



Catholic Central
High School

(403) 327-4596

Paws for the CCH News

October, 2023

"One School, Two Buildings, Endless Opportunities"

As I write this, autumn has officially arrived, flipping from summer into fall on the autumnal equinox. From today through to December 21, nights will grow longer than days. Beyond the pumpkin-spice-flavored everything, the

cooler evenings under the Friday Night Lights, and the beautiful orange sunrises that remind us of the journey we have been on toward Truth and Reconciliation, October is a month full of opportunities to be thankful.



For one, we have reached the midterm of quarter 1 (October 3)! This means that we have had 21 days to settle into school routines and we have 21 more days to work toward completing

quarter 1 classes. As such, it is important for students and parents/guardians to be on top of attendance and progress in classes. Days on the quarter system move quickly so please, reach out to your child's teachers should there be any concern. Better yet, why not come and meet with your child's teachers on **October 5 from 6:00-8:00 pm for Parent-Teacher-Student Conferences?** This gives you the opportunity to not only meet your child's teacher(s) but also provides you with a chance to speak about your child's progress thus far. We believe that communication is key in supporting the success of your child!



We are also grateful for so many good and important events on the go and are extremely proud of the

contributions our students are already making to what is shaping up to be a wonderful school year!

❖ Congratulations to Mr. Mulder, Mr. New, and the Girls Golf Team (Emery, Danika, Alexis, and Sydney) for bringing home our first Zone banner and a gold medal! Good luck at Provincials, ladies! A special shout out to the Boy's Team (bronze) and the Mixed Team (fifth)!

❖ Students' Council rocked the house with an awesome theme week!

❖ Despite a few injuries, our Cougar Football team continues to dig deep to post wins.



- ❖ All four of our volleyball teams are looking strong on the court and continue to bring home some hardware.
- ❖ The Cross-Country team is up and running (pun intended).
- ❖ The Athletic Leadership Team has already accumulated many hours hosting gates and keeping score for both football and volleyball games.
- ❖ The Junior Prospects Hockey League hosted its first Lethbridge Showcase where many of the student body came out to cheer them on!
- ❖ Our Yearbook Team celebrated the distribution of last year's yearbook entitled: "Retrospect."



- ❖ The Concert Choir provided us with the gift of music at our Opening Mass.
- ❖ Other clubs like Book Club and Student Ambassadors' Club are seeing excellent numbers and student engagement.
- ❖ Our staff and students are busy exploring our call to action for the second year of our faith plan - "Build!" - and what this looks like at CCH.
- ❖ Oh, and did I mention that Robotics Club (with Mr. Rosen and Ms. Nadeau) is already in its planning stages for world-domination... while Mr. New will be calling for those interested in sharing their time to the annual "Santa's Anonymous Project."

As you can see, there are so many opportunities for students to become part of the school community! I highly encourage all students to get involved in some way as it enhances their high-school experience AND is a great way to create memories.

So, although this message might seem early, I sincerely hope that you take a moment this month and/or during Thanksgiving to reflect upon what you are grateful for. God has certainly blessed us with so many gifts here at CCH! - Mrs. Polec



IMPORTANT DATES - October and November

October 3 - Midterm for Quarter 1
October 5 - Parent-Teacher-Student Conferences
October 9 - Thanksgiving - No School
October 11 - School Council at 6:00 p.m. in the library on Campus East
October 13-14 - Super-South Volleyball Tournament (hosted by CCH and Chinook)
October 19, 20, 23 - Tentative dates for musical production auditions (to be announced soon!)
October 20 - Picture Retakes on both campuses
October 23 - Division Collaborative Day - No School
October 30 - English Part A diploma
October 31 - Honor Roll Celebration for Honor Roll recipients (Awards 2022-2023) at flex on both campuses
October 31 - Social Part A diploma
October 31 - Halloween!

