

Post-Secondary Commitments



Three of our student-athletes recently committed to post-secondary schools and their athletic programs.

Raya Hafez [signed with the University of Toronto](#) (U SPORTS), Sienna McClinchey signed with Liberty University (ACHA) and Kyla Mitenko signed with the University of Calgary (U SPORTS).

Raya has been at Edge for three years and has continually improved since joining our basketball program. “She’s a dynamic guard who has a great feel for the game. Her character and work ethic fits right in with our teams’ values and culture,” says Varsity Blues head coach, Tamara Tatham.

Sienna joined us at Edge for her Grade 12 year and brings an unwavering focus and dedication to the game. On the ice she is a hard player to play against and has zero fear when it comes to using her strength to gain an advantage.

Kyla has been at Edge for the past three years and has been an offensive catalyst for the team – leading the squad in scoring the past two seasons. Kyla is also no slouch in the classroom, as she was just recognized with four semester 1 academic awards (Honour Roll, Academic Excellence with Distinction, Principal’s List and Mountaineer Award).

Congratulations to the three of you for working so hard to set yourselves up for this next step in your academic and athletic journeys. We wish you all the best!

BioSteel All Canadians



Congratulations to Bubus Benjamin and Ify Nwaobi for being selected to take part in the 2023 [BioSteel All Canadian Games](#)!

The BioSteel All Canadian Basketball Games feature the top 24 senior male and female Canadian high school basketball players who are either Canadian-born or enrolled in a Canadian institution. The top 24 athletes come to Toronto to work with Canadian coaches and trainers in a series of events including on-and-off court training, practices and scrimmages in front of NBA scouts and GMs, community outreach, the Nike Skills Challenge, and the Boys and Girls All Canadian Games, broadcast live on TSN.

Bubu and Ify were two of only four Albertans selected to compete in the game that will take place on Sunday, April 2. We are excited to see both of you showcase your talent next month!



Bubu was also recognized as this season's CJBL most valuable player after helping lead our male basketball national team to an undefeated 15-0 season en route to a CJBL Championship. You continue to blow us away, Bubu, keep up the great work on and off the court!

Congratulations to the entire team as well for an outstanding CJBL season.

1st Place Finishes for Fitness Academy Student-Athletes



Fitness Academy student-athlete, Luc Dahlman, finished first in the sub-junior (U19) division at the recent Powerlifting National Championships! He finished with lifts of:

Squat – 200kg (441lbs)
Bench Press – 135kg (298lbs)
Deadlift – 240kg (529lbs)

Congratulations on a great showing, Luc!

Shoutout to Mr. Manery for setting personal bests in all of his lifts as well:

Squat – 265kg (584lbs)
Bench Press – 185kg (408lbs)
Deadlift – 262.5kg (579 lbs)

Another Fitness Academy student-athlete, Roenen Chase, also had a 1st place finish – this one at the recent Alberta Pentathlon Provincial Championships. Congratulations to Roenen on his gold medal finish in the U18 division!



Geremia Competes at World Cup

On Feb. 6-12, WinSport's world-renowned halfpipe and FIS slopestyle course welcomed some of the world's best snowboarders for the FIS Snowboard Slopestyle World Cup. Felicity Geremia made the finals and finished in 7th place.

She also competed in the 2023 Air Nation Freestyle Senior Nationals in women's halfpipe, and won the silver medal. Canadian Olympian, Brooke D'Hondy, took the gold so it was an awesome experience for Felicity to compete against some of the sport's best competitors. Congratulations on more great showings, Felicity!



CHARACTER CORNER

Last week, our Basketball Director, Eddie Richardson took to Instagram to share his thoughts on sport culture and a visual representation of what good culture can be. [You can watch the video and see his original post here.](#)

What is Sport Culture?

Creating or improving ones sport culture in a department, program, or team is a very hard task. The process is challenging and can seem daunting.

But how do you do it?

From my experience, as the leader of your tribe maintaining your macro focus while navigating the pathways of the micro is imperative. As your program grows, to maintain or improve your culture you must be comfortable with letting some people go that do not fit, as well as be okay with people leaving on their own. As a team, you must be able to learn from your setbacks, while intentionally celebrating your successes. As your program evolves for the better, GREAT people will find you.

This video is what culture can look like.

Yes the dunk is dope, but let's dig a little deeper. This reaction was from our high school boys program as one of our juniors finished one of our drills with an East-bay (in between the legs). These boys had no clue they were being filmed. Their reactions were not for social media, they responded organically in support and pride for a brother hitting a dunk that he's been working towards all season by improving his body and ability.



They celebrated for him with no expectation of gaining anything for themselves.

This is a visual representation of a good culture.

Thank you Eddie for sharing!

