

School District No.22 Academies and Specialized Programs enhance the curriculum. Students are motivated to strengthen their skills and improve their abilities in programs that are offered both by the district and in partnership with community organizations. Participating students will receive specialized instruction and learning opportunities that increase student engagement and success.



ACADAMIES/SPECIALIZED PROGRAMS



Who may participate? Grades 8-12 currently registered in a certified snowsport program with Vernon Ski Club, Sovereign Nordic or Silverstar Freestyle.

What is the cost?

Please speak to your club director regarding fees to be added to sport-specific competitive training costs.

- Teacher support for individualized athlete learning plan
- Pre-season dry land training
- On-hill High Performance professional lecture series
- Post season maintenance training program
- Study blocks to augment homework in non-academy courses
- Reduced membership rates for NATC fitness facility

More details? Please contact any of the following directors:

Academic Director - Rod Peters, rpeters@sd22.bc.ca

Freestyle Director - Wade Garrod, wade@ssfreesstyle.com

Alpine Director - Rodger Poole, rodgerpoole@gmail.com

Nordic Director - Eric Denys, eric@sovereignlake.com

Alpine Freestyle Nordic

Snowsports

Academy



Athlete Learning Plan

A personalized learning plan for each athlete based on their sport and academic goals.

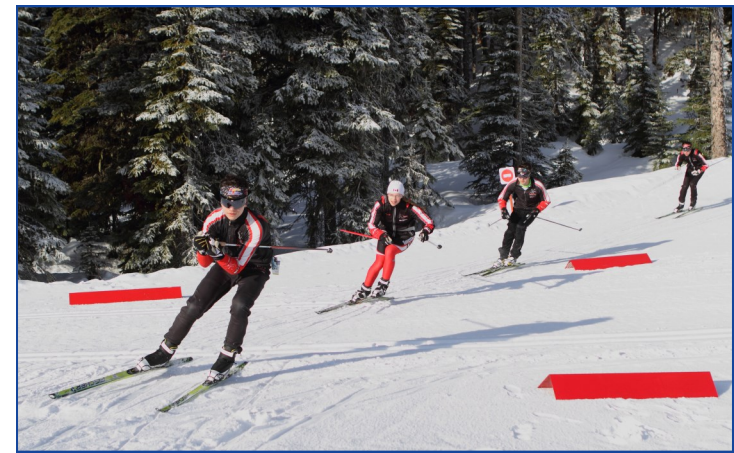
Students will all be credited for a minimum of 2 high school courses during their participation in the academy including:

- Principles of Sport Specific Training (Grades 8 - 12)
- Physical Education (8 - 12) or Athlete Training 10, 11 or 12

Students will also have several options for additional training credits including:

- Human performance
- Sports nutrition
- Ski instructors coaching levels (CASI at up to 50% less than public costs.)
- Sport specific club coaching levels

Any other online courses that will help build a personalized learning plan to meet the individual student needs.



Academy Highlights

- Joint opportunities for all snowsport athletes at similar stages of athletic development
- Building on strong programs that already exist
- Athlete training pre-season, on-snow, and post-season
- Sport-specific training
- Strength and conditioning
- Long Term Athlete Development Program
- Mental preparation for performance in sport and life
- Athlete injury prevention and high performance nutrition
- Career options: on-hill work experience
- Course credit for grad and post secondary prep

Additional Factors to consider

Students will be on-snow up to four days per week during the ski season. (Club fees for these days will vary with each sport.) This will involve some missed class time. It is expected that students will use study blocks to make up missed work. It is also expected that students will keep all of their teachers informed of training and competition schedules.