



Hello February

Principal's Message

"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace." ~ *Ephesians 4: 2-3*

In the time between Christmas and Jesus's time of ministry, which we call Lent, there is a focus on the Holy Family, the ultimate model of family life. A model of steadfast faithfulness and devotion towards God and his will of Jesus, Mary, and Joseph. A model of love that spawns into virtues of obedience and acceptance of God's plan for all Christians. A model of forgiveness to those who wronged Jesus while he spread the good word. It was a time like now, where the 'family' tried to bestow virtues consistent with those of the life of Jesus onto themselves and others.

In January, our school community began preparing itself for the 'family' month of February by celebrating in many ways. Whether through our Jump Rope 4 Heart fundraiser, Socks and Mittens Drive, Feast of St. Paul Mass, or SPS Family Movie night, we all supported each other like a 'family.' Many laughs were shared, many lessons were learned, and many memories were made. As we move into February and prepare for Ash Wednesday and the commencement of Lent, I ask this community to continue to support and grow together!

Exciting events upcoming in February include:

- Christian Action Awards of 'Courage' (Feb 1st)
- Read Aloud Day - Character dress-up contest (Feb 7th)
- Winter Walk Day (Feb 7th)
- St. Paul Family Bingo Night (Feb 9th)
- Shrove' Pancake Breakfast' Tuesday (Feb 13th)
- Ash Wednesday Mass @ St. Basil's (Feb 13th)
- Pink Shirt Day - Cancer Awareness (Feb 28th)

Along with these exciting events are the continuation of the Young Drums program, the Blackfoot Drumming Club, and anti-bullying presentations that further support our students. I hope you and your families can continue finding the time to support these incredible endeavors as we journey through this memorable year!

God Bless,
Mr. Ryan Myndio



Important Dates:

- | | |
|------------|--|
| Feb 1: | Christian Action |
| Feb 2: | School PD Day |
| Feb 7: | Winter Walk |
| Feb 7: | Read Aloud Day—
Dress as your favorite
book character |
| Feb 8: | Oh Canada Day |
| Feb 13: | Shrove Tuesday
Breakfast |
| Feb 13: | Valentines Day/
Wear Red |
| Feb 13: | School Council
Meeting 6:30pm |
| Feb 14: | Ash Wednesday
Mass |
| Feb 19-23: | Family Day and
Teachers Convention –
No School for Students |
| Feb 28: | Pink Shirt Day |



Associate Principal's Message

Welcome to February, the halfway mark for the school year. It is the shortest but also one of the busiest months of the year. We celebrate many days throughout this month with our students and families. This year both Shrove Tuesday and Ash Wednesday fall on February 13th and 14th and will be celebrated with our students at school. Hopefully you can participate in these two special days with your families and your local Parish. The 40 days of Lent gives us time to pray more, love more and give more. The month of February is dedicated to the Holy Family. We are called to show the love in our own families that Mary, Joseph and Jesus had for each other. Family day and a week off from school begins on February 19th and I hope that everyone can take some time to enjoy a wonderful day and week together! February 28 we celebrate Pink Shirt Day and share kindness throughout our school building, community and beyond. And lastly, this February is also a leap year and we are blessed with an extra day at the end of the month and the challenge to make it a great day!

Tina Delinte
Associate Principal

February Faith Focus

The month of February is dedicated to the Holy Family - Mary, Joseph and Jesus and the love that they shared and modeled for each of us.

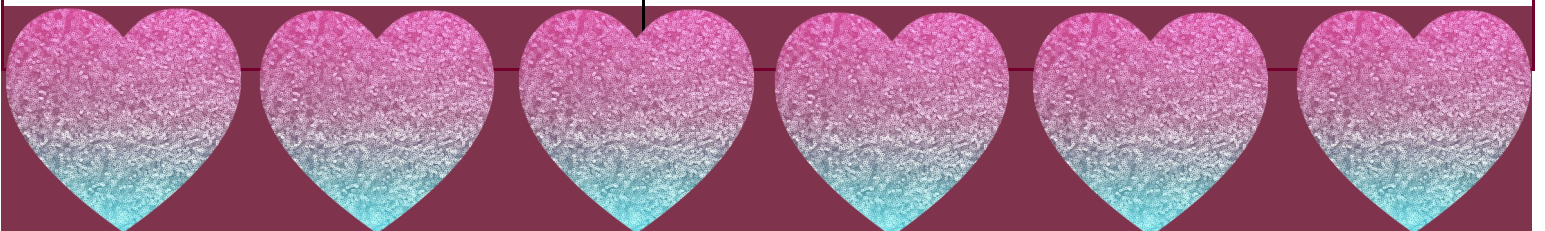
Christian Action - Love



love 

This month we look for opportunities for charity, one of the Fruits of the Spirit.

