CANADIAN SPORT SCHOOL VICTORIA

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PISE

LEADERSHIP . BALANCE . PERFORMANCE EXCELLENCE

LIFE FOR A YOUNG ATHLETE REQUIRES

BALANCE

Elite high school athletes strive to manage their time, commitments and demands of being a teenager along with the expectations of being a high-performance athlete working towards excellence. Life for a young athlete requires balancing entire days at high school with afternoons, evenings and weekends spent training and competing. This often leaves inadequate time for homework completion, rest, recovery and sleep which ultimately leads to a decrease in performance in the classroom, on the playing field or in an athletes' optimal health.

The Canadian Sport School (CSS) helps alleviate the pressures of balancing athletics and academics to ensure the student athletes have all the skills and resources needed to continue to progress as high performance athletes, while excelling both on the playing field and in the classroom. Successful completion of the program delivered at the Canadian Sport School will earn student athletes academic credit for six high school courses during each year. Students must take the full suite of courses.

LIFE FOR A YOUNG ATHLETE REQUIRES

LEADERSHIP

Canadian Sport School students experience premier weekly seminars in sport, health and leadership. World renowned experts from the Canadian Sport Institute Pacific and business and sport community share their advice and guidance on a range of aspects, including nutrition, mental performance, sleep, leadership and career and sport development. At the end of the program, students prepare a final project, capping off their experience and graduation from Canadian Sport School.

Small cohort sizes and dedicated teaching and coaching staff also contributes to a supportive and encouraging environment for students in developing their confidence and leadership.

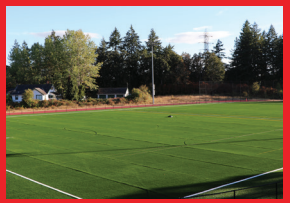
"As a past Olympic Coach and parent of two Canadian Sport School graduates, I know first hand the confidence and personal leadership skills that the program helps develop. Both my children loved and thrived being in an environment with classmates who shared similar goals and the commitment required to achieve personal excellence."

Robert Bettauer, PISE CEO and Proud Parent of Two Canadian Sport School Graduates

LIFE FOR A YOUNG ATHLETE REQUIRES

PERFORMANCE EXCELLENCE

First class facilities at PISE and the organization's highly qualified and educated high performance coaches offer a superior training environment and experience for students of CSS. Student athletes participate in Ignite Training with a focus on strength and conditioning, sprint and gymnastics. Regardless of their sport, student athletes experience a high level training program that compliments their sport and leads to excellence in their performance.



SPORT PERFORMANCE SEMINARS

Weekly seminars in the areas of high performance will support the students' athletic knowledge and development towards success.

IGNITE ATHLETE DEVELOPMENT

Physical training that develops athleticism and new skills in the following areas; Strength & Conditioning, Sprint Training, and Basic Gymnastic movements.

INDEPENDENT STUDY BLOCK

Daily time for homework completion, quiet study or online learning.

SPORT SPECIFIC TRAINING

Delivered outside of Canadian Sport School.
Earn academic credits for time spent training in your sport.

The Canadian Sport School provides an opportunity for athletes in grades 10-12 to use school hours to earn academic credit for:

Individual Sport Training 10/11/12 A & B	
Sport Performance 10/11/12	
Physical and Health Education 10, Active Living 11 & 12	
Cross Training 10/11/12 A	
Career Life Education, Leadership 11 and Career Life Connections (including Capstone)	

The Canadian Sport School facilitates a high performance culture amongst like-minded athletes while providing support, coordination and advocacy between student-athletes and their high school teachers and sport coaches. A teacher is on site for PISE classes and to provide support for students.

By participating in the Canadian Sport School program, student-athletes maximize their daily schedules while earning academic credits toward their graduation requirements. Students attend their regular high school for a half day, taking academic classes which fulfills their core graduation requirements, and the remainder of the day is spent at the Canadian Sport School.

