



Snowsport Academy

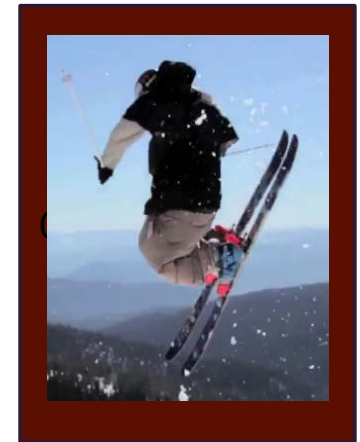
School District #22

Personalizing education for students with a passion for snow-sport specific Athletic Development.

Mission Statement



To create increased sport specific training and educational opportunities for students committed to excel in their snowsport.



Concept



- **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 Model.**
- **Mental Preparation for performance in Sport and Life.**
- **Athlete injury prevention & High Performance Nutrition.**

Supporting Partners

Building on a strong platform of current Vernon Competitive club programs and SD22 infrastructure.



Targeted Participants

Stages 4 and 5 of the LTAD model will be the primary targeted Athletes.

There are eight stages within Cross Country Canada Long Term Athlete Development model. Stages 4 and 5 provide training for those who want to specialize in one sport and compete at the highest level, maximizing the physical, mental and emotional development of each athlete.

- Stage 1: Active Start (M, F, 0-6 years)
- Stage 2: FUNDamental (F 6-8, M 6-9)
- Stage 3: Learn to Train (F 8-11, M 9-12)
- Stage 4: Train to Train (F 11-15, M 12-16)
- Stage 5: Learn to Compete (F 15-19+, M 16-20+)
- Stage 7: Train to Compete (F 19-23+, M 20-23+)
- Stage 7: Train to Win (M, F 23+/-)
- Stage 8: Active for Life (any age participant)

School Year Calendar

A single block (A or B) all year will be the minimum required commitment from participants.

The common timetable creates an opportunity for students to remain in their home schools while attending the sports academy during A or B blocks.

For example, 'A block Tuesdays' and 'Double A Block Wednesdays' all year long for Nordic Academy. During Terms 1 to 4 Athlete training sessions will be scheduled for every A Block. From Dec 1st (opening) until April 7th (closing) students will ski train Tuesday and Wednesday at Sovereign Lake. Below is a sample school calendar for Nordic Academy for Week 1.

Monday	Tuesday	Wednesday	Thursday	Friday
A Study Block	A Training	A Training	B Academic	A Study Block
B Academic	B Academic	A Training	B Academic	B Academic
Lunch	Lunch	Lunch	Lunch	Lunch
C Elective	C Elective	D Academic	C Elective	C Elective
D Academic	D Academic	D Academic	C Elective	D Academic

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 two high school courses during their participation in the academy including:

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

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

- Sport specific club coaching levels.
- Any other online courses that will help build a personalized learning plan to meet the student needs.

Parent quotes on this year so far....

“My daughter is happier healthier, less stressed and skiing at the top of her age class in Canada”

Nordic Mom

“My son is on snow more this year than last and our family has saved close to 10,000 dollars for his coaching and traveling expenses. We have world class facilities and coaches right right here”

Freestyle Dad

For more information

Please contact the Academy Coach or Academy Teacher if you have any further questions regarding the Nordic academy.

Nordic Program Coach - Darren Derochie

e: coach@sovereignlake.com

Nordic Online Skills Course Teacher – Glen Stiven

e: gstiven@sd22.bc.ca

vLearn – 250 542 0249