The virtue of love encourages us to show genuine concern for the good of others, with unselfish acts of kindness such as: compassion, caring, thoughtfulness, service and other humanitarian and noble actions. All we need is love!



BREAKFAST PROGRAM

Just a reminder that we have our breakfast program that runs **Monday to Friday 8:00-8:30am**. This program is free of charge and it is for every student to enjoy. We hope to see you for breakfast!

Picking up Students During School Time:

For continued safety of our children we require parents to come and sign their children out at the office when they are picking up their child during school time. Parents please continue to send in advance a note in your child's agenda informing the school that you will be picking up your child during school hours. When parents arrive at school, please come to the office and sign your child out. While signing out your child, the office will contact the homeroom teacher and have your child sent to the office. Thank you in advance for your cooperation by helping us to continue to create a safe and supportive learning environment for all students. If you have any questions, please feel free to contact the office at (403)328-0611.



SIGN OUT

School Council

Our Next School Council Meeting:

Tuesday, February 13 @ 6:30pm

Be Mine Valentine



This year for Valentine's Day, we will be celebrating on Tuesday, February 13.

Students are welcome to bring valentine cards for their classmates; other candy, treats, and goodies are also welcome!

Our February Break is February 19-23, 2024
There will be no school for students. Enjoy this time off with your family!



Stress Coping Skills for Everyday Life

Get Enough Sleep

Adults need 7-9 hours of sleep a night. It can help you feel better, make it easier to concentrate and give you more energy.

Take time for Yourself

Do something creative or something that you enjoy.

Breathe

When you are stressed, take a slow, deep breath. It calms your nervous system and helps you think more clearly.

Go Outside

Just a few minutes outside can help you feel relaxed and recharged. A 15 minute walk in any weather can help improve your mood.

Stretch

Gentle Stretching relaxes tight muscles and may help tension headaches. Regular stretching can improve your mood and general well-being.

Build Relationships

Stay connected. Having healthy relationships gives you shared respect, honesty, loyalty, and trust.

Share Meals

Eat meals with family, friends and co-workers to feel more connected.

Drink Water

Drink 1.5-2 litres (6-10 cups) of water a day to stay hydrated and alert. Your body needs water to work properly.

For more Information about the effects of stress on your health and ways to manage stress, talk to your healthcare provider or visit:

myhealth.alberta.ca

For 24/7 Health Advice Call:

HEALTHLink Alberta

1-866-408-5465

(LINK)

Registration Updates

SchoolEngage now has the new registration

update forms for parents to complete for the 2024/2025 school year. Please take a look at your email or log in to your PowerSchool parent portal to complete this form. All forms are required by Alberta Education to be completed.

You can log in here to get started:

<https://holyspirit.powerschool.com/public/>



Holy Spirit
CATHOLIC SCHOOL DIVISION

TAKE THE NEXT STEP
AND REGISTER SOON!

2024/2025 REGISTRATION

- Re-registration for **CURRENT** students starts **January 15, 2024**
- Registration for **NEW** students starts **February 1, 2024**

We invite you to come and take your next step in education with the Holy Spirit Catholic School Division where children are cherished and achieve their potential.

EARLY LEARNING FRENCH IMMERSION FINE ARTS

www.holyspirit.ab.ca



STAYING CONNECTED

We have many ways for you to stay connected with us. Please check out our school website at

www.holyspirit.ab.ca/stpaul

You will notice on our home page it is easy to stay connected with FaceBook or Twitter. Please give it a try!





