

School District No.22 Academies enhance the traditional curriculum for students motivated to strengthen their skills and improve their abilities in specialized programs that are offered by the district and in partnership with community organizations. Students participating in Academies will receive specialized instruction and learning opportunities that increase student engagement and success.



## ACADEMIES/SPECIALIZED PROGRAMS



### Who may participate?

Stage 4: Train to Train (girls 11–15, Boys 12–16)

Stage 5: Train to Compete (girls 15–21, boys 16-23)

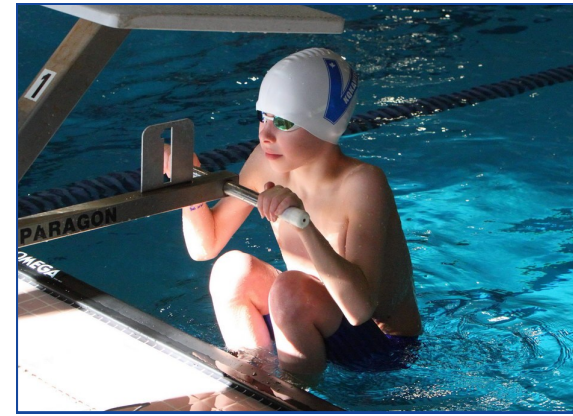
**What is the cost?** To be administered by the Vernon Kokanee Swim Club

**How to Apply? More Details** - please contact

**Rod Peters: [rpeters@sd22.bc.ca](mailto:rpeters@sd22.bc.ca)**

International Student Program  
[international@sd22.bc.ca](mailto:international@sd22.bc.ca)

# Vernon Kokanee Swim Academy



## Athlete Learning Plan

A personalized learning plan for each athlete based on their based on their sport and academic goals.

Students will all be credited for a minimum of 2 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.

these credit options are in review but may include:

- NLS Certification (Lifeguarding)
- Bronze Cross Certification
- Sport specific club coaching levels.
- Any other online courses that will help build a personalized learning plan to meet the student needs.



## Concept

- Joint Opportunities for all Athletes at similar stages of Athletic Development
- Building on a strong program that already exists.
- Athlete training encompassing the length of the existing season
- Sport specific training
- Strength and conditioning
- Long Term Athlete Development Program
- Mental Preparation for performance in Sport and