November 1 - Last Day of Q1 classes
November 2 - Math diploma
November 2 - Awards Night for the 2022-2023 academic year at 7:00 p.m. on Campus East in the Gym
November 3 - English Part B diploma
November 6 - Social Part B and Chemistry diploma
November 7 - Physics and Biology diploma
November 8 - Science 30 diploma and CCH PD Day - No School
November 9 - No School/ School Closed
CCH Wellness Day
November 10 - Day in lieu - No School
November 11 - Remembrance Day
November 13 - First Day of Quarter 2 classes
November 15 - School Council at 6:00 p.m. in the library on Campus East

**BACK BY
POPULAR
DEMAND**

Back by popular demand, it's the CCH Apparel Team Store! Thank you for your patience as we worked on getting the site live. Thank you to Player's Bench for collaborating with us. There are a LOT of new items this year . . . and for the first time you will notice that all garments are available in both the CCH Logo AND TAATSIKIOYIS logo! We have also included an orange shirt option as well. Any items ordered are mailed directly to your home or specified address when you order. If your order exceeds \$100, you will note a message at the top of the page that prompts you to sign up for the Player's Bench newsletter and you receive free shipping. Please note the order dates on the site as well.



Here is the link to order: <https://www.teamsites.ca/cch>





ANNUAL AWARDS NIGHT
November 2 at 7:00 p.m.
CCH East Gymnasium

Congratulations to all students being recognized at our Annual Awards Night for the 2022-2023 school year! We are extremely proud of your academic success. Also, thank you to all of our donors. Without your support, we would not be able to host such an amazing evening!

Students, be reminded that if you receive a letter for an award, please do your best to be in attendance. Should you be unavailable that night, please have someone accept the award on your behalf. Also, as it is a formal event, please dress appropriately (semi-formal, which basically means no workout gear or jeans).

SANTA'S ANONYMOUS



It's almost that time of year again! Santa's Anonymous Project has a long and significant history of service and student involvement

here at Catholic Central High School. This year's goal is to get as many students involved in this process as possible. Last years group had 15 students involved and we're hoping to build off that number. Santa's Anonymous continues to strive to serve families in need across the Holy Spirit School Division. If you would like to get involved, keep an eye out for a daily bulletin announcement of our first student meeting.

SCHOOL FEES REMINDER

This year's school fees are now due. Kindly remit as soon as possible. Fees may be paid using School Cash On-line, or at the school office by cash or cheque only! Please contact Ms. Tamara Wilson



SCHOOL DEMOGRAPHIC and CONTACT INFORMATION

If you or your student's address or phone numbers have changed from what was entered from what was entered on the student's registration form, please contact the office to have the information updated. Please also check the information of any contacts that are listed to make sure it is current. If we have to contact a parent or a listed contact for sickness or emergency purposes, it is very helpful to have up-to-date information.

SCHOOL COUNCIL

INTRODUCING THE 2023-2024 SCHOOL COUNCIL EXECUTIVE

- Chair - Angela Talbot**
- Vice-Chair - Heather Spiess**
- Secretary - Amber Baines**
- Treasurer - Kayla Knowles**

Our next meeting is on October 11 at 6:00 p.m. in the library on Campus East. All parents and guardians are welcome to attend!



My name is **Donielle Dyck** and I just started working on campus east as an EA. I've worked in the disability field for 10 years and can't imagine doing anything different. I actually have a degree in Justice Studies, hoping at the time to work as a police officer, but my goals changed when I started my first job working in the psych ward! I've been married for 7 years and my son started preschool this year. In my spare time, I love gardening, kayaking, and spending as much time outside - so summer is my favorite time of the year.





OFF-CAMPUS NEWS



Green Certificate Information

- There will be a Virtual Zoom Information & Induction Meeting on October 3 at 7 pm and again on October 4 at noon. Any students interested in the Green Certificate Program or any students who have just signed up should attend one of these meetings. Zoom link: <https://lethbridgecollege.zoom.us/j/99735020585?pwd=eUVHUIRrRjM3VjA0NWlZWfJSbE1ldz09>
- An in-person Ag3000 Safety Class will be held on Friday, October 20 from 9am to 4pm at Lethbridge College. Students must bring a device for the online quizzing—laptop, tablet or phone. Cost is \$25.00. Online registration and payment link: <https://lcfitness.ca/Program/GetProgramDetails?courseId=bc52a124-b446-487f-a666-a6d4e2832522&semesterId=079af9ad-02ff-4bec-8d78-e18b3e8e85d9>
- For more information on these events or to sign up for the Green Certificate Program talk to Mr. Boschee or contact Marina Grant (South Regional Green Cert. Coordinator) at 403-634-6308. *Alberta*

Career Transitions

Virtual Career Exploration Sessions Sessions in October



- Lifeguard - Oct 11, 4:00pm
- TV Producer - Oct 17, 4:00pm
- Conservation Biologist - Oct 24, 4:00pm
- Recreation Therapist - Oct 26, 4:00pm

Register for any of these sessions at:
<https://careersteps.ca/>

CAREERS: The Next Generation

Virtual Young Women in Trades and Technologies
Discovery Night



October 5 from 6 to 7pm

Learn about Young Women in Trades and Technologies (YWITT) opportunities and events across the province. Join us virtually for a night of fun, learning, and empowering young girls to take on the future.

