

“NDA Baseball” Academy Program Outline

NDA Academy Philosophy

Using the power and appeal of Sports to have a positive effect on our students and the community.

3 A's (Academy Goals & Expectations)

Academics	<ul style="list-style-type: none">- All students in the academy will be referred to as “student athletes”. They are a student and then an athlete.- Academics are the priority of the academy. Students not passing grade level programming will be guided to a more suitable program (learning accommodations, modified academy programming, and/or removal of academy program).
Action	<ul style="list-style-type: none">- The academy will benefit students who are self-motivated.- All students are expected to put forth their best effort and demonstrate a high level of respect on a daily basis (facilities, instructors, classroom teachers, and classmates).
Accountability	<ul style="list-style-type: none">- All students will be accountable for behavior, attitude and level of effort both individually and within a class.- Students will demonstrate a positive attitude & behavior.- Students are expected to attend regularly.

Catholicity

- In a partnership with family, Church and community, we provide Catholic Education of the highest quality to our students. Students are expected to demonstrate attitude, participation, and attitude that align with Catholic values.

Bus Responsibilities

- Absolutely NO food or cell phones on the bus
- Any garbage on the bus may lead seating plans or other necessary improvements
- Behavior on the bus is the same in a classroom.
- Please assist with carrying all equipment...then an instructor will direct students into the bus

Attendance & Notification

- All students are to register for afternoon attendance with their academy instructors
- A doctors or parent note is required for students to be exempt from academy participation. Students that are unable to participate (broken arm, etc.) parents will be contacted and students will stay back at school or home.

Equipment Storage

- The bus transportation does NOT allow large equipment on the bus. Equipment must be dropped off and picked up by parents throughout the week. The equipment may stay in the basement for the entire school year.
- All baseball students are provided a lock and locker within the NDA gym change rooms.

Clothing and Equipment

- If students do NOT come prepared for academy they will stay back at school and work on studies in the library or office. If there are repetitive absences from academy parents will be contacted to inquire reasons why.
- Baseball Students are provided a baseball hat and shirt.
- Each student must adhere to the dress policy as set out by the teacher. Students will need to bring the following: academy clothing, glove, helmet, water bottle, and proper foot wear

Wellness Education (Health & Physical Education)

- The Health & PE are scheduled to be taught during academy times
- Throughout the year students are introduced to many community professionals (nutritionist, mental preparation for sports, physical trainers, etc.).
- Regular PE activities take place at different times throughout the year (volleyball, basketball, track & field, games, etc.)

Alternate Activities

- Baseball students will be introduced to a variety of community activities periodically throughout the year (swimming, bowling, spin classes, TRX, curling, Karate-Do, GX Dance Studio, etc.)

Student Assessment

- There are three school reporting periods:
 - 1) Individual baseball skill testing, 2) Student Reflection, 3) Comparison of Period 1 & 3 Individual baseball skill testing
- All academies use student performance tests to provide actual results (throw, hit, run, etc.)
- Baseball skill tests includes: pitching velocity, base running, bat speed (whip-its), hitting contact, other fitness testing, etc.
- **Academy Surveys:** every year parents are surveyed to assist with feedback of concerns or encouragements toward the academy programs. Parents are also encouraged to contact instructors directly for any questions or concerns throughout the school year.

Opportunities for “PLAY”

- There are NO academy teams that play within the school community (games or tournaments)
- Many academy days consist of small game activities and challenges
- Occasionally, students participate in scrimmages or whiffle ball games

Academy Discipline

Students within the academy program will follow the same expectations of the school discipline policy where parents are contacted by teachers and/or instructors (text, email, or phone). At any time administration may remove students from the academy depending on the concerns from teachers and support of parents.

Timeline of Academy Program

- Monthly calendar activities are placed on the NDA academy bulletin board
- Students are reminded to check the academy board for upcoming activities

INSTRUCTOR

Rob McDonnell

NCCP Certified Baseball Instructor

Monsignor McCoy Junior Varsity Head Coach

Many Years of coaching experience in Little league, High School, and American Legion & College

Associate Scout, San Diego Padres, 1995

Attended & Played Baseball at Mayville State University, North Dakota, 1989-1994

Grade 6 NDA Teacher

BASEBALL ASSISTANTS

Additional instructors are utilized as needed throughout the year.

