



Dear Counsellors of Canadian Sport School Applicants,

_____ will be applying to the Canadian Sport School (CSS) this year, which is a program created by the Canadian Sport Institute for high performance athletes in grades 10-12. The purpose of this letter is to introduce you to our program and to explain the timetable needs of students applying to our program.

Elite high school athletes typically 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 school with 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 both in the classroom, on the playing field and/or in athletes' optimal health.

The Canadian Sport Institute and School District 62 have partnered to help alleviate these pressures and ensure that our future Olympians 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 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.

Student-athletes spend half of their day at their regular schools and the other half of their day at the Canadian Sport School (located at PISE). Students take their core courses (English, Math, Social Studies, and Sciences) at their regular schools so it is important that these courses be blocked together in their timetable (ex. mornings or afternoons). Students are encouraged to fill the other half of their day with elective courses which they can drop if and when they are accepted.

While at the sport school, students take part in the following:

- Physical training through the **IGNITE** Athlete Development Program™ – developing athleticism and new skills in strength training, sprint training and basic gymnastics movements
- Weekly Seminars in the areas of sport performance (sport nutrition, mental performance, injury care & prevention, leadership, etc.)
- Independent Study Blocks – Daily time to complete homework, online courses and test preparation (4 x 60-70 min sessions/week)

Students receive credit for the following 6 courses each year offered through Juan de Fuca Distributed Learning (SD #62):

Grade 10 First Semester:	-	PHE 10, Individual Sport Training 10A (gr. 10 elective), Sport Performance 10
Second Semester:	-	IGNITE Athlete Training 10, Individual Sport Training 10B, Planning 10 (Career Education 10)
Grade 11 First Semester:	-	PHE 11, Individual Sport Training 11A, Sport Performance 11
Second Semester:	-	IGNITE Athlete Training 11, Individual Sport Training 11B, Leadership 11 (Applied Skills 11/11A)
Grade 12 First Semester:	-	PHE 12, Individual Sport Training 12A, Sport Performance 12
Second Semester:	-	IGNITE Athlete Training 12, Individual Sport Training 12B, Graduation Transitions (Career Education 12)

Courses in red are required courses, the rest are considered electives.

If you're interested in learning more about our program or our student-athletes, please check out our website: www.thecanadiansportschool.com. If you have any questions or concerns, please don't hesitate to contact **Christina Kadin** at **(250) 812 7292**.

Thanks in advance for your time and support.

Sincerely,

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