



Gym Sessions



Sydni Kemper

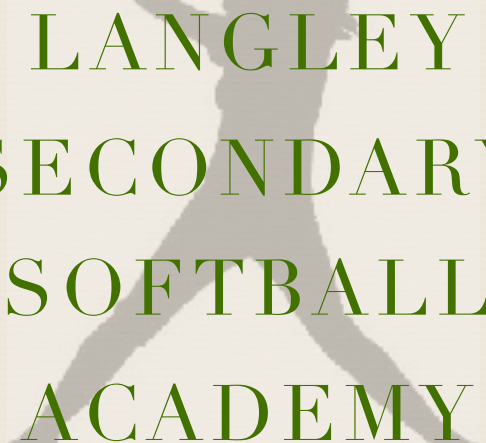
Grand Canyon
University

INSTRUCTORS



Jim Ullock

LANGLEY SECONDARY
21405 56th Ave, Langley, BC V2Y 2N1
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LANGLEY SECONDARY SOFTBALL ACADEMY

*“NOTHING
WITHOUT EFFORT”*

Contact:
lssbaseballacademy.com
lssbaseballacademy@gmail.com

Curriculum Outcomes:

General Softball Skills

- Throwing Mechanics
- Receiving Mechanics
- Hitting
- Base Running

Positional Softball Skills

- Infielders
- Outfielders
- Pitchers
- Catchers

Team Development Skills

- Situational Infield Practice
- Situational Outfield Practice
- Hitting the Cuts

CLASSROOM MATERIAL

- Mental side of softball
- Softball Opportunities and pathways
- Sport Nutrition
- Injury Prevention and Rehabilitation
- Video Analysis

A DAY IN THE LIFE OF A SOFTBALL ACADEMY STUDENT

The Langley Secondary Softball Academy offers top level instruction on both sides of the ball. There will be significant amount of time focussed on the field, time will also be focused on the physical and mental aspect of the game. From softball strategy, video analysis, nutrition and strength and conditioning to potential career opportunities in the game. Langley Secondary Softball Academy offers an in depth and hardworking aspect to the game you already love.

A TYPICAL COURSE CALENDAR OF A GRADE 10 STUDENT

SEMESTER ONE

AM

English 10

Math 10

PM

Planning

Elective

FACILITIES

McLeod Athletic Park

Indoor Batting Cages

TOL Covered Lacrosse Box

Fitness Unlimited

SEMESTER TWO

AM

Science 10

Social Studies 10

PM

Softball

Softball

ACADEMIC SUPPORT

LSS Teacher assigned as a year long academic advisor

Canadian & American College Requirements

Career and Course Selection Prep