

Algoma District School Board Alliance Academy

Minds in Motion Academic Program

Information Package 2025-2026

Vision

The Vision of the Algoma District School Board Alliance Academy is that learners in ADSB engage in innovative experiences that maximize achievement, build confidence, and develop responsible citizens.

The Alliance Minds In Motion Academy is open to male and female students in grades 9 and 10 who meet the criteria for enrolment at each Sault Ste. Marie secondary school.

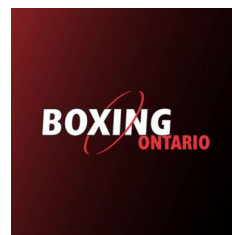
The ADSB Alliance Minds In Motion Academy will help student athletes learn and improve advanced individual skills and tactics, while developing a lifestyle in and away from their sport that emphasizes building character through achieving both athletic and educational success.

Purposeful training sessions led by highly trained staff, strength and conditioning designed to maximize physical attributes, and a focus on leadership, character and confidence will all position the student to achieve their individual goals in an engaging environment.

High School Program (grades 9 and 10) – Second semester only

- Paired programming for success: PAL 10/20 , (Physical Education - large group activities) and English (Grade 9 or 10 English)
- 110 hours of training in Kick boxing, jiu Jitsu, boxing, and wrestling development
- 110 hours of grade 9 or 10 English
- Instruction from a qualified teacher and community skills expert.





Fee Structure

The fee for this program is \$250.00. A \$100.00 deposit is due with a completed registration form. The remaining \$150.00 is due on or **before January 16, 2026** (School Cash On-line is the preferred method of payment, or by credit card)

Included with the fee:

- 110 hours of boxing, wrestling, kick boxing, and jiu jitsu instruction
- 110 hours of instruction from a qualified teacher or community skills instructor
- Students will access the program through use of a school board issued city bus pass
- Minds In Motion Academic Program starter kit – shorts, shirt, boxing gloves, MMA gloves, shin pads, and rash guard.

Financial assistance is available and will be reviewed on a case by case basis by request.

Transportation

High school students will access city public transportation using their board issued city bus pass to the Steel City MMA facility located at 258 Queen St. E. Students are responsible for arriving at the Steel City MMA facility by 8:30 a.m. each day and return to their home schools at lunch using city bus transportation located next to the training facility.

Equipment

The Alliance Academy will supply students with a T-shirt, shorts, gloves, rash guard, and shin pads. All listed equipment will be provided in the starter kit with the activity fee.

Admission Requirements/Considerations

Enrolment in this program is limited thus, we cannot guarantee a spot for all applicants. Acceptance will be based on: work habits, consistent learning skills and regular attendance. Once program selection has been made by committee, a waiting list will be generated. Consideration will also be given to students who;

- Already participate in or are interested in martial arts or combat sports (wrestling, jiu jitsu, boxing, kickboxing etc.)
- Might be more successful in a non-traditional educational environment.
- Are interested in improving their overall health and well-being.





- Are interested in learning self-defense.

Example of a typical day for a student

Grade 9/10 (Mon to Fri)	Arrive at Steel City MMA by 8:30 AM	8:30 to 9:45 AM in the classroom for ENG instruction	9:50 to 11:05 AM in the gym for training	11:05 AM City bus Transportation to home school
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Registration

Current Grade 9 ADSB students will select the ADSB Alliance Minds In Motion Academy during the course selection process. (available in Sept. 2026)

For any current Grade 8 students or Grade 9 students from other boards, [please use the following link to register](#) for the 2026/ 2027 school year.

Use School Cash On-line to pay the **\$100.00** deposit when you apply. Balance of **\$150.00** to be paid through School Cash On-line by January 16, 2026.

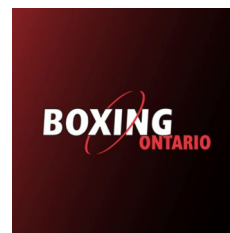
The selection committee will review applications and confirm registration prior to the start of the school year.

Our Staff

Brent Fryia - Teacher

- Retired professional MMA fighter with an 8-4 record
- World Silver medalist in grappling (+ 2 x National champion)
- Multiple time national medalist in wrestling
- Black belt in Jiu Jitsu
- MVP of Korean Jiu Jitsu Championships
- East Asian Sambo Champion
- Head coach of Team Canada MMA at 2024 and 2026 GAMMA World MMA Championships
- Coached multiple OFSAA and National Champions in Wrestling
- NCCP Level II wrestling coach
- NCCP Level 1 boxing and kickboxing coach
- Head coach of Steel City MMA





Contact Us

If you have any questions or for further information, please feel free to contact:

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Rayna Lemay	Executive Assistant	705-945-7235	alliance@adsb.on.ca

