



YK #1

The Wildcat September 2007

Program of Athletic Excellence

Soccer Academy

The Soccer program will run separately from the Hockey program. Students that want to take part in both programs are able to as there is no program overlap.

The soccer program is open to students registered at WMS and in grade 7/8. The program is based on soccer specific skill development, goal setting and sportsmanship. The program is structured in two components; September to October, and May to June. Participants will have 2 sessions per 6 day cycle of 1.5 hours each.

Practice sessions will include both classroom settings and on field practices.

Students are expected to dress for outdoor soccer, which includes outdoor soccer footwear, shin guards and appropriate clothing for weather. Practices will be at the WMS soccer pitch.

Hockey Academy

The hockey program is open to both students of WMS and RLN schools. The program begins in October and ends in April. Instruction will include power skating and hockey skills instruction.

The hockey program will offer instruction everyday of the 6 day cycle for approximately 1.5 hours per session and there will be three groups in the program this year. The groups will

be broken into three categories; beginner hockey players, experienced hockey players and an all girls group.

This year, the program will include on-ice instruction from both Darren Wicks, Scott Daniels and former St. Mary's University hockey player Trina Seaward.

Note - WMS students in grades 6-7-8 are eligible and RLN students in grades 7-8 are eligible.

If you have any further questions or concerns please contact the Programs of Athletic Excellence Coordinator, Darren Wicks at 873-5814 or

d_wicks@learnnet.nt.ca

Program of Athletic Excellence Info Evening

On Monday, September 17 at 7pm at William Macdonald School parents and students are invited to come out and meet the staff .

During this session both parents and students will have an opportunity to see

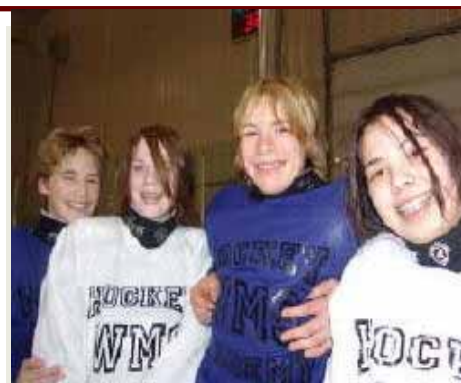
an overview of the program, ask questions and get feedback on the program rationale.

Further, Program of Athletic Excellence track suits will be available for student sizing. If you are interested in purchasing track

suits please attend as clothes will be ordered the following day. Purchases must be made by cheque, payable to "Overlander."

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Benefits of Power Skating

This past August I spent three days in Calgary on course with the Skate Canada CanPower Skate program.

The game of hockey is the fastest game on earth and in order for players to realize their true potential it is crucial to learn and develop a proper skating stride.

Often these skills get overlooked during the early years of a player's skill development. At a young age kids are like sponges and their developmental potential is unlimited. It is at this grassroots level that power skating must be taught.

Power skating enables a player to develop balance, agility, stride power and acceleration. As young players are fed these core skills their confidence in hockey will follow.

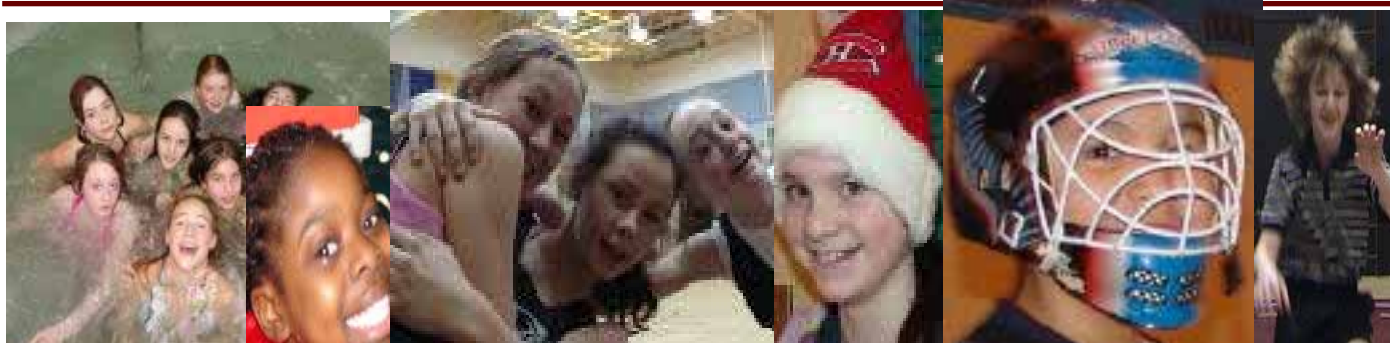
The biomechanics of the stride, both forwards and backwards stresses the importance of a low centre of gravity, leg extension and follow through. Examining player's skating stride is but only one aspect of power skating. Providing the framework for other skills such as the "Penguin Walk", crossovers, pivots, power acceleration, V-starts and so on is a responsibility that a hockey coach needs to include in his or her practice sessions.