Register at: <https://www.tfaforms.com/5086573>

Try a Trades Night is on November 22.

Contact Mr. Boschee for more information and to register.

Post-Secondary Open Houses

Olds College - Saturday, **October 14**, 10am - 2 pm <https://www.oldscollege.ca/campus/plan-a-visit/index.html>

U of L - Saturday, **October 21**, 10am - 3pm Register at: <https://www.ulethbridge.ca/future-student/fall-open-house>

Lethbridge College - Wednesday, **October 25**, 1pm-7pm Register at: <https://lethbridgecollege.ca/>

(Students who attend the LC Open House and apply there the application fee will be 50% off)



Your Off-Campus Team



Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boschem@holyspirit.ab.ca

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: gurrw@holyspirit.ab.ca

October

Build! Pilgrims of Hope



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 —

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 pause and reflect 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 peripheries.

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“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)

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

1 Corinthians 12:7

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.”

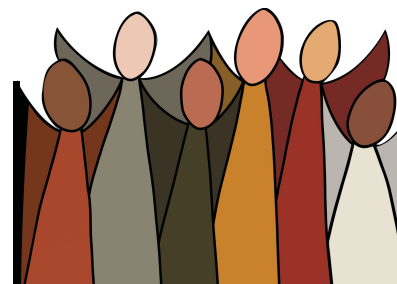
There are three main elements required for the common good:

- (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)



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?



Prayer:

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

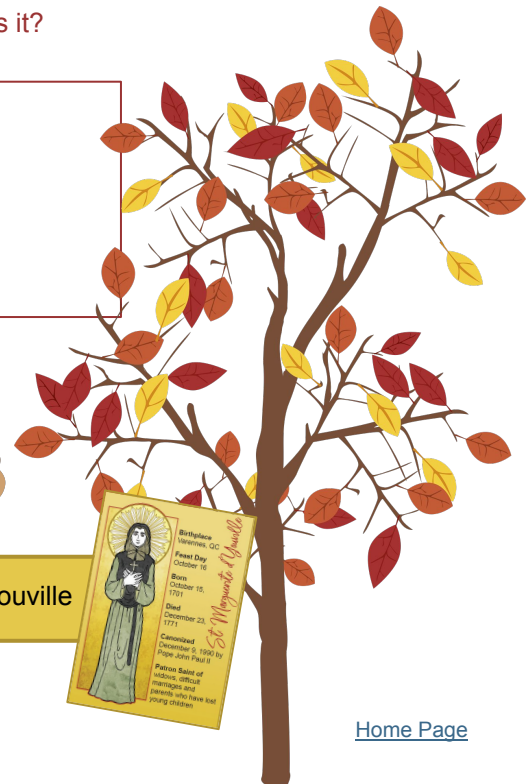
“...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.” — Philippians 4:8

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 [Saint Prayer Card](#) - Saint Marguerite d'Youville

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 even try it. I put it off until I convince myself that I can't do it. Today's scripture gives us hope that because we are children of God we can do ANYTHING because it is Christ who gives us what we need to do the task before us. When we feel defeated, we simply need to remind ourselves of the grace we received at baptism. Jesus is on our side, and he makes us stronger!

Name some times that you felt defeated, then asked God to help you.



Prayer:

Dear Lord, thank you for your overflowing grace that makes use strong, even when we feel down. Your love and grace are never ending.

October 22, 2023

29th Sunday in Ordinary Time

Gospel Reading: Matthew 22:15-21

“We give thanks to God always for all of you, remembering you in our prayers.” — 1 Thessalonians 1:2

It is common that people turn to God in their need, asking for help and for God to fix bad things. But today's scripture encourages us to always give thanks to God in prayer, for the good things and even the bad. Most especially, remember to pray for others and their needs. It can be a blessing to others to have someone praying for them, even if they are not aware of it. They may feel a little happier the day you pray for them, without knowing why. You could consider yourself a “secret agent of prayer” working for God.

