









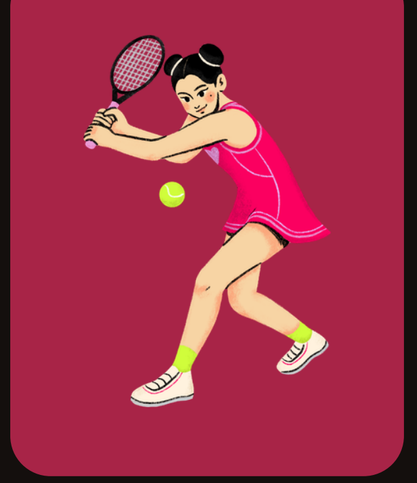
SAINT MARY'S HALL
1879
SAN ANTONIO, TEXAS

SMH ATHLETICS:

WELCOME TO THE ACADEMY PROGRAM

WHAT IS THE ACADEMY?

The Academy is the foundation of our long-term athletic pathway, providing year-round development that prepares students with the skills, confidence, and habits needed to succeed in Middle School, Upper School, and beyond.













FROM PARTICIPATION TO DEVELOPMENT

Lower School Sports introduce students to athletics through a fun, recreational 6-week season. The Academy extends that experience with a 23-week development program focused on building technical skills, confidence, and long-term growth, preparing students for future success in Middle School and Upper School athletics.



AT SMH

AN IN HOUSE PROGRAM

Train where you learn. Our on-campus Academy offers expert coaching, a safe and familiar environment, and a clear development pathway, all at greater value than most private programs.



WORDS FROM SMH LEADERS

JOSH BAKER
ATHLETIC DIRECTOR

“As the Athletic Director at Saint Mary’s Hall, I am dedicated to fostering a culture of excellence, where our athletes across five sports are inspired to push their boundaries, support one another, and embody the values that define our community both in competition and in life.”

MATHIEU DEPLAGNE
DIRECTOR ACADEMY PROGRAM

"As a former pro athlete, I know the power of early sports development. My mission is to give your kids the chance to grow and excel in a fun, supportive environment."

STRUCTURE OF THE ACADEMY

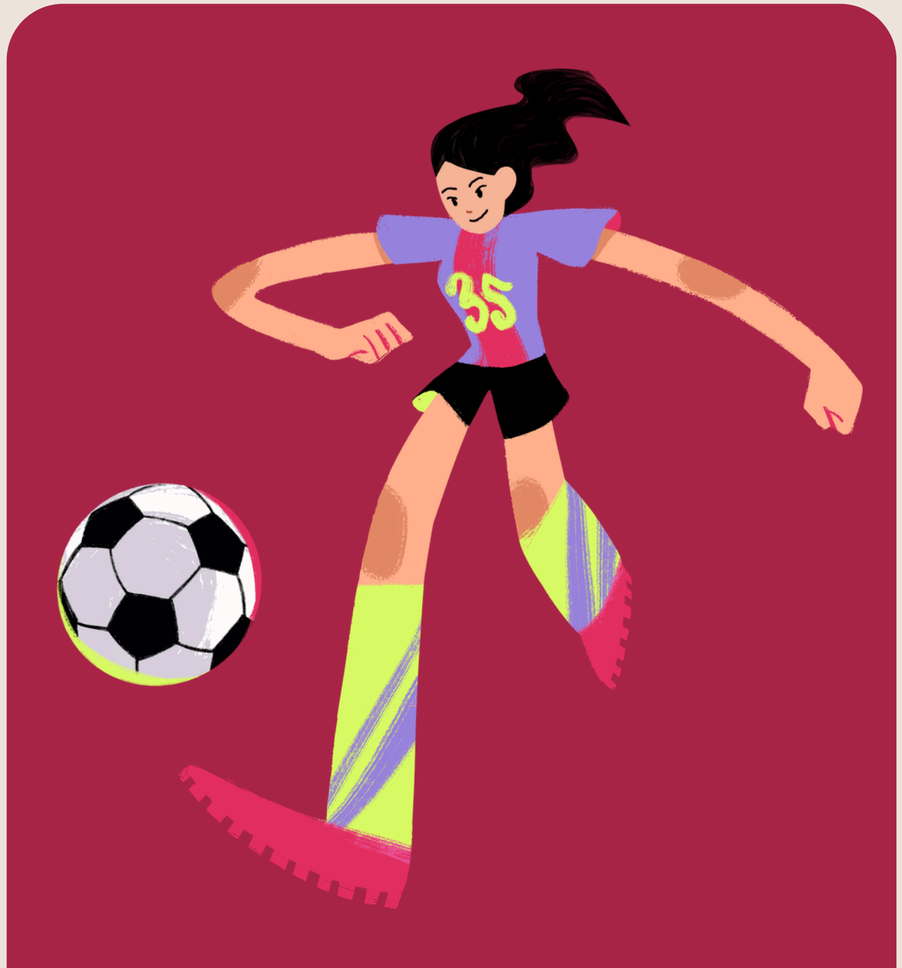
Athletic Director
Josh Baker

Director of Academy Program
Mathieu Deplagne

School Coordinators
Danielle Gonzalez LS
Kelly Carstens MS

Director of Player Development
Yami Garcia (VB), Jack Mattthews (LAX).
Mathieu Deplagne (Soccer), Reece Gaines (Bball),
Michael Castillo (Tennis)