Holy Spirit Catholic School Division

...where students are cherished and achieve their potential

Dear Holy Spirit Catholic School Division Parents/Guardians,

The Holy Spirit Catholic School Division understands the importance of keeping our school community informed and connected, and wants to ensure that everyone receives the necessary information from both your school and the division in a timely manner. Recently, there have been concerns from some schools and families regarding our messaging, with reports of some families not receiving important emails or texts.

To address this issue, we have compiled a list of tips and potential fixes to ensure that you stay up-to-date with all the information being sent out:

Email:

1. Regularly check your junk/spam folder to ensure emails have not been filtered there.
2. If you are not receiving emails in your regular inbox or spam/junk folders, please contact your school to verify that you have not declined to receive emails by unsubscribing or have been blocked.
3. Ensure your email address is up-to-date and has been provided to the Holy Spirit Catholic School Division.

Text Messaging:

1. When filling out registration forms, ensure that a valid mobile phone number is entered in the mobile phone field on the parent contact form.
2. If you are unsure whether your mobile phone number has been added, please contact your child(s) school(s) to double check and update as necessary.
3. Confirm you have opted in to receive text messages from the schools/division. Please see insert on how to opt in for text messages for your convenience.

In addition, we would like to remind you that all important messages sent out to our Holy Spirit families are normally included on our social media channels (FaceBook, Instagram, Twitter) as well as on the Holy Spirit Catholic School Division website (www.holyspirit.ab.ca).

We hope that these steps provided above help maintain consistent and effective communication between our school community and our families. If you still experience issues after following the tips and information above, please do not hesitate to reach out to your school(s).

Your collaboration is paramount in fostering strong and seamless connections within our schools and division. Thank you.

Sincerely,

Sean Marks, Communications Coordinator
Holy Spirit Catholic School Division

The Holy Spirit Roman Catholic Separate School Division

St. Basil Catholic Education Centre, 620 12B Street North, Lethbridge, AB T1H 2L7
Phone: 403-327-9555 • Fax: 403-327-9595 • www.holyspirit.ab.ca



Stay Up-To-Date with Our Schools' Communication!

Holy Spirit Catholic School Division is reminding families to ensure you are set up to receive text (SMS) messages from our schools and division. This is one of multiple ways that we send out important messaging to both our families and staff. Please take some time to follow the steps below to ensure you're receiving our text (SMS) messaging.

In addition, for those who have not signed up or utilized our SchoolMessenger App, we've included step-by-step instructions on how to do so. SchoolMessenger helps our parents and families to access important notifications, receive school messages and set your communication preferences.

Text (SMS) Messaging

1) Did you receive a text from us?

When a new mobile number is entered by the school, within 24 hours, a text should be sent to that number asking if you would like to subscribe.

Simply respond with your preference:

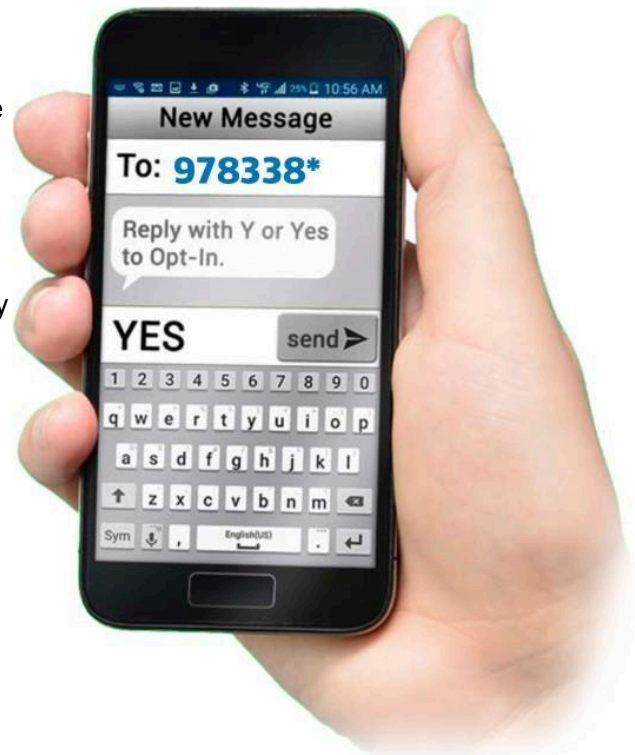
- Type "Y" or "Yes" to receive messages by text.
- Type "N" or "Stop" if you'd prefer not to receive messages by text. You can do this to unsubscribe at any time.

