

FRANCIS ACADEMIES



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FRANCIS ACADEMIES



History



Founded in
2005



100+
Post Secondary



3
Drafted NHL



30
WHL

Name:

2024/2025 Grade:

Semester 1

- The Hockey Academy at St. Francis School began 20 years ago with a mission to build foundational skills and foster a deep understanding of the game. Designed to provide comprehensive training both on and off the ice, the academy dedicates two periods a day for one semester to intensive hockey development.
- This program emphasizes not only the technical and tactical aspects of hockey but also the importance of physical fitness, mental toughness, and team spirit.
- From its inception, the academy has seen many talented students pass through its doors.
- Ridley Greig was among the first cohort of students to attend the SF Hockey Academy.
- His achievements and those of his peers have set a high standard and serve as an inspiration for future generations of hockey players at St. Francis.
- The academy continues to evolve, maintaining its commitment to excellence and its reputation as a premier development program for young athletes.



History



Founded in
2006



17
Post Secondary



3
Played
Professional



21
Post Secondary



- The Soccer Academy at St. Francis School began in 2006 with the goal of developing students' soccer skills and fostering a love for the game. Over the years, the academy has grown and evolved, offering comprehensive training that includes both technical and tactical aspects of soccer. Our program is designed to enhance players' abilities on the field while also promoting teamwork, discipline, and sportsmanship.
- Through dedicated coaching and a supportive environment, the Soccer Academy has helped countless students improve their game and achieve their athletic goals.
- We are proud of the success stories that have emerged from our program and remain committed to providing high-quality soccer education to all our students.