The Canadian Sport School is located at PISE, the Pacific Institute for Sport Excellence, 4371 Interurban Rd, Victoria, BC.

Student families are responsible for transportation to/from CSS.

The schedule below shows a typical week at the Canadian Sport School. Please visit our website for current and future timetables.

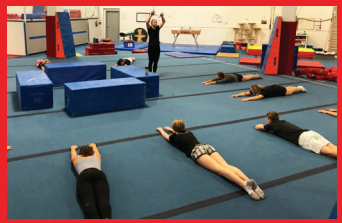
		Monday	Tuesday	Wednesday	Thursday	Friday
AM COHORT	8am to 9:30am	Sport Performance Seminar / IGNITE Program: Sprint Training	IGNITE Program: Strength Training		IGNITE Program: Strength Training	Flex Training Day
	9:30am to 11am		Independent Study Block	IGNITE Program: Gymnastics @ Inspire Sports	Independent Study Block	Independent Study Block
	11am	AM COHORT Dismissal	AM COHORT Dismissal	AM COHORT Dismissal	AM COHORT Dismissal	AM COHORT Dismissal
AM Students travel from PISE to their high school. PM Students travel from their high school to PISE.						
PM COHORT	12:45pm to 2:15pm	Sport Performance Seminar / IGNITE Program: Sprint Training	IGNITE Program: Strength Training	IGNITE Program: Gymnastics @ Inspire Sports	IGNITE Program: Strength Training	Flex Training Day
	2:15 to 3:30pm		Independent Study Block		Independent Study Block	Independent Study Block
	3:30pm	PM COHORT DISMISSAL	PM COHORT DISMISSAL	PM COHORT DISMISSAL	PM COHORT DISMISSAL	PM COHORT DISMISSAL

The Canadian Sport School runs with the regular school year from September to June.

Did you know....?

Canadian Sport School Students may represent and participate on their home high school sports teams.

Canadian Sport School Alum & Olympic Bronze Medallist Charity Williams (Rugby 7s)



ELIGIBILITY: Athletes must meet the eligibility criteria below in order to submit an application. Athletes must be:

1. **Registered members and in good standing with their Provincial or National Sport Organization (PSO) or (NSO)**
2. **Part of a club program that provides consistent training and competitive opportunities**
3. **In grades 10-12 at the beginning of the program**
4. **Have participated in one or more of the following in the past 18 months: BC Summer or Winter Games, Provincial or National Championships, Team BC Program, NextGen Program, National Team Program. (Exceptions may be allowed due to COVID19.)**

HOW TO APPLY: The application process for September 2022 intake will begin March 1, 2022. Please visit our website for more information, and to download an application package.

Information night is February 9th, 2022, 5-6:30 pm

TUITION & FEES: Canadian Sport School students pay $3250 per school year. Tuition is inclusive of all services and offerings. PISE is an inclusive organization and welcomes students of all backgrounds and abilities. (No student will be left behind due to financial reasons.) Please contact Stacey Lund at slund@pise.ca for further information.

/PISEWorld @PISEWorld @PISEWorld

"I chose to attend CSS to contribute to my athletic pathway. Learning the foundational skills such as Olympic lifting, proper sprinting technique, and using muscles you don't normally use in gymnastics classes have all helped me advance further in all aspects of sport. The program's coaches, teachers, and seminar speakers all offer a true wealth of knowledge as well as support helping athletes like me achieve my goals as I progress as a student-athlete! - ***Olivia Andulajevic (Volleyball)***

"The life skills & habits provided by Canadian Sport School are of even greater importance than the program's significant athletic and academic benefits. My ability to communicate with coaches, staff, teammates and rivals all improved greatly, as did my capacity to defuse situations, give and receive constructive feedback, empower teammates, and "read the play" in both athletic and non-athletic environments. These skills have greatly improved my standing within the national and international Cycling community and can be largely credited to the Canadian Sport School." - ***Riley Pickrell (Cycling Canada)***

CONTACT

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https://www.pise.ca/canadian-sport-school/

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