2) You haven't received a text and you'd like to?

You can always subscribe to receive texts from the school by sending a "Y" to **978338**. You will receive a notification that your opt-in is complete if successful.

3) Do you have a new or different device you'd like to receive texts to?

First, make sure your child's school has this new number in their system! You should receive a message in 24 hours asking you to respond with a "Y." If you don't, send a "Y" directly to **978338**. You will receive a notification that your opt-in is complete if successful.



**While this service is free, standard message and data rates may apply. Please check with your device's data provider if you have any questions related to charges.*



SchoolMessenger App

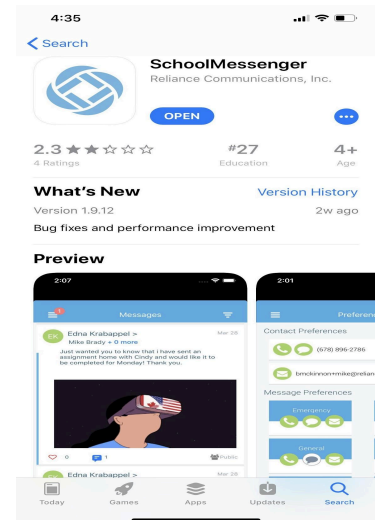
The School Messenger App allows parents to:

- Access important school notifications 24/7/365
- Set your communications preferences for calls, emails, texts, and more
- Receive all kinds of school messages in one single app (classroom and group updates, activity alerts, school and division notifications)
- Review your messages on any device (smartphone, laptop, etc...)

1) Download the School Messenger App:

Go to the GooglePlay or Apple Stores to download "SchoolMessenger" (the version with the blue logo).

You can also download the app, or set up your account, from <http://go.schoolmessenger.com>.




2) Sign up for an account:

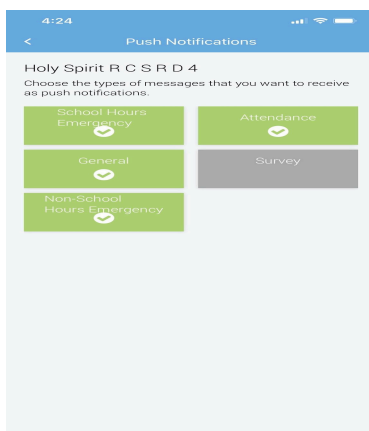
Make sure you enter the email address that the school has on file for you. This will allow the app to find all of the students associated with you. Also, make sure you select "Canada" as your location.



3) Set your preferences:


When you first log in, click on the  icon in the upper left corner of your screen and select "Preferences." For each category, you can select how you would like to be notified:

- *School Hours Emergency* –For urgent messaging during school hours
- *Non-School Hours Emergency* - For urgent messaging before and after school hours
- *Attendance* – For calls regarding your child's attendance.
- *General* – Day to day information from the school.



4) Enable push notifications:

Even if you turn off most types of notifications (phone, text, email), you can still receive those messages through push notifications on your phone.

To set your push notifications, click on the  icon in the upper left corner of your screen. Select "Settings," then "Push Notifications."

Click on all of those boxes for which you would like to receive push notifications on your device.

February

Build! Pilgrims of Hope



"Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people."

Matthew 4:23

St. Dulce Lopes Pontes 1914-1992 (Feast Day: August 13)

When Maria de Souza Pontes was 13, her aunt took her on a trip to the poor area of her hometown. She was struck by the poverty and need that she encountered, and began to start to care for the homeless in her own neighbourhood. At 18, she joined a missionary order and became known as Dulce. Immediately, she began to serve the neediest in Salvador, supporting workers and housing those in need. Initially, this was done in abandoned homes and buildings, but each time they were evicted. Finally, she asked the permission of the convent to convert their chicken coop - which over time became a hospital. That hospital today serves more than 3,000 patients per day and is the largest free hospital in Brazil.