History



Founded in
2022

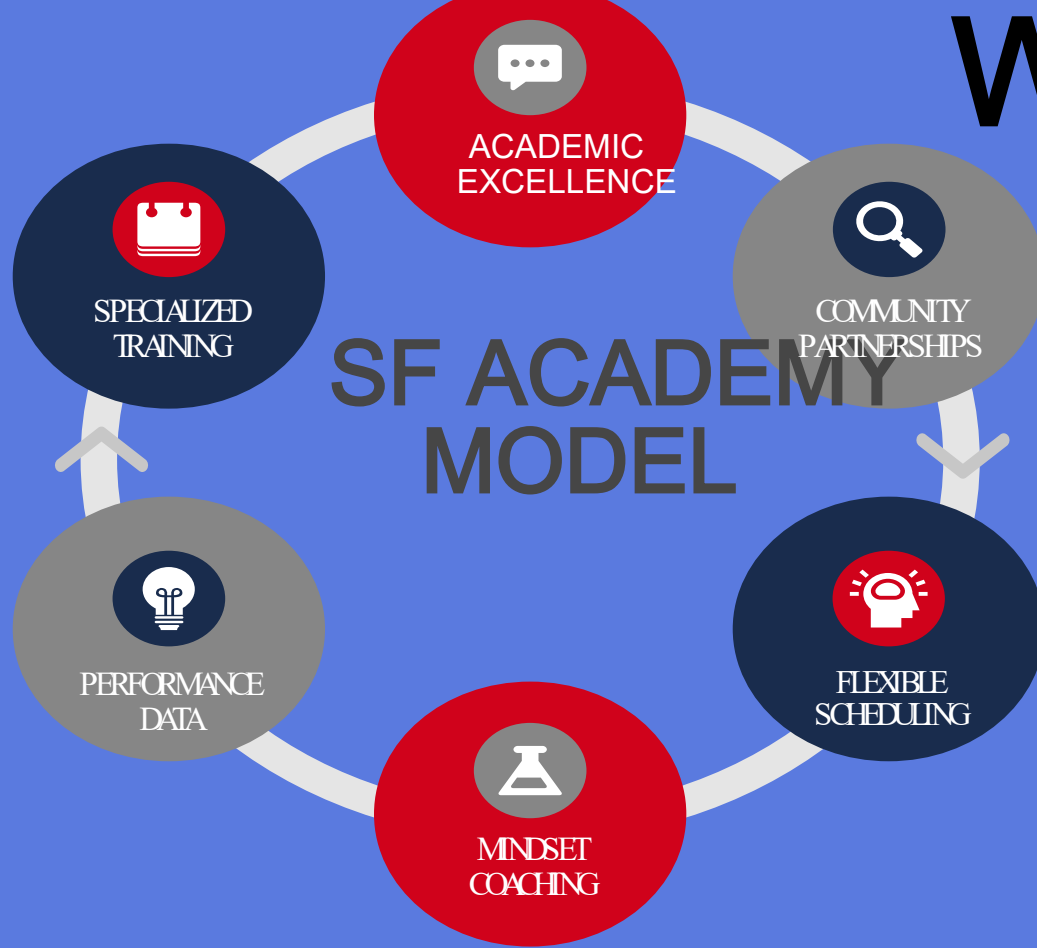


60
Students benefited



- The Dance Academy at St. Francis School was established in 2022 with the mission of nurturing students' passion for dance while fostering artistic expression and physical fitness.
- Despite its recent inception, the academy has quickly grown to offer a diverse range of dance styles, including ballet, jazz, hip-hop, and contemporary.
- Our program is designed to cater to dancers of all skill levels, from beginners to advanced performers. Through rigorous training, creative choreography, and performance opportunities, students develop their technical skills, artistic abilities, and confidence.
- The Dance Academy emphasizes the importance of discipline, dedication, and teamwork, creating a supportive community where students can thrive.

WHY?



At St. Francis, we are proud to offer a sport academy model that emphasizes the holistic development of our student-athletes, setting us apart from traditional sport schools. Our comprehensive approach integrates academics, athletics, and personal growth, ensuring that our students excel in all areas of life.



ST. FRANCIS ACADEMIES

5 SPORT ACADEMIES FOR 2024-2025



SEMESTER 1 September - February



DANCE

Move with grace and strength.



HOCKEY

Hit the ice with passion.



ELITE ATHLETE

SEMESTER 2 February - June



BASEBALL



SOCCER



ELITE ATHLETE



Grade 7 and Grade 8 Sample Schedule

SEMESTER 1

Hockey/ Dance/ Athlete

SEMESTER 2

Baseball/Soccer/Elite Athlete

	M/W	T/Th	Friday
Period /Time	Subject	Subject	Subject
Period 1 8:00-8:51	MATH Room 117	SOCIAL Room 119	MATH Room 117
Period 2 8:54-9:32			
Period 3 9:35-10:13	SCIENCE Room 117	ELA Room 119	ELA Room 119
Period 4 10:16-10:54			
Period 5 10:57-11:35	FLEX Room 117	FLEX Room 117	SOCIAL Room 119
LUNCH 11:35-12:15			SCIENCE Room 117
Period 6 12:18-12:56	SPORT SPECIFIC SKILLS Ice/ Basement/ Studio/Field/ Off-site	FITNESS Basement	
Period 7 12:59-1:37		MINDSET Basement	
Period 8 1:40-2:18	FITNESS Basement	SPORT SPECIFIC SKILLS Ice/ Basement/ Studio/Field/ Off-site	
Period 9 2:21-3:00	COMMUNITY Basement		



