsity
RYAN MACDONALD
Assistant Coach PBA Varsit
Assistant Coach Lethbridge Ba

Pitching Coach PBA
AIDAN GEHRING
JV Head Coach PBA
JOSH BURGMANN
Pitching Coach PBA
PC Lethbridge Bulls
TATE PEARCE

JV Assistant Coach

Camp Times

Mon/Wed

6:00-7:30pm Ages 9-12 7:45-9:15pm Ages 13-17 Tues/Thurs

6:00-7:30pm Ages 9-12 7:45-9:15pm Ages 13-17 **Friday**

6:00-7:30pm Ages 5-8

Thank the almighty, for all that He gave in life, for the food that you eat, for the people you greet, for the love in the heart, for that wonderful start. Thank the Lord for everything, because it is Thanksgiving Day! **AUTHOR UNKNOWN** woman's day



(I)SWAG PRESENTS

UNDERSTANDING MENTAL HEALTH AND TAKING AWAY THE STIGMA

Join us as Kim Clark from Elite Training Solutions will present while you enjoy your complimentary dinner and the chance for door prizes at a night of great learning.

OCTOBER

19

5:30 - 8:00PM

THE CEDAR ROOM

Sandman Signature Lethbridge Lodge 320 Scenic Drive S, Lethbridge, AB

Please RSVP at:

https://www.surveymonkey.com/r/7R9L8CC





(I)SWAG Mental Health **Learning Sessions**

Understanding Mental Health & taking away the stigma

19 2023

Ft. Kim Clark from Elite Training Solutions

16 2023

How do we support our children when they might not be okay

Ft. Kim Clark from Elite Training Solutions

Resiliency and Self-Care

16 2024

Ft. Lethbridge Family Services

15 2024

Healthy Relationships

Ft. Lethbridge Family Services

ADHD - Understanding the Diagnosis and Treatment Strategies 20

Ft. Aleigha and Ashley from True Balance

18

Emotional Regulation - How to Help Our Kids When They Have Big Feelings

Ft. Allie and Bailee from True Balance Counselling

Digital Detox

May 14

Ft. Lethbridge Family Services

LOCATION

All sessions will have dinner served at 5:30pm, with the presentations running from 6-8pm at the Sandman Signature Lethbridge Lodge at 320 Scenic Drive S, Lethbridge, AB

Please RSVP at

https://www.surveymonkey.com/r/7R9L8CC