In 1959, she created a foundation known as OSID, which oversees the hospital, as well as other welfare and education services, and is a well known and respected organization in Brazil. It serves the homeless, elderly, children, those with addictions and disabilities and other marginalized groups. Dulce was nominated for the Nobel Peace Prize in 1988, and lived the last years of her life with respiratory problems prior to her death in 1992. St. Dulce Lopes Pontes was canonized by Pope Francis in 2019, becoming the first Brazilian female saint.

"Building" In Our Schools

At St. Joseph School in Coaldale, their Leadership class is spearheading a fundraising campaign for our divisional Chalice campaign. As they raise funds, through ice cream float and hot chocolate sales, they are visually tracking their contributions by adding bricks to their school diagram - building a school of kindness. What a great way to show solidarity with St. Odilia!



Corporal Works of Mercy

— Visit the Sick —

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them. Consider one or more of these practical ways to show this work:

- Give blood.
- Take time on a Saturday to stop and visit with an elderly neighbour.
- Next time you make a meal that can be easily frozen, make a double batch and give it to a family in your parish who has a sick loved one.
- Spend quality time with those who are sick or homebound.
- Take the time to call, send a card or an e-mail to someone who is sick.

Pope's Prayer Intentions - For the Terminally Ill

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.



"We are like a pencil with which God writes the texts He wants said in the hearts of men."

(St. Dulce Lopes Pontes)

Catholic Social Teaching

— Solidarity —

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.

Last month, we looked at the preferential option for the poor and vulnerable. We saw how keenly interested God is in those at the margins. When we act in ways that align with this, recognizing our interdependence, seeing ourselves in others and seeking to secure the good of others, we are showing solidarity. As St. Pope John Paul II wrote,

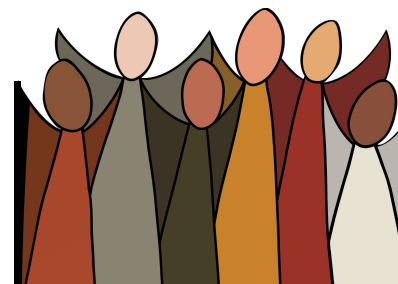
"[Solidarity] is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and of each individual, because we are all really responsible for all."

Learn more about Solidarity with one of these resources:

CST 101 - [Solidarity](#)

Development and Peace - [Solidarity](#)

USCCB - [Solidarity](#)



Gospel Readings

February 4, 2024

5th Sunday in Ordinary Time

Gospel Reading: Mark 1:29-39

“All this I do for the sake of the gospel, so that I too may have a share in it.” — 1 Corinthians 9:23

Do WHAT for the sake of the gospel? In today’s scripture verse, we are called to do EVERYTHING for the glory of God. The Gospel tells of Jesus’ life and how he tried to please God with all he did and said, the way he loved, the way he treated others, the way he did everything! We too are called to do everything in our lives to live out the Gospel. The word “gospel” means “good news.” We want to have a share of this Good News, just like St. Paul did. All we have to do is live the Gospel in our own lives. So listen carefully to the scripture readings at Mass. They will guide you to live for God!

What do you think it would be like to have a share of the Good News?



Prayer:

*Dear Lord, we want to experience your Good News today and be with you in heaven someday!
Please help us to learn what we need to do to have a share in that gift.*

February 11, 2024

6th Sunday in Ordinary Time

Gospel Reading: Mark 1:40-45

“...Whether you eat or drink, or whatever you do, do everything for the glory of God.” — 1 Corinthians 10:31

How could what I eat or drink glorify God? St. Paul reminds us in this reading to remember God and give him glory for all the normal, everyday things we do in our lives. It’s easy to forget and take things for granted, but everything is a gift from God. Paul also reminds us to be kind to others in everyday situations. We can make choices like holding the door for others, when all we want to do is get into the place we are going. We can choose to be last in line, allowing others to go before us and offering that as a prayer. These are all small ways we can give glory to God—and show God’s love—in our daily lives.

What are some ways you can show glory to God in your life every day?



Prayer:

Dear Lord, I don't always feel like I can do great things to show you my love. Please help me to find small ways every day in my own life to give you glory.