I personally feel that skating is the cornerstone of a good hockey player, and although one understands that not all players will become the next NHL prospect, as coaches we need to provide quality skating skills opportunities in our programs.



Forward stride extension

WILDCATS in ACTION



William MacDonald Sports Teams

Coaching Philosophy

We believe it is important for all students on teams to show commitment to their team by making a strong effort to attend all practices and games. Students who endeavor to do so deserve a regular opportunity to play.

All students are welcome to come out and play on any school team. There will be a "no-cut" rule if the "Expectations for

Players" are upheld. Those students representing the school during competitions must do so with the utmost respect and "Wildcat" pride. Good sportsmanship and having fun is important when participating on a team.

Cross Country Running begins September 11, 2007. The program will run every Tuesday and Thursday from 7:45-

8:30am. For information contact your coach Ms. Audrey MacDougall.



William MacDonald School Physical Education

The WMS Physical Education program is designed to encourage all students to take part and is not based on team competition and winning, but more about student co-operation skills, individual goal setting and peer involvement.

Physical Education Expectations

1. All students are expected to participate unless they have a written note from their parents explaining why they may be excused from physical activity.
2. Students must have their indoor runners and proper PE clothes for class.
3. Students have to come to class prepared as you are not allowed to go back to the lockers.
4. Students cannot bring food, juice,

gum or candy into the gymnasium. Water is permitted.

5. Students are ONLY allowed in the equipment room if given permission by a teacher.
6. Students have 4 minutes to get changed prior to class and 4 minutes to get changed and ready for their next class.
7. Students should demonstrate proper attitudes and role model the William MacDonald School "Wildcats Roar" at all times in the gym.
8. Students are encouraged to take ownership in the gym, therefore respecting the equipment and the role of their teachers.

If, as a parent or student, you have specific concern please see Mr. Wicks.

If you would like to know what your child is doing in Physical Education please see check out our website.



Students playing Hand Games

A Child's Poem

Remember
He skates on the ice,
With his heart pounding fast,
His stick in his hand,
He waits for a pass.

Mom and Dad cannot help him,
He skates all alone,
A goal at this moment,
Would send his team home!

The puck nears his stick..
He shoots and misses
There's a groan from the crowd,
With some boos and some hisses;
A thoughtless voice cries-
"Take that bum off the ice!"

Tears fill his eyes..
The game's no longer fun.
Remember, he's just a boy
Who skates all alone!

So open your heart,
And give him a break:
For it's moments like this-
A man you could make,
Keep this in mind,
When you hear someone forget.

He's just a boy,
And not a man yet!

-Anon

Parents and coaching

Hey parents, got some free time? Would you like to get involved with your son or daughters volleyball team? How about basketball or soccer? Or maybe you like badminton?

Last year the WMS sports teams involvement in events like Spike IT and Super Soccer was phenomenal! However, with that said, there were some situations

where coaches had sometimes 2 or 3 teams to look after. This scenario during tournament play and a teachers ability to be involved and juggle the team numbers can become complicated.

WMS is always looking for parents and high school students to help with the team programs. Maybe you have another idea of how you would like to get in-

involved.

So if you would like to get involved with a school team as a coach or chaperone please contact Mr. Wicks at the school or d_wicks@learnnet.nt.ca

Sport	Day	Team	Time	Coach
X-Country Running	Tues + Thurs	Boys/Girls	7:45 am	Audrey MacDougall
Volleyball	Sunday	Gr. 7 Boys	1:00-2:15	Ryan Nichols
		Gr. 6 Girls	2:30-4:00	Coach: Kayla Dillabough & Danielle Gillard Chaperone: Archie Johnson
	Monday	Gr. 6 Boys	3:30-4:45	Darren Wicks
		Gr. 7 Girls	4:45-6:00	Gale Martin
	Tuesday	Gr. 8 Boys	3:30-4:45	Tommy Samson
		Gr. 8 Girls	4:45-6:00	Coach: Nimisha Bastedo Monika Laube & Rebecca Canam Chaperone: Krista Marquis
	Wednesday	Gr. 7 Girls	3:30-4:45	Gale Martin
		Gr. 6 Boys	4:45-6:00	Darren Wicks
	Thursday	Gr. 8 Girls	3:30-4:45	Coach: Nimisha Bastedo Monika Laube & Rebecca Canam Chaperone: Krista Marquis
		Gr. 8 Boys	4:45-6:00	Tommy Samson
	Friday	Gr. 7 Boys	3:30-4:45	Ryan Nichols
		Gr. 6 Girls	4:45-6:00	Coach: Kayla Dillabough & Danielle Gillard Chaperone: Archie Johnson