

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.



## ACADEMIES/SPECIALIZED PROGRAMS



### Who may participate?

Stage 4: Train to Train (girls 11—15, boys 12—16)

Stage 5: Train to Compete (girls 15—18, boys 16—18)

**What is the cost?** To be administered by the Vernon Kokanee Swim Club

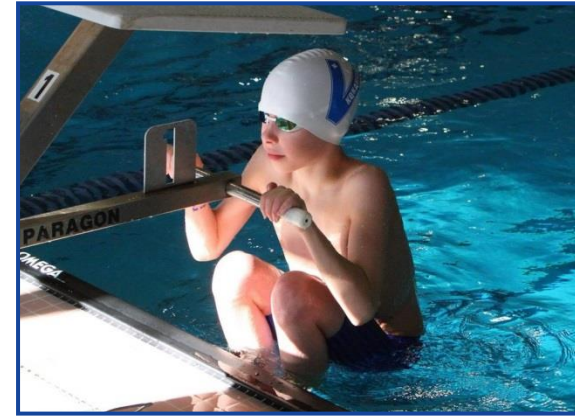
**How to apply?** Please contact:

Corinne McWhinney, Board of Director for the Vernon Kokanee Swim Club  
Email: [cmcwhinney@gmail.com](mailto:cmcwhinney@gmail.com)  
Cell: 250-549-0133

**More details?** If you have any questions, please contact:

Jason Brockman Email: [brockman8vksc@gmail.com](mailto:brockman8vksc@gmail.com)

# Vernon Kokanee Swim Academy



## Athlete Learning Plan

A curriculum that provides an opportunity for the athlete to learn the FUNdamental skills of how to instruct a novice swimmer how to swim the four stroke disciplines. As well as provide drill progression at groups ability level.

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



## Concept

- Joint opportunities for all athletes at similar stages of athletic development
- Building on a strong program that already exists
- Sport specific training
- Long term athlete development program
- Athlete injury prevention

### What is included in the Academy fee?

Teacher support for individualized athlete learning plan coordinated with home school

Yoga (1 per week) to facilitate flexibility and injury prevention

Weekly low coach to swimmer ratio in pool training to augment the existing swim club training schedule

### Additional considerations

The academy fee will be an add on to the standard tier based fee's and will be based on the additional costs (pool lane rental, dryland gym rental, yoga instructors)

Transportation will be the responsibility of the participant to attend various training opportunities. SD22 bus options will be available at a nominal fee

International athletes that have a desire to participate, please enquire about fees associated with program