



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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Program Lead Teacher—Mr. Peter Rachmistruk peter@eics.ab.ca

Principal— Mrs. Laurie Bahri laurieb@eics.ab.ca

Asst. Principal- Mr. Robbie Franklin robbief@eics.ab.ca

(780) 464-4001 <http://sttheresa.eics.ab.ca>



DEVELOPING LIFELONG ATHLETES



2021 Brentwood Blvd
Sherwood Park, AB
T8A 0X2 (780) 464-4001
<http://sttheresa.eics.ab.ca>

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
- Recreational Leadership

TOPICS of STUDY

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

ACTIVITIES (to include)

- Water Polo
- Wall climbing
- Cross country skiing
- Down Hill Skiing
- Yoga
- Golf
- Squash
- Racquetball
- Tennis
- Archery
- Scuba diving
- Tennis
- Badminton
- Bowling
- Curling
- Cardio classes
- Weight training
- Martial Arts
- Orienteering
- Team Building
- First Aid Training
- CPR
- Baseball
- Spin Class
- TRX Band Training
- Zumba

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
Millenium Place
Strathcona Wilderness Center
Broadmoor Golf Course
On site: workout facility
Many more!

COSTS

Fee for the program is \$1700 for the year for grades 7&8, and \$700 for grade 5&6. A deposit of \$200 is due at registration; the remainder may be paid via post dated cheques each month

FEE INCLUDES

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

STUDENTS MUST

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

INFORMATION

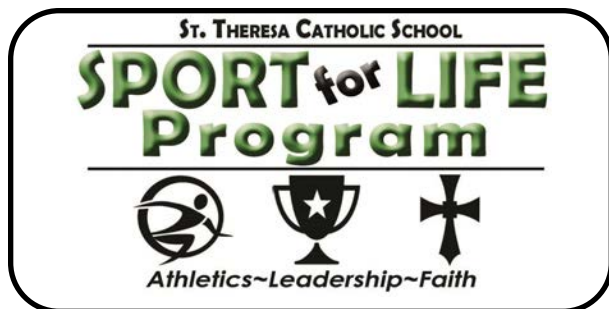
Open to grades 5- 8 for the 2015-2016 school year

- Students receive instruction of core subjects: Mathematics, Science, Social, Language Arts and Religion
- Students take 1 additional option per term, or 1 full year optional course in grade 7 & 8
- 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: Due to this being a new program, it will only run if there is adequate enrolment, accompanied by the commitment deposit.

*Registrations will be accepted starting at the Open House on March 5th, 2015

See website for details.
Classes will be capped at 25 students.
Any subsequent students will be placed on a waiting list.



For more information, contact:

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Principal— Mrs. Laurie Bahri laurieb@eics.ab.ca

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Please return the registration form to St. Theresa Catholic School.

*If you are a NEW registration to Elk Island Catholic Schools, or do not live in the approved boundary area for St. Theresa Catholic School, please make an appointment with the principal at 780-464-4001 or laurieb@eics.ab.ca before completing the registration form.

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: _____ Street Address: _____

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

Current Grade Level: _____ *Options will be chosen after March 6, 2015*

I have included the \$200 cheque or cash deposit. Please make cheque payable to EICS. Cheque number _____

Parent Name: _____

Parent Signature: _____

***This program will run with adequate registration**