Who are some of the people you can pray for on a regular basis?



Prayer:

Dear Lord, we thank you for all the special people you have put into our lives. Please bless them in a special way today.

October 29, 2023

30th Sunday in Ordinary Time

Gospel Reading: Matthew 22:34-40

“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, 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 us, we are able to give him the credit he deserves for all the good things in our lives, which in turn can also help us appreciate them more. What an awesome God we have, so deserving of all our love.

What are some things that you “love” that can get in the way of your love for God?



Prayer:

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.

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Sources:

[St. Marguerite d'Youville](#)
[Marie Marguerite d'Youville](#)
[Saint Marguerite d'Youville](#)

[Practical Suggestions for Practicing the Corporal and Spiritual Works of Mercy](#)

CCH Quarter 1 Exam Schedule 2023

| | Time | Course | Campus | Teacher | Room # |
|--|----------|------------------------|--------|-----------|----------|
| *yellow fill denotes exam is being written in a location OTHER THAN the regularly assigned classroom | | | | | |
| Jeudi 26 Octobre | 9:00 AM | Francais 30-1 Partie A | Est | n/a | l'office |
| Jour de Classe Regulier | | | | | |
| Vendredei 27 Octobre | 9:00 AM | Francais 30-1 Partie B | Est | n/a | l'office |
| Jour de Classe Regulier | | | | | |
| Monday October 30 | 9:00 AM | English 30-1 Part A | East | Richards | 206 |
| Regular Class Day | | English 30-1 Part A | East | Omlon | Library |
| | | English 30-2 Part A | East | Hartman | 202 |
| Tuesday October 31 | 9:00 AM | Social 30-1 Part A | East | Collier | 202 |
| Regular Class Day | | Social 30-1 Part A | East | Gilbert | Library |
| | | Social 30-2 Part A | East | Skauge | 206 |
| Thursday November 2 | 9:00 AM | Math 30-1 | East | Leroux | Gym |
| | | Math 30-1 | East | Umeris | Gym |
| | | Math 30-2 | East | Folkersen | Gym |
| | | Math 10C | East | Umeris | 129 |
| | | Math 10-2 | East | Folkersen | 122 |
| | | Math 20-1 | West | Leroux | 520 |
| | | Math 20-2 | West | Nadeau | 527 |
| | | FLA 20 | West | Schmidt | 513 |
| Friday November 3 | 9:00 AM | English 30-1 Part B | East | Richards | Gym |
| | | English 30-1 Part B | East | Omlon | Gym |
| | | English 30-2 Part B | East | Hartman | Gym |
| | | Eng 20-1 | East | Hartman | 127 |
| | | Eng 10-2 | East | Barrajon | 200 |
| | | Eng 10-2 | East | Richards | 126 |
| | | Eng 20-1 | West | Cox | 515 |
| | | Eng 10-1 | West | Omlon | 514 |
| | | Eng 10-1 | West | Strain | Gym |
| Monday November 6 | 8:30 AM | Social 30-1 Part B | East | Collier | Gym |
| | | Social 30-1 Part B | East | Gilbert | Gym |
| | | Social 30-2 Part B | East | Skauge | Gym |
| | | Soc 20-1 | East | Schmidt | 213 |
| | | Soc 20-2 | East | Schmidt | 214 |
| | | Soc 10-1 | East | Skauge | 209 |
| | | Chem 20 | East | Hawker | Gym |
| | | Physics 20 | East | Hammel | 124 |
| | | Sci 20 | East | Ross | 111 |
| | | Sci 10 | East | Hawker | Gym |
| | | Sci 10 | East | Maier | 105 |
| | | Soc 20-1 | West | Moylan | 512 |
| | | Chem 20 | West | Goruk | 526 |
| | 12:00 PM | Chem 30 | East | n/a | Office |
| Tuesday November 7 | 8:30 AM | Physics 30 | East | Nadeau | 114 |
| | 12:00 PM | Bio 30 | East | Balog | Gym |
| Tuesday November 8 | 9:00 AM | Science 30 | East | n/a | Office |

****THIS SCHEDULE IS SUBJECT TO CHANGE. PLEASE CONFIRM DETAILS WITH YOUR TEACHER**



2022-2023 Yearbooks are in! Graduates of 2023 are invited to pick up their pre-purchased yearbooks at the office on either campus. Parents, you can verify if a yearbook was purchased by checking your School Cash Online account. If you didn't pre-order, there are still a few copies for sale.