Download this month's [Saint Prayer Card](#) - St. Dulce Lopes Pontes



Gospel Readings

February 18, 2024

1st Sunday in Lent

Gospel Reading: Mark 1:12-15

“The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan.” — Mark 1:12

Even Jesus was called for forty days to fast and pray. It was not easy for him. Satan was there whispering in his ear to try to get him to stop fasting and walk away from his prayer. He could have done that. He was God. But he chose the harder way. He chose to offer up his discomfort to glorify God and grow closer to him. We too are called to forty days of fasting and praying. We may even be tempted as Jesus was to walk away from the sacrifices. But just as the Spirit gave Jesus the strength to keep going, he will give us what we need to continue and grow closer to him.

What are some ways that you can fight off temptations? What are your favourite ways to pray?



Prayer:

Dear Lord, thank you for giving us the opportunity to join with you in this time of fasting and praying during Lent. Please give us the grace not to give in to temptation.

February 25, 2024

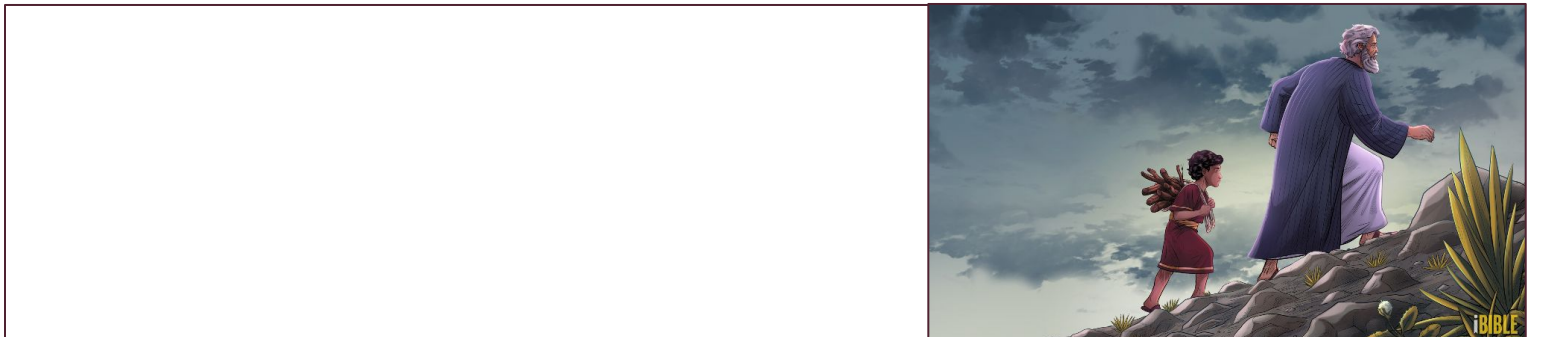
2nd Sunday in Lent

Gospel Reading: Mark 9:2-10

“Then God said: “Take your son Isaac, your only one, whom you love...there you shall offer him up as a holocaust...” — Genesis 22:2

Think of the one person you love the most in the world. Is it your mom, dad, a brother or sister? Maybe it's a best friend or a cousin. Can you imagine if you heard God ask you to give them up forever? That would be the hardest thing you'd ever have to do. Yet, in today's scripture, that is what God asks Abraham to do. Abraham is a great example of faith and trust in God. He didn't understand why God wanted him to give up his only son, whom he loved with all his heart. But he trusted in God. In the end, we learn that God didn't want him to give up his son, he just wanted to test Abraham's faith and trust. I think he passed the test, what about you?

Are there things in your life that God may want you to give up that would help you grow closer to him?



Prayer:

Lord, may we learn to have the same faith and trust in you that Abraham had, even when we don't understand your ways.

Sources:

[All about Blessed Dulce Lopes Pontes – the Good Angel of Brazil](#)
[Irmã Dulce](#)
[Dulce Lopes Pontes: From serving the sick to Nobel nominee](#)

[History, Prayer, and Phrases of Saint Dulce of the Poor](#)
Image Source: [The Life of Isaac \(Part Two: The Sacrifice\)](#)

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V8 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>



February

St. Dulce Lopes Pontes

Feast Day: August 13

“We have to believe and be sure that nothing is impossible in the eyes of God. If I had to, I would start all over again the same way, walking the same path of difficulties, because faith, which never abandons me, would give me strength to always go forward.”

