



VANCOUVER

Are you a high performance athlete competing at an elite level in your sport and in grades 10-12? If the answer is “yes” the Canadian Sport School can help to take your performance to the next level!

The Canadian Sport School is a high-performance multi-sport education program delivered by the Canadian Sport Institute in partnership with the Vancouver School Board.

Sport and education often do not speak the same language. The British Columbia school system works to enable learners to develop to their individual potential and to acquire the knowledge, skills, and attitudes needed to contribute to a healthy society and economy. However, the education system often does not recognize the challenges, pressures and time commitment required to compete at a high level in sport.

Sport, on the other hand, often does not recognize the academic pressures facing high school athletes as they work towards graduation. Athletes are caught in the middle, trying to balance the needs of their education and their sport.

The disconnect between education and sport has resulted in many athletes dropping out of their sport. Athletes need support in order to achieve both academic and athletic success.

The Canadian Sport School – Vancouver has been established by Canadian Sport Institute to meet this need. It provides support to eligible athletes to help them meet their sport and academic needs, and to become better athletes. It does this by:

- Reducing the academic classroom time required by student athletes compared to traditional schools. The Sport School recognizes the sport-specific training that athletes do and provides athletes with high school credits for that training.
- Making students better all around athletes. Sport School seminars in nutrition, injury prevention and sport studies provide athletes with the tools to improve their performance and teach them strategies for tracking and monitoring their physical and mental health.



- Providing academic support, coordination and advocacy. When athletes miss school to compete they often fall behind in their homework, miss exams and spend most of the year just trying to catch up. The Canadian Sport School - Vancouver provides an integrated approach to the student's sport training and high school education.

PROGRAM

The Canadian Sport School - Vancouver is located at University Hill Secondary School, adjacent to the University of British Columbia (UBC). For half of each day, athletes in the program will take core academic courses (such as math, science etc.) required for high school graduation. For the remainder of the day, students will take sport and human performance courses, participate in the Canadian Sport Institute's IGNITE™ athlete development program, and have time to catch up on homework and recover from competition. Athletes who have early morning or late afternoon training sessions can take advantage of University Hill's flexible timetable to incorporate part of their training into the school day.

A key component of the Sport School is the provision of personalized learning plans for each student, built around their sport and educational requirements. This model allows the athlete the flexibility to rest, recover, train, study and compete.

CURRICULUM

Students enrolled at Canadian Sport School – Vancouver can receive all the credits necessary to fulfill the academic requirements of the BC graduation program as well as any post-secondary prerequisites required to meet the student's academic goals. The Sport School Coordinator at University Hill Secondary will provide academic support to students and will work with the athletes' teachers to assist with homework, rescheduling exams and assignments so as not to interfere with the athlete's competition schedule. The Sport School also provides a sport science curriculum designed by area experts to enhance athlete training, performance and recovery.



Courses provide credit for training and competition activities that students are already doing for their sport, reducing the athletes' academic workload and providing more time for training, competition and recovery. University Hill Secondary offers the full complement of high school courses that fulfill the BC graduation requirements

Grade 10

Planning 10: All students in BC must complete the Planning 10 curriculum prior to graduation. Sport School students can follow a Planning 10 curriculum that is focused on sport and sport performance.

Grade 11

Applied Skills 11: All students in BC must complete four credits of Applied Skills and/or Fine Arts. Canadian Sport School - Vancouver has developed a sport focused curriculum to meet the learning outcomes of Applied Skills 11. Students in Grade 11 (or Grade 12, if still required) will receive four credits of Applied Skills as part of the suite of courses delivered through the Sport School.

Grade 12

Grade 12 students at the Canadian Sport School - Vancouver have the opportunity to take dual credit courses delivered through University of British Columbia. These

courses provide students with high school graduation credits and, at the same time, first year university course credits.

Grades 10, 11, 12

Athlete 10/11/12: Athletes gain credits for their selection for a regional, provincial or national team that competes at a provincial, national or international level or who are recipients of the BC or Sport Canada Athlete Assistance Program. Individual sport qualifications vary.

Sport Science Seminars

Provides a theoretical knowledge of elite sport performance and requires participation in a series of seminars from sport professionals (including sport psychologists, biomechanists, dieticians, physiologists, sport medicine experts and sport science professionals). As students move through the Sport Sciences 10/11/12 curriculum, they will increase their understanding of exercise, sport and athlete development theories, and use that information to develop a customized training program for themselves. Students will learn how to set goals properly and assess their performance effectively through tracking their personal performance in training and competition. Students completing this program will also receive credit for Planning 10 and Applied Skills 11.

Sport Specific Training

Students will receive credit for eight credits of Individual Sport Training per year for sport specific training and competition beyond the walls of the school. The Canadian Sport School - Vancouver teacher will liaise with the students' coach to assess and evaluate progress.