Grade 9 Schedule

SEMESTER 1

Hockey/ Dance/ Athlete

SEMESTER 2

Baseball/Soccer/Elite Athlete

	M/W		T/Th		Friday				
Period /Time	Subject		Subject		Subject				
Period 1 8:00-8:51	MATH Room	SCIENCE Room	MATH Room	SCIENCE Room	MATH Room	SCIENCE Room			
Period 2 8:54-9:32									
Period 3 9:35-10:13	SOCIAL Room	ELA Room	SOCIAL Room	ELA Room	SOCIAL Room	ELA Room			
Period 4 10:16-10:54									
Period 5 10:57-11:35	FLEX Room 117		FLEX Room 117		RELIGION				
LUNCH 11:35-12:15					HEALTH/PE				
Period 6 12:18-12:56	SPORT SPECIFIC SKILLS Ice/ Basement/ Studio/Field/ Off-site		FITNESS Basement						
Period 7 12:59-1:37			MINDSET Basement						
Period 8 1:40-2:18	FITNESS Basement		SPORT SPECIFIC SKILLS Ice/ Basement/ Studio/Field/ Off-site						
Period 9 2:21-3:00	COMMUNITY Basement								



FRANCIS ACADEMIES

1

BODY

- Fitness Testing
- Individualized Fitness program
- Injury Prevention
- Mindset/ Mental Training

2

SPORT

- Sport specific skills
- Training Facility
- Guest coaches



3

COMMUNITY

- Partnerships
 - LMHA, Hard Training, LC, U OF L
- Volunteerism



SPORTS

Roadmap

Hockey/Dance/Elite Athlete

Semester 1



Phase 1: September 2024 Training Facility



- Fitness Testing
- Body systems +
Program Planning
- Mindset intro
- Skills intro
- Nutrition

Phase 2: Oct-Dec Sport Specific



- Sport Specific
Facilities training
- Mental Training
- Check - in

Phase 3: Jan Wrap up- Fitness Testing - Reflect



- Mid Year Fitness
assessment
- Mindset Reflection
- Portfolio Assessment

Phase 4: 2025-2026



- Expansion to Golf
- Facility
enhancements

Roadmap

Soccer/Baseball/Elite Athlete

Semester 2



Phase 1: Jan/Feb 2025 Training Facility



- Fitness Testing
- Body systems +
Program Planning
- Mindset intro
- Skills intro
- Nutrition

Phase 2: Feb-May Sport Specific



- Sport Specific
Facilities training
- Mental Training
- Check - in

Phase 3: Jan Wrap up- Fitness Testing - Reflect



- Mid Year Fitness
assessment
- Mindset Reflection
- Portfolio Assessment

Phase 4: 2025-2026



- Expansion to Golf
- Facility
enhancements

FRANCIS TRAINING FACILITY

Estimated Opening Date: September 2024



Why Choose Our School ?



ACADEMIC RIGOR



We are proud of our high Provincial Achievement Test (PAT) results, the best in the city, demonstrating our commitment to academic excellence.

QUALIFIED INSTRUCTORS



Our programs feature experienced instructors and guest coaches who bring expertise and inspiration.

COMMUNITY SUPPORT



We foster a supportive environment with strong ties to the local community, promoting sports in Lethbridge.

COMPREHENSIVE PROGRAM



Our schedule is designed to integrate academics, athletics, and personal growth, providing a holistic education that prepares students for success both on and off the field.

FRANCIS ACADEMIES TEAM



Dino Caputo
Hockey/ Baseball
Academy

Hockey Academy Director



Kristen Mazzuca
Dance Academy

Dance Academy Director and
Choreographer



Mike Racz
Soccer Academy

Soccer Academy Director
Coach at Lethbridge College
Masters in Coaching



Wade Kast
Baseball Academy

Teacher at St. Francis



**Jackie
Kraemer**
Principal

Academy Coordinator
Elite Athlete Program Leader

Estimated Cost



Academy
Cost/Semester

Services included but not
limited to:

Program Cost

Dance

- Guest Coaches
- Facility rentals
- Transportation
- Equipment evergreening
- Pucks, balls, bats, Dance socks
- Field Trips (may incur additional cost)

\$225

Hockey

\$495

Baseball

\$400

Soccer

\$300

Cost includes rental of SF training facility, guest instructors. All Transportation and off site costs are responsibility of family

Elite Athlete

\$250



Thank you

Ready to get started?

[Registration](#)

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