Youth Art Program

 **Wood's HOMES**
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914

 **Galt** MUSEUM & ARCHIVES
AKAISAMITOHKANA'O'PA

Mental Health: What does it mean to you?

FREE to all participants ages 13-17

9 bi-weekly **art creation** sessions followed by a curated **art show** all held at the **Galt Museum**

Choose your art medium

Supplies, Snacks & Art Assistance Provided

Contact:
Kristin Krein (they/she)
403.320.4700
kristin.krein@galtmuseum.com

Zandy Schmidt (they/them)
403.394.5187
zandy.schmidt@woodshomes.ca

Nash Epp (he/him)
403.635.0575
nash.epp@woodshomes.ca

Drop in Creation Sessions:
Thursdays from 3:30pm-5:00pm at the Galt Museum
September 14 & 28
October 12 & 26
November 9 & 23
December 7 & 21
January 4
Exhibition Set Up:
January 18
Art Display:
January 23 - 26
Art Show and Sale:
January 27 from 5:30pm-8:30pm

Lethbridge Family Services 
Since 1910
Counselling, Outreach & Education

Personal Reflections of Grief

Finding effective supports when you have experienced a profound loss is important.

This 4-week personal growth group will invite participants to share their experience and discuss different aspects of the grieving process, including:

- common responses to loss
- cycle of grief
- self-care and coping

Fridays, 2:00 to 3:30pm
October 6th to 27th, 2023



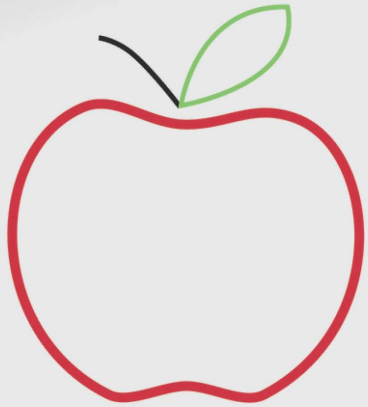
Contact Outreach and Education, 403-327-5724 or outreach@lfsfamily.ca

A photograph of a speedskater in a blue suit and white helmet, leaning forward on an ice rink. The background is a gradient of blue and white.

 Join **LETHBRIDGE SPEEDSKATING**
lethbridgespeedskating.ca
leth_bridge_blades

Youth ages 5 - 18
Recreational to Competitive Levels
Season runs September to March
Affordable Equipment Rental Available

FREE "Try B4U" Join held throughout the year
NEW "Learn to Skate" Program Tuesday Evenings
Contact Issa.sk8r@gmail.com



MINDFUL MUNCHIES

DRIVER'S NEEDED!

Could you spare a couple of hours a week to be a volunteer driver for an incredible school lunch program?



Call our volunteer coordinator to find out more:
403-320-1879 ext 4



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LETHBRIDGE, CANADA

"Jiu Jitsu for EVERYONE"

Master Carlos Gracie Jr.

Sign up now and get a FREE KIMONO



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contact@gblethbridge.com

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www.gblethbridge.com





Prairie Baseball Academy

14 Week Winter Camp

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 year 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 its 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.

Camp Focus

Efficient Warm Up → Ladder / Agility / Footwork / Speed

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

Proper Hitting Technique → For all ages and skill levels

Infield/Outfield Technique → 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.

Coaches

TODD HUBKA

Head Coach PBA Varsity

RYAN MACDONALD

Assistant Coach PBA Varsity
Assistant Coach Lethbridge Bulls

RHETT FESER

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

|  | 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

Email pba@telus.net if you have any questions



Happy Thanksgiving!

*Now, our God, we give you thanks,
and praise your glorious name.*

1 Chronicles 29:13

Heavenly Father, on Thanksgiving Day as we bow our heads to pray, we give You thanks and praise Your glorious name. We thank You, Lord, for family and friends and all the blessings that come from above. We love You, Lord, in Jesus' Name, Amen.