St. Dulce Lopes Pontes, Pray for Us!



(I)SWAG Presents:

HEALTHY RELATIONSHIPS

Join us as Lethbridge Family Services presents while
you enjoy a complimentary dinner at a night of
exciting learning

Location
Anton's Ballroom

Sandman Signature, 320
Scenic Drive S, Lethbridge AB

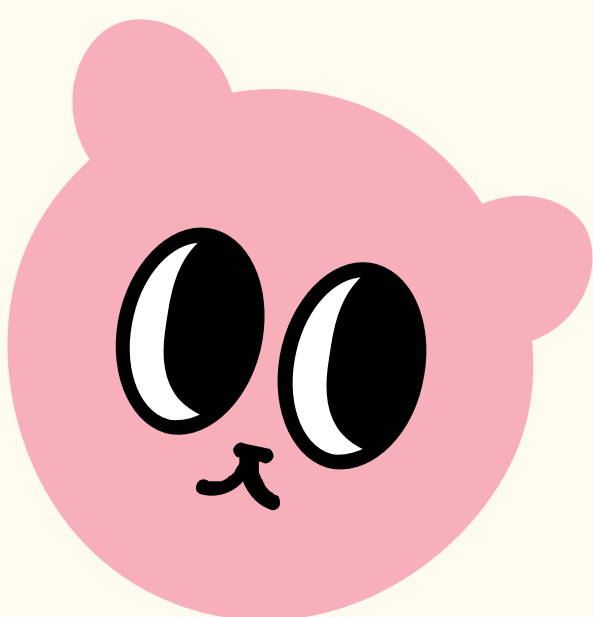
February

15

5:30 - 8:00pm

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>



Emily Williston



SWAG
Student Wellness Access Guide
Holy Spirit Catholic School Division
willistone@holyspirit.ab.ca
(403)308-2445

Billy Woitte



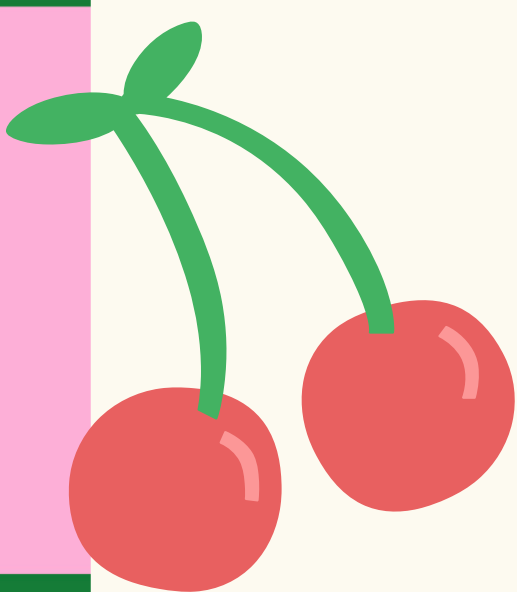
ISWAG
Indigenous Student Wellness Access Guide
Holy Spirit Catholic School Division
woitteb@holyspirit.ab.ca
(403)635-2415

LETHBRIDGE FAMILY SERVICES

Lethbridge Family Services provides highly-accredited health and social services to over 9,000 individuals and families in more than 30 communities in southwestern Alberta. The Outreach and Education team works with individuals, caregivers and professional to facilitate insight, awareness and enhance skills.

This is a **FREE** event

Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus drivers, parishoner's



2024 OUTDOOR RECREATIONAL SOCCER REGISTRATION INFORMATION

www.lethbridgesoccer.com - 403-320-5425 (KICK)

ONLINE ONLY:

Thursday February 1st - Sunday March 3rd

**all registration must be done online* REGISTER YOUR PLAYER BY THEIR BIRTH YEAR*

**payments must be made online using RAMP*



IF YOU ARE USING KIDSPORT OR JUMPSTART

IF YOU ARE APPLYING FOR FUNDING THROUGH JUMPSTART, KIDSPORT OR CITY OF LETHBRIDGE FAP - PLEASE APPLY ONLINE TO THOSE ORGANIZATIONS **FIRST**. THEN REGISTER YOUR PLAYER ONLINE:
WWW.LETHBRIDGESOCCER.COM

