

CANADIAN
SPORT
INSTITUTE



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DU SPORT



KELOWNA

PACIFIC
SPORT
OKANAGAN

A CANADIAN SPORT INSTITUTE PACIFIC PROGRAM

LIFE FOR A YOUNG ATHLETE REQUIRES

BALANCE

Elite high school athletes struggle to manage their time, commitments and demands of being a teenager along with the expectations of being a high performance athlete striving for excellence. Life for a young athlete requires balancing entire days at high school with afternoons, evenings and weekends spent training and competing. This often leaves inadequate time for homework completion, rest, recovery and sleep which ultimately leads to a decrease in performance in the classroom, on the playing field or in athletes' optimal health.



SPORT PERFORMANCE SEMINARS

Weekly seminars in the areas of high performance will support the students' athletic knowledge and development towards success.



IGNITE ATHLETE DEVELOPMENT

Physical training that develops athleticism and new skills in the following areas; Strength & Conditioning, Sprint Training, and Basic Gymnastic movements.



INDEPENDENT STUDY BLOCK

Daily time for homework completion, quiet study or online learning.



SPORT SPECIFIC TRAINING

Delivered outside of Canadian Sport School. Earn academic credits for time spent training in your sport.

The Canadian Sport School helps alleviate the pressures of balancing athletics and academics to ensure that our **future Olympians, Paralympians and National Team members** have all the skills and resources needed to continue to progress as high performance athletes, while excelling both on the playing field and in the classroom.

The Canadian Sport School provides an opportunity for athletes in grades 9-12 to use school hours to earn academic credit for:

| | |
|---|---|
| Individual Sport Training 11/12 |   |
| Human Performance 10/11/12 |   |
| IGNITE Athlete Development Program 10/11/12 |   |
| Physical Education 10, Career Ed 10 |   |
| Sports Marketing (BCA) 11 |   |

Successful completion of the programs delivered at the Canadian Sport School will earn student-athletes **academic credit for four high school courses** during each year. Students must take the full suite of courses.

Canadian Sport School Alumna
& Olympian Tess Critchlow
(Snowboard Cross)



SOURCE: GETTY IMAGES

The Canadian Sport School facilitates a high performance culture amongst like-minded athletes while providing support, coordination and advocacy between student-athletes and their high school teachers and sport coaches.

By participating in the Canadian Sport School program, student-athletes maximize their daily schedules while earning academic credits toward their graduation requirements. Students attend their regular high school for a half day, taking academic classes which fulfills their core graduation requirements, and the remainder of the day is spent at the Canadian Sport School .

The Canadian Sport School is delivered in partnership with PacificSport Okanagan and engages select community sport partners to deliver programming. A mid-day transportation program available for students to travel to and from training and school.

The schedule below shows a typical week at the Canadian Sport School. Please visit our website for current and future timetables.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-----------------------------------|---|-----------------------------------|---------------------------|--|
| 8:30 | IGNITE Program: Strength Training | Independent Study Block | IGNITE Program: Strength Training | Sport Performance Seminar | No Sport School classes occur on Fridays |
| 10:15 | Independent Study Block | IGNITE Program: Sprint Training or Gymnastics | Independent Study Block | Independent Study Block | |
| Students travel from CSS to their high school. | | | | | |
| 12:30 | High School | High School | High School | High School | (Student Athletes can use this as a flex day to travel/train/compete work on homework or online courses) |
| | High School | High School | High School | High School | |
| 3:15 | Dismissal | | | | |

The Canadian Sport School runs with the regular school year from September to June.



ELIGIBILITY: Athletes must meet the eligibility criteria below in order to submit an application. Athletes must be:

1. Registered members and in good standing with their Provincial or National Sport Organization (PSO) or (NSO)
2. Part of a club program that provides consistent training and competitive opportunities
3. In grades 9-12 at the beginning of the program
4. Have participated in one or more of the following in the past 18 months: BC Summer or Winter Games, Provincial or National Championships, Team BC Program, NextGen Program, National Team Program

HOW TO APPLY: The application process for each September intake will begin in late winter/early spring with an information night to be held approximately one month prior to the application deadline. Please visit our website for more information, exact dates or to download an application package.

TUITION & FEES: Please refer to the website for current tuition amount and information about Canadian Sport School's mid-day transportation program.



"The CSS initiative to train the athlete 1st - sport 2nd has been instrumental in my development and accomplishments! With this type of foundation, it has prepared me for the highest level of competition. The focus on the athlete as a whole, physically and mentally, provides what committed athletes need to succeed."

- Taya Hanson, Basketball Canada

"The Canadian Sport School has been a crucial step in my development as a student-athlete. The experience not only taught me vital skills that I take with me today in sport and everyday life, but has also given me opportunities for leadership roles in my community. It has given me the resources I need to excel in sport and academics, and most importantly has fueled my passion for sport."

- Austin White, Snowboard Canada



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THANK YOU TO OUR PARTNERS