Elick Talks About his WHL Experience Thus Far

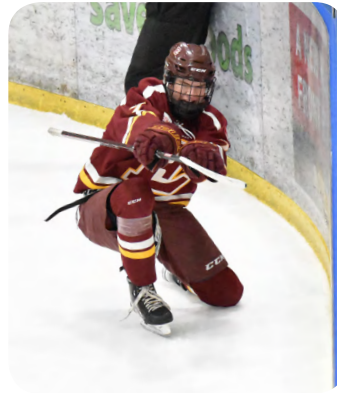


This season, Grade 11 student-athlete, Charlie Elick, made the transition from the U18 Prep hockey team to the WHL with the Brandon Wheat Kings.

Recently, Charlie sat down with the Brandon Sun to break down his journey with the Wheat Kings so far. "The transition has been great," Elick said. "Obviously getting all those games in last year has helped this year. Being a full-time player this year has helped my confidence a lot more and I've been able to blend with the group and know that I'm one of the players on this team for sure."

[You can read the full story here.](#)

Mountaineer Moments



ALWAYS A MOUNTAINEER

Bernard-Docker Conquering Crohns



Class of 2021 grad, Island Bernard-Docker, has been facing a big personal battle with Crohn's Disease, and recently took to Instagram to share her story:

My name is Island Bernard-Docker; I was diagnosed with Crohn's disease in May 2022. I have struggled greatly to share my story due to the fear of judgment. Ostomies are not a societal norm; because of the stigma surrounding them, it took me a long time to accept mine and learn to live with it. After surgery, I initially wanted to hide and keep my disease and battle a secret. Being sick heavily impacted me mentally and physically, and it was not something I ever wanted to speak about or share. However, this disease affects so many people; if sharing my story can help anyone struggling, I am willing to go out of my comfort zone to be an example or outlet for anyone who may need it.

This is my story:

I went to the ER for severe abdominal pain, and following an examination, I was immediately admitted for treatment. I spent around six weeks hospitalized, attempting to get the disease under control using medication. However, my case of Crohn's was very severe; after trying several medications, my doctors concluded my condition was not curable through medication. I had to move forward with surgery to control my disease. After a considerable amount of fighting and tears, I received a subtotal colectomy and an ileostomy. Although I have the most outstanding support system, this diagnosis and surgery was still the single most challenging thing I have ever endured. Having an ostomy is difficult, especially as a 19-year-old woman. However, this surgery allowed me to recover and ultimately gave me my life back. Although it is still a constant battle, my ostomy allows me to live the life I am passionate about and pursue my goals.

My struggle with Crohn's disease has changed my outlook on life and the way I value health; I'm taking part in the 2023 Gutsy Walk to raise awareness and try to raise money for investment into research, patient programs and advocacy for Crohn's. On Sunday, June 4, 2023, I'll be walking to support Crohn's and Colitis Canada. Please consider joining me.

Thank you for taking the time to read my story; I would greatly appreciate any support you can provide to help support the Crohn's and Colitis foundation.

We are proud of Island for sharing this personal story. If you would like to support her fundraising for Crohn's and Colitis Canada, [you can click here for more information](#).

ALWAYS A MOUNTAINEER

Kobelka Commits to Alaska-Fairbanks

Congratulations to class of 2021 grad, Chris Kobelka, on committing to NCAA program Alaska-Fairbanks! Chris was a Mountaineer for five years and played in 131 CSSHL games for our hockey teams. Since graduating, Chris has been playing junior hockey. Most recently, he has been playing in the AJHL with the Fort McMurray Oil Barons. This season, Chris broke out offensively with 42 points (10 goals, 32 assists) in 56 games as a defenceman.

We are excited to see Chris commit to this next step in his student-athlete journey and wish him the best!



[Register for the Edge Charity Golf Classic](#) on Friday, June 2, 2023 at [Stewart Creek](#) and take advantage of our early bird discounts!



Jason Kerswill
@JasonKerswill

A big thank you to all the @edgeschool parent volunteers who regularly step up to work the box as minor officials for our @CSSHL showcases and games. Also, a huge thanks to those helping to keep the coaches/scouts room stocked and recognized as one of the best in the league!



Congratulations to all of our semester 1 academic award winners for your outstanding achievements in the classroom, keep up the great work!

Thank you to our MCs for leading today's ceremonies, and to our dancers for an amazing performance 🌟 #Academics #Athletics #Character



Celebrated our two U17 seniors yesterday.

Deegs has suited up in 125 regular season CSSHL games while Bergy joined us at Edge last season. Fellas, thank you for everything you have brought on and off of the ice. Enjoy these last few months of Grade 12 🏒 #GraduatingAwesomeHumans



29 combined seasons (632 #CSSHL regular season games)

204 Goals
277 Assists
42 Wins

To our U18 Prep seniors, thank you for everything you have brought to Edge on and off of the ice during your time wearing maroon and gold. #GraduatingAwesomeHumans #AlwaysAMountaineer



edgetudioxx: join us for our 2023-2024 season. At EDGE we offer:
- full time dance and academic programs
- pre professional ballet programs
- Edge Studios (after school programming open to all Calgary dancers)
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#edgetudioxx



edgetudioxx: It's time to start planning your summer training. Join us for our Classical Ballet Intensive this Summer. Registration opens next week.
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