

CREATING CAPTAINS

"WHEN I GAVE UP ME, I BECAME MORE, I BECAME A CAPTAIN, LEADER, A BETTER PERSON AND I CAME TO UNDERSTAND THAT LIFE IS A TEAM GAME"

DON MATTINGLY



Learn what the current research is telling us about leadership.

Wednesday, February 19

7:00 to 8:00 PM

University of Lethbridge – Room PE 264

FREE EVENT – Open to the Public!

WINNING EDGE



Intro to Leadership | Thurs. Mar 12

Leading Yourself - Ownership | Thurs. Apr 9

Leading Others | Thurs. Apr 30

7:00 to 7:50 PM

Nicholas Sheran Arena

Lethbridge Sport Council Community Room

\$25 AEP Athletes and Alumni

\$50 Person for Groups of 5 or More

\$75 General Public

FOR ALL 3 SESSIONS

Philosophy, Values, Mission | Thurs. Mar 12

Transformational Coaching | Thurs. Apr 9

Leadership Identification | Thurs. Apr 30

8:00 to 8:50 PM

Nicholas Sheran Arena

Lethbridge Sport Council Community Room

\$50 Person for local sports groups with

5 or more attending

\$75 Coaches and Parents

FOR ALL 3 SESSIONS

KODIAKS VOLLEYBALL CAMP

PROGRAM DESIGNED FOR FEMALE PLAYERS IN GRADES 9 TO 12, AND IS LED BY KODIAKS WOMEN'S VOLLEYBALL COACH, ANA SHWARK. CAMP INCLUDES;

- TECHNICAL TRAINING
- SPEED AND AGILITY TRAINING
- WINNING EDGE SPORT SCIENCE SESSIONS
- WORKOUT SHIRT

JULY 2 TO 25

TUESDAY AND THURSDAY

6:00 PM TO 8:45 PM

COST - \$250

SPACE IS LIMITED

REGISTER AT ASDCSW.CA

LETHBRIDGE COLLEGE

KODIAKS



ASDC
ALBERTA SPORT
DEVELOPMENT CENTRE
SOUTHWEST



2019 HORNS RUGBY PREP

THE 2019 HORNS RUGBY PREP PROGRAM DELIVERS SPEED AND AGILITY TRAINING, TECHNICAL TRAINING AND SPORTS SCIENCE SUPPORT FOR GRADES 9 TO 12 FEMALE AND MALE PLAYERS IN SOUTHWEST ALBERTA LOOKING TO MAXIMIZE THEIR SKILLS.

JANUARY 29 TO MARCH 14, 2019

TUESDAY AND THURSDAY EVENINGS

TUESDAY

TECHNICAL TRAINING

6:00 TO 7:00PM

SPORTS SCIENCE SESSIONS

7:00 TO 8:00PM

JAN 29 | FEB 12 | MAR 5

THURSDAY

TECHNICAL TRAINING

6:00 TO 7:00PM

MOVEMENT/AGILITY/SPEED

7:00 TO 7:45PM

\$200/PLAYER

**FULL PROGRAM DETAILS AND REGISTRATION AT
ASDCSW.CA**





2019/20 Molson OnIce Hockey Draft

Thursday October 3, 2019

Sandman Signature Lethbridge Lodge
Former Essies Location – Please Park In Rear Parking Lot

- 6:00 Doors Open
 - 6:30 Dinner
 - 7:00 Selection Lottery
 - 7:15 First Pick
-

Through out the night we will be raffling door prizes and have the following auction items.

Auction Item 1 - The Retro Table (Auction at 6:20PM)

- Mattel Intellivision video game system w/ NHL 1979
- Prizes from Molson
- Retro hockey prizes
- First up for Dinner

Auction Item 2 - Browns Social House Experience (\$500 Value)

- Guided tasting for eight (8)
- Sample Items from the menu
- drink pairings from the bar

Auction Item 3 - Signed and Framed Mike Smith Calgary Flames Jersey



AGLC Raffle License 535039

Lethbridge



Sr. Men's AA Hockey

2016 UNDER THE LIGHTS LEGENDS OF SPORTS DINNER



FEATURING



**ANDRE
DAWSON**

- 2009 HALL OF FAME
- 1975 LETHBRIDGE EXPOS
- 1977 MLB ROOKIE OF THE YEAR



**FERGIE
JENKINS**

- 1991 HALL OF FAME
- 1987 BASEBALL HOF
- 1ST CANADIAN IN BASEBALL HOF



BILL "SPACEMAN" LEE

- 1973 ALL STAR
- 69 TO 78 BOSTON RED SOX
- 78 TO 82 MONTREAL EXPOS

FRIDAY APRIL 22 - 6PM
LETHBRIDGE LODGE & CONVENTION CENTRE

TICKETS AVAILABLE AT
UNDERTHELIGHTS.POINTSTREAKSITES.COM

SPITZ STADIUM OFFICE
CALL 403-320-2025



TORONTO MAPLE LEAFS ALUMNI

LETHBRIDGE FUNDRAISING GAME



VS



THURSDAY
MARCH 9TH
7PM

NICHOLAS SHERAN
ARENA

TICKET INFORMATION
AT WWW.ASDCSW.CA



OPPORTUNITY OF A
LIFETIME!

THE LEAFS GOALIE
POSITION IS UP FOR
AUCTION!

MAKE A BID AT
WWW.ASDCSW.CA

FEATURING
JOE NIEUWENDYK
CURTIS "CUJO" JOSEPH



ASDC SW IN PARTNERSHIP WITH THE
UNIVERSITY OF LETHBRIDGE
PRONGHORNS ARE EXCITED TO
PRESENT THIS UNIQUE FUNDRAISER
FEATURING A 10-MEMBER TORONTO
MAPLE LEAFS ALUMNI TEAM!