IGNITE Athlete Development Program

Provides athletes with a practical understanding of a high-performance lifestyle by improving their athleticism, physical literacy and fitness through a multi-sport training program while completing the outcomes of PE 10/11/12 curricula. Participation in the IGNITE™ Athlete Development Program is under the direction of The Canadian Sport Institute's strength and conditioning professionals. As students move through Grades 10, 11 and 12, they will improve both foundational movement skills and overall athleticism through training sessions focusing on three movement streams: sprint training, gymnastics, and strength and conditioning. Upon completion of the program, students will also receive four credits of Athlete Training 10/11/12, a course specifically aligned with IGNITE's™ outcomes.

Students also have the option of working on homework during the independent study times provided in the school timetable.

LOCATION

The Canadian Sport School - Vancouver is located at University Hill Secondary School, adjacent to the campus of UBC. University Hill moved to a brand new building in January 2013, which includes a state of the art learning environment and new fitness and weight rooms. University Hill's prime location adjacent to UBC's athletic facilities means that students who already train at UBC will spend less time traveling to their training sessions and can better coordinate training with their school day.



Q&A - FOR PARENTS

How much does the program cost?

Tuition for the Sport School is \$1,500 annually. Other program costs are subsidized by The Canadian Sport Institute, via financial support from the Province of BC and ViaSport.

Are there scholarships available?

The Canadian Sport Institute offers a \$750 scholarship to support students in need. There are a number of other support programs available, and the Sport School will help eligible athletes to access these programs if needed.

Do athletes have to take all of the courses offered at the Canadian Sport School – Vancouver?

Yes. The suite of courses offered through the Sport School provides athletes with the required graduation credits in BC. The program provides credits that recognize the activities athletes do on a day-to-day basis to excel in their sports.

Will going to the Canadian Sport School - Vancouver impede the ability of my child to go to university?

No, University Hill Secondary offers credits that meet the requirements for required and elective courses under each student's graduation program. Students will work with school counselors to ensure they are taking the required

courses for entrance to the university of their choice.

ELIGIBILITY

The Canadian Sport School – Vancouver is open to eligible high performance athletes in grades 10-12 who have met their provincial sport organization's targeted athlete eligibility criteria. Grade 9 students may also apply, but participation will be limited to the IGNITE training program. Discretion may be given to athletes who have demonstrated a commitment to high performance sport and the potential to move through the athlete development pathway, as indicated by their coach.





Q&A - FOR COACHES

I am worried about overtraining. Will participating in the IGNITE™ program lead to over training of my athlete?

No. It is important that the Sport School maintain regular communication with coaches on training and competition activities, and take those activities into consideration when developing each athlete's personalized learning/ training plan. It is important that coaches understand that the IGNITE™ program focuses training time on expanding the athletes' physical literacy. This is achieved through an athletic curriculum developed by the lead IGNITE™ coach that focuses on three movement streams (sprint training, gymnastics, and strength and conditioning) to enhance balance, strength, speed and explosive power to compliment your athlete's regular training activities.

We have set training times. Is the Canadian Sport School - Vancouver going to interfere with my athlete's training?

The Sport School program takes place during a regular school day. Sports that train before or after school should not be affected. For athletes who have training times during the day, we will work with you to determine if there is enough flexibility in the program to accommodate your training requirements.

My athlete isn't on the provincial team, are they eligible to attend the school?

Depending on the sport and developmental age of the athlete, each athlete is at a different stage within the long-term athlete development model. The Canadian Sport School – Vancouver bases admission on the recommendations of national and provincial sport organizations and those recommendations may also be made on the basis of individual athlete potential in addition to their membership on a provincial or national team.



Is the Canadian Sport School-Vancouver going to interfere with the athletes' eligibility to participate on school teams?

No. The Sport School program is run by Canadian Sport Institute Pacific and delivers courses through a partnership with the VSB.

What is the Canadian Sport Institute?

The Canadian Sport Institute, in partnership with the national network of Canadian Sport Institutes and the BC network of PacificSport Centres, delivers sport performance programs and services to provide athletes and coaches living in BC with every advantage to win medals for Canada. Working in support of our national and provincial sport partners, The Canadian Sport Institute is creating a stronger system for the development of athletes, coaches, integrated support teams and sport performance facilities. Three Canadian Sport Institute and five PacificSport centres across BC have over 1500 athletes and coaches registered and benefitting from our programs & resources including:

- 400 National Team Athletes
- 200 Targeted Provincial Athletes
- 800 Provincial Developmental Athletes
- 100 Coaches

PARTNERS



CONTACT

Tom Lee
tom@tlmc.ca
250.217.8057

For more information:

 sportschool@csipacific.ca

 csipacific.ca

 facebook.com/cansportinstitute

 twitter.com/csipacific