Coaches and volunteer parents

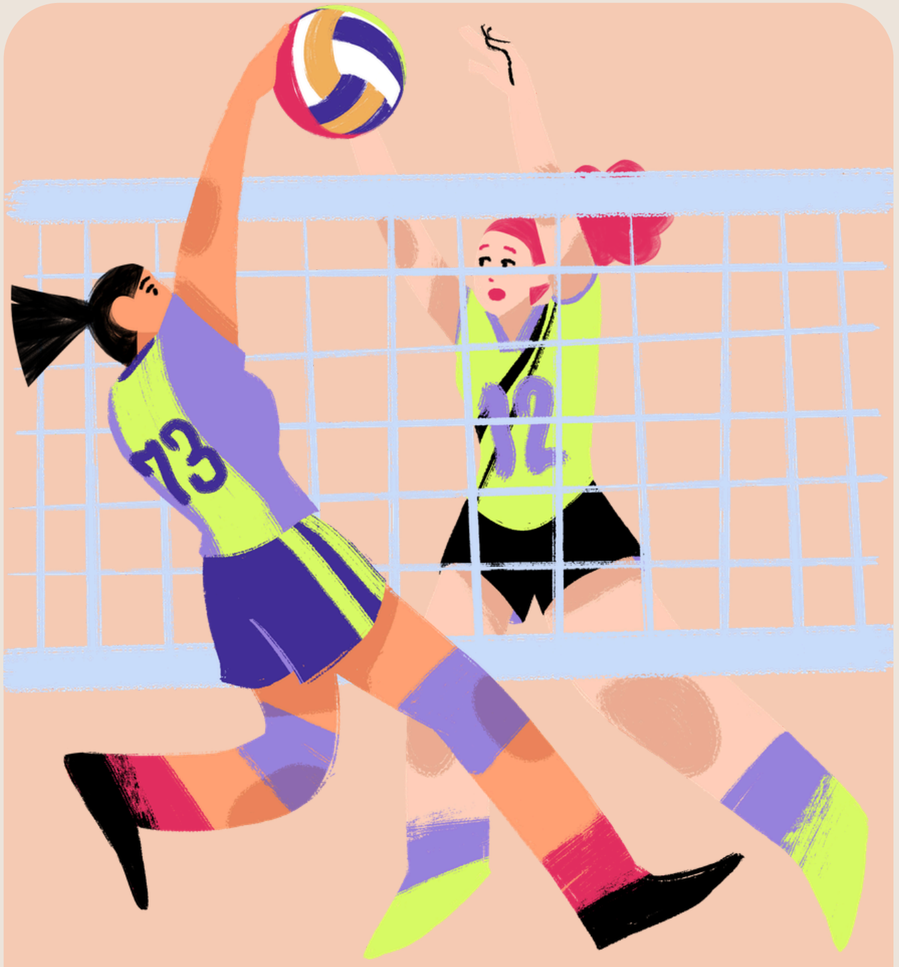


DIRECTOR PLAYER DEVELOPMENT

AN EXPERIENCED STAFF

The DPDs are bringing their methodologies and their full focus is to provide the best environment on the field for your kids.
The Director Academy Program and the School Coordinators are the first point of contact for parents.

- Reece Gaines - Basketball
- Jack Matthews - Lacrosse
- Mathieu Deplagne - Soccer
- Michael Castillo - Tennis
- Yami García - Volleyball



BASKETBALL

PROGRAM OVERVIEW

The Lower School Basketball Academy is designed for students in Forms 1 through 5 who are eager to develop their skills in a structured, high-quality training environment.
The Academy provides young athletes with the unique opportunity to learn from elite-level experience while building a strong foundation for long-term success in the game.

Rather than focusing solely on competition, the Academy emphasizes the complete development of each player. Training sessions are built around the core principles of basketball, including ball handling, passing, shooting mechanics, footwork, spacing, decision-making, and defensive fundamentals. Players are also introduced to offensive and defensive concepts that encourage game awareness, teamwork, communication, and basketball IQ.