REGISTER:

www.lethbridgesoccer.com

Request Fee - \$40.00 - Payable at office or over the phone

<u>Age Group</u>	<u>Birthyear</u>	<u>Fee</u>	<u># of sessions</u>	<u>***Days Playing***</u>	<u>***Fields***</u>	<u>***Earliest Start Times***</u>
U4 - CoEd/ Parent & Tot	2020	\$125.00	10 (30 min sessions)	Monday	Servus Sports Centre Indoor Field	5:15pm & 6:00pm
U5 - CoEd	2019	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:00pm
U6 - CoEd	2018	\$125.00	10 (45 min sessions)	Monday	Outdoor Servus Sports Centre Field	6:00pm
U7 Boys	2017	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:45pm & 6:30pm
U7 Girls	2017	\$125.00	10 (45 min sessions)	Wednesday	Outdoor Servus Sports Centre Field	5:45pm & 6:30pm
U9 Boys	2015 & 2016	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Park Meadows or Redwood Park (North)	5:30pm & 6:30pm
U9 Girls	2015 & 2016	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Park Meadows or Redwood Park (North)	5:30pm & 6:30pm
U11 Boys	2013 & 2014	\$190.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:30pm & 6:30pm
U11 Girls	2013 & 2014	\$190.00	18 (1hr sessions)	Monday & Wednesday	St. Teresa School (North)	5:30pm & 6:30pm
U13 Boys	2011 & 2012	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	6pm & 7:15pm
U13 Girls	2011 & 2012	\$190.00	18 (1 hr sessions)	Tuesday & Thursday	Gilbert Paterson School (South)	6pm & 7:15pm
U15 - CoEd	2009 & 2010	\$190.00	18 (1 hr 10 min sessions)	Monday & Wednesday	Winston Churchill School (North)	6pm & 7:30pm
U18 - CoEd	2006, 2007 & 2008	\$190.00	18 (1 hr 20 minute sessions)	Tuesday & Thursday	Atsotawawa (West)/ Wilson Middle School (East)	6pm & 7:30pm

**** Please note if U7, U9, U11 and U13 age groups do not fill for gender specific they will be CoEd****

***** START TIMES CANNOT BE REQUESTED AS TIMES WILL ROTATE THROUGHOUT THE SEASON *****

Sessions will be scheduled during the Victoria Day long weekend (Monday evening)

***** Days, Start times & locations are subject to change and are provided as a guideline only. Season to start on Monday April 22, 2024 and be complete by Saturday June 22, 2024*****

U4-U6 Timbits: An introduction to soccer. All sessions ran by LSA Staff Coaches, with activities based around players exploring the soccer ball and getting comfortable with an invasion sport. Some small sided scrimmages may be played, but this environment is purely about the players gaining their first touches of a soccer ball.

U7-9 Fundamental: Individual development is paramount by building a love of the ball. Sessions will challenge players creative side as well introduce them to skills needed in the game such as dribbling, passing and shooting. Scrimmages will be played, but no scores will be kept, and all players will be asked to experience all positions of a soccer match (goalkeeper, defender, midfielder, striker).

U11-13 Learning The Game: This age is classed as 'The Golden Age Of Learning' where skills learnt in the earlier stages are now enhanced as well as an introduction to the tactical side of the game. Scrimmages will be played and although scores will be kept during the game, coaches and players are asked to keep games meaningful, competitive and to avoid blowouts at all costs. There will be no league standings.

U15-U18 Excel In The Game: Utilizing the technical understanding and tactical skills learnt in the previous three phases to excel in the game. Like the previous 'Learning the Game' phase, coaches are asked to avoid blowouts and keep games competitive throughout.



REGISTER NOW

REGISTER AT:

www.lethbridgeminorsoftball.com

REGISTRATION RUNS FEB 1ST - MAR 31ST

Lethbridge Minor Softballs goal is to grow the sport of softball while providing a great experience for kids ages 3-19 from Apr -Jun.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!

