



Middle schools provide the perfect setting to develop and maintain physical fitness of youth as they enter their growth spurt. This is also the time to continue converting fundamental movement skills into fundamental sport skills.

Middle schools are ideal for exposing youth to a range of physical activities and sports, so they can begin to discover sports they enjoy and build confidence in basic skills.

~Canadian Sport for Life (CS4L)



For more information, contact:

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DEVELOPING LIFELONG ATHLETES

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OLPH Sport For Life



Athletics / Leadership / Faith

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Mission and Vision

"Sport for Life" Program

The mission of the *Sport for Life Program* is to provide students exposure to a variety of sport and recreation activities in a Catholic environment with the focus on creating life-long active and healthy lifestyles. Students will have the benefit of building athletic skill, along with leadership qualities in a faith-filled setting. The program is based on the Canadian Sport for Life (CS4L) model, which is a movement to improve the quality of sport and physical activity in Canada through improved athlete training and better integration between all stakeholders in the sport system, including sport organizations, education, recreation and health.

PROGRAMS OF STUDY

The program will be based on the following curricula:

- Physical Education
- Health
- Career and Technology Foundations

TOPICS of STUDY

- Sports Leadership
- Health and Nutrition
- Sports Psychology
- Training Principles
- Performance Evaluation
- Sports Injuries
- Sports Careers

Registration opens on March 1 2020, and closes April 24 2020

ACTIVITIES (may include)

- Water Polo
- Wall climbing
- Cross country skiing
- Down Hill Skiing
- Speed skating
- Yoga
- Golf
- Squash
- Canoeing
- Kayaking
- Longboarding
- Paddle boarding
- Archery
- Fencing
- Scuba diving
- Badminton
- Bowling
- Baseball
- Curling
- Cardio classes
- Weight training
- Martial Arts
- First Aid Training
- Spin Class
- TRX Band Training
- Zumba

*activities change on a yearly basis

A Training Pathway for Long Term Athlete Development

"Keeping active for life with recreational sport and physical activity"

FACILITIES

Kinsmen Aquatic Center
 Glen Allan Rec Center
 Millennium Place
 Strathcona Wilderness Center
 Saville Center
 On site: workout facility
 Many more!

COSTS

***Fee for the program is \$1700 for the year for grades 7&8, and \$900 for grade 5&6.** A deposit of \$200 is due at registration; the remainder may be paid at the school office or by payment plan in powerschool.

FEE INCLUDES

Program apparel, Bussing, Specialized/certified instructors, Facility rental, Equipment purchases

STUDENTS MUST

- Have good academic standing and proven ability to maintain their academic potential
- Be disciplined, dedicated, and committed to improve
- Be highly motivated

INFORMATION

Open to grades 5- 8 for the 2020-2021 school year at OLPH and St. Theresa Middle Schools

- Students receive instruction of core subjects: Mathematics, Science, Social, Language Arts and Religion
- Available to French Immersion students, however instruction for the program will only be available in English
- Enrollment in the program at St. Theresa constitutes all of the option programming received for the year
- All classes will be supervised by certified teachers
- For specialty sports, certified instructors will be employed to ensure correct training and implementation
- Based on Canadian Sport for Life (CS4L) and Long-Term Athlete Development (LTAD), a developmental pathway whereby athletes follow optimal training, competition, and recovery regimens

Please note: The program will run only if there is adequate enrolment, accompanied by the commitment deposit.

Classes will be capped at 30 students. Any subsequent students will be placed on a waiting list.

*Fees are subject to board and ministerial approval