



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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SPORT *for* LIFE



Athletics Leadership Faith

DEVELOPING LIFELONG ATHLETES

2021 Brentwood Blvd
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OLPH Sport For Life



Athletics / Leadership / Faith

273 Fir Street
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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
- Personal Development

General registrations open March 21, 2023 and close Apr 24, 2023

ACTIVITIES (may include)

- Water Polo
- Wall climbing
- Cross country skiing
- Down Hill Skiing
- Underwater Hockey
- Yoga
- Golf
- Squash
- Canoeing
- Kayaking
- Longboarding
- Paddle boarding
- Pickleball
- Sledge Hockey
- Scuba diving
- Badminton
- Bowling
- Baseball
- Curling
- Cardio classes
- Weight training
- Martial Arts
- Mountain Biking
- 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 \$1800 for the year for grades 7&8, and \$1000 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 2023-2024 school year at OLPH and St. Theresa Middle Schools

- Students receive instruction in core subjects: Mathematics, Science, Social, Language Arts and Religion
- Available to French Immersion students at OLPH, 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., with additional cohorts added if sufficient registrations

*Fees are subject to board and ministerial approval



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Please return the registration form and deposit to your school office

***If you are a NEW registration to EICS, you must also complete an online division registration at www.eics.ab.ca/parents-and-students/school-registration**

To ensure you are registering in your boundary school, please consult the boundary map at www.eics.ab.ca/parents-and-students/boundary-maps

STUDENT-ATHLETE INFORMATION:

PROGRAM ENTRANCE GRADE LEVEL: (Please circle) 5 6 7 8

Last Name: _____

First Name: _____

Gender: (please circle) Male Female

Birth Date: (dd/mm/yyyy) _____

Permanent Home Address: _____

Town/City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Alternate phone: _____

Email address: _____

EDUCATION (SCHOOL CURRENTLY ATTENDING)

School Name: _____ School enrolled in for 2023-2024: STT

\$200 Registration Deposit Cheque number _____ (Please make cheque payable to EICS, no cash deposits)

Withdrawal of your registration after May 19, 2023 will forfeit the \$200 deposit

***Additional program fees of \$800 (grade 5/6) or \$1600 (grade 7/8) will be invoiced with school fees in September 2023**

***subject to board and ministerial approval**

Parent Name: _____

Parent Signature: _____

***General registration open March 21, 2023**

***Registration deadline April 24, 2023. Registrations may not be accepted past this date**



Sports for Life Fee Contract

This contract is between:

_____ for _____
(Parent/Guardian Name responsible for school fees) (Student Name)
and Elk Island School Division

Remaining Tuition payable for Sport For Life Grade 5/6 \$800 or Grade 7/8 \$1600.00

Payment options:

Please check the box of your chosen payment arrangement:

Payment in full, received on _____
(date)

Monthly payment plan via parent powerschool account, with payments made on the 15th of every month from September 2023 to May 2024. Full payment must be completed no later than May 15th, 2024.

Contract Obligations are as follows:

- I agree to pay the financial obligation as listed above
- I agree that in the event that my child is absent from school, I am not entitled to reimbursement for days missed
- I agree that the school reserves the right to withdraw field trips from any child whose conduct/behaviour/academic responsibility is not deemed satisfactory by any teacher.
- I agree that I will be charged a \$25 NSF fee for each NSF cheque
- I agree that the school reserves the right to withdraw services should payment obligations not be met as listed above

I acknowledge and agree that I have read, understand and agree to the obligations listed in this contract

(Parent/Guardian printed name)

(Parent/Guardian Signature)

(Date)



Student Contract for Success in Sport for Life

Congratulations on becoming a member of the Sport for Life program! Being a member of this program is a privilege and with privileges come responsibilities. As one of our Sport for Life students, we expect that students will comply with the following expectations and responsibilities. *Please check each box to indicate you have read the section:*

- I will demonstrate citizenship and leadership in all classes.**
 - *This includes acting as leaders both outside and inside the school by demonstrating cooperation, respect for facilities being used, and responsible behavior at all times.*
- I will not engage in destructive behavior, bullying, or verbal abuse of any kind.**
 - *This includes showing respect to all teachers, instructors, guest speakers. Behavior should not interfere with the learning opportunities of others.*
- I will perform to the best of my abilities in all classes, both academic and Sport for Life.**
 - *You are a student first and an athlete second. Failing to complete assignments, submit work, or maintaining a passing grade, indicates an inability to handle the load of being a Sport for Life student. If teachers are not satisfied that you are working to your potential, you may be removed from field trips until an improvement is shown.*
- I will try my hardest and work to the best of my ability for each activity we try.**
 - *Some of the activities we try might be new to you and/or challenging. You are expected to come to each new activity with a positive and open attitude.*
- I commit to developing a healthy habit or two to increase my overall well-being.**
 - *A big part of being involved in this program is an increased awareness of being a healthy and active citizen. This includes making healthy choices both inside and outside of school.*

I have read and understand this contract. I understand that not fulfilling my responsibilities, as listed in this contract, may result in missing out on field trips and other programming events.

Date: _____

Student Name (printed): _____

Student Signature: _____