Each session is designed to be age-appropriate, engaging, and challenging, helping students develop confidence, discipline, and a strong work ethic. By combining technical instruction with a positive learning environment, the Basketball Academy equips young athletes with the skills, habits, and understanding needed to enjoy the game and continue progressing as they move into Middle and Upper School programs.

DPD
REECE GAINES
FORMER NBA PLAYER, HEAD COACH SMH VARSITY MEN'S BBALL

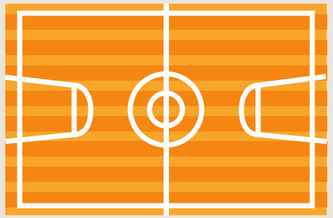
DATES AND TIMES

Form 1 to Form 5:

- Dates sessions: Sep 1st to Dec 17th
  And March 1st to May 1st
- Time: 3:30 to 4:30pm
- Practice: 2x/week: Tuesday/Thrusday

Games and tournaments dates:

Dates TBD depending on registrations rosters





LACROSSE

PROGRAM OVERVIEW

We are thrilled to add the Lacrosse Academy to our other great Academy opportunities. The Lacrosse Academy provides Forms 1 through 5 student athletes with their first real introduction to the sport, built around a simple idea: skills come before scoreboards. At this age, what matters most is building and growing the basic skills of the game in a way that is fun and makes the players always want to come back for more.

Practices center on the building blocks that everything else in lacrosse depends on: stickwork, shooting, footwork and body control, reading space on the field, and the basic give-and-take of offense and defense. Coaches introduce these concepts in small sided, repeatable drills, layering in game-like decision-making only once the fundamentals start to feel natural.

What separates the Academy isn't just what's taught but how. Coaches meet players where they are, correcting technique patiently while still expecting real effort every session. That balance, of high standards paired with encouragement, is what builds a player's confidence and discipline over time rather than all at once.

By the time Lower School players move on to Middle and Upper School lacrosse, the goal is for them to arrive with more than just a set of skills. They should understand and love the game, while also knowing how to compete the right way.

DPD
JACK MATTHEWS
HEAD COACH SMH VARSITY MEN'S LAX

DATES AND TIMES

- Form 1 to Form 5
- Dates sessions: Sept 1st to Feb 26th
- Time: 3:30 to 4:30pm
- Practice: 2x/week: Wednesday/Friday

- Occasionnel Clinics: TBD during the year



SOCCER



PROGRAM OVERVIEW

Our Lower School Academy players are excited to return to training. The Academy will resume with sessions twice a week on Mondays and Wednesdays, continuing to focus on each player's long-term development.

At this stage, our priority is player development above all else. We are building the foundation by teaching the fundamentals of the game, developing technical ability, and helping players begin to understand soccer. While everyone enjoys competing and playing matches, establishing these core skills is essential to ensuring players progress through the most important stages of their development.

Our training sessions emphasize ball mastery, technical skills, soccer-specific movement and coordination, and the introduction of basic collective principles of play. By focusing on these key areas, we aim to provide every player with the strongest possible foundation for future success in the game.

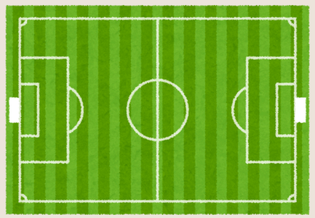
DPD

MATHIEU DEPLAGNE

FORMER PRO PLAYER, LIGUE 1 CHAMPION, DIRECTOR ACADEMY PROGRAM

DATES AND TIMES

- Form 1 to Form 5
- Dates Sessions: Oct 26th to May 1st
- Time: 3:30 to 4:30pm
- Practice: 2x/week: Monday/Wednesday



- U8/U9 or Form 1/2 - 5vs5 setting
- U10/U11 or Form 3/4 - 7vs7 setting
- U12/U13 or Form 5 - 9vs9 setting



TENNIS

PROGRAM OVERVIEW

For the second consecutive year, the Lower School Tennis Academy is proud to partner with the highly respected FIT Academy, led by Michael Castillo in San Antonio. Under the guidance of an experienced coaching staff, our students are introduced to the game in a positive, structured environment that provides the best possible foundation for their long-term development.

“FIT Tennis Coaches that have the vast experience in working with world class players in both, the professional and juniors ranking. Our Coaches won’t accept anything less than the best a player is capable of and they can expect nothing less than the best that we can do for them. FIT Coaches bring the energy and enthusiasm to provide their complete dedication to excellence.

Demonstrating the value of hard work and the importance of always doing their best. Our Coaches possess the craft of teaching and coaching the fundamentals of tennis, the physical, technical, tactical and mental (emotional aspects). With leading with both our words and our actions we obtain the trust of our players which allows our Coaches to drive the momentum of success and the improvements that must be made to get there.”

DPD

MICHAEL CASTILLO

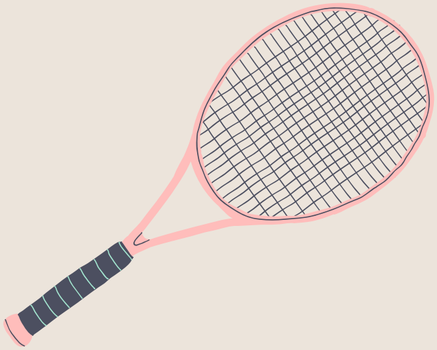
OWNER AND DIRECTOR OF FIT HIGH PERFORMANCE TENNIS ACADEMY

HEAD COACH TENNIS VARSITY TENNIS

DATES AND TIMES

Lower School

- Form 1 to Form 5
- Dates sessions: Oct 26th to May 1st
- Time: 3:30pm to 4:30pm
- Practice: 2x/week: Tuesday/Thursday



VOLLEYBALL



PROGRAM OVERVIEW

Volleyball Academy will begin its third year. This program is open to all who want to try the sport. This program will target students entering Form 2 to Form 5 who are looking to develop their overall volleyball skill set and IQ of the game of volleyball. The trainings will aim to develop all aspects of the game focusing on skill development through high repetition. We aim to break down each skill to produce quality training habits for students within this age range.

Important Skills & Focus:

Serving - toss, arm mechanic and posture, ball control and follow through
Passing - stance and posture, platform mechanics, footwork and movement, angles and tracking
Setting - footwork and body alignment, hand and finger placement, execution and follow through
Hitting - approach and footwork, body alignment, arm swing and contact
Defense - stance and posture, footwork and movement, positioning on court, mindset

While progression and retention is a focus, the value of hard work and the mentality of giving their best effort will also be an emphasis.

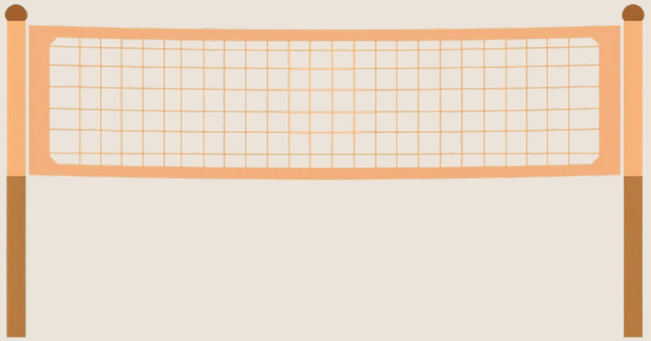
DPD
YAMI GARCÍA
HEAD COACH SMH VARSITY GIRLS VOLLEYBALL

DATES AND TIMES

Lower School

- Form 2 to Form 5
- Dates sessions: Oct 26th to May 1st
- Time: 3:30pm to 4:30pm
- Practice: 2x/week: Monday/Wednesday

- Occasionnel Clinics: TBD during the year





REGISTRATION COSTS

$1000* per sport
23 weeks of trainings

Registration closes prior
to the first session

*Cost of registration goes towards coaching staff, equipment, and fees for tournaments and registration.
Represent ~$22 per session.

EVENT POLICY

By completing the registration process, you acknowledge and agree to the following terms and conditions:

COST ACKNOWLEDGMENT

You understand that the total cost for the program is $1,000 per Academy sport. This cost will be divided into four equal monthly payments, with a $250 registration fee applied toward your total amount.

COMMITMENT TO FULL PAYMENT

By registering, you agree to pay the full registration cost of $1,000 (per sport, if registering for multiple sports).

PAYMENT SCHEDULE CHANGES

Any requests to modify the payment schedule must be made in writing and approved by the business office.

PAYMENT INFO

You authorize Saint Mary's Hall to charge the amount specified in your registration via "book billing."

REFUND POLICY

Once the registration process is completed, no refunds will be issued for any portion of the registration fee.

WITHDRAWAL POLICY

If your student withdraws from the program during the season, you are still obligated to fulfill the total payment as agreed upon.

By proceeding with registration, you confirm that you have read, understood, and agree to these terms and conditions, and you commit to fulfilling the financial obligations associated with your registration.

Note: Please carefully review this agreement. If you do not agree to the terms, do not proceed with the registration process. No refunds will be issued.

RESOURCES PAGE



SCHOOL COORDINATORS

Danielle Gonzalez, Lower School Coordinator, dgonzalez@smhall.org
Kelly Carstens, Middle School Coordinator, kcarstens@smhall.org





ATHLETIC DEPARTMENT

Josh Baker, Athletic Director, jbaker@smhall.org
Mathieu Deplagne, Academy Director, mdeplagne@smhall.org



Saint Mary's Hall website: **https://www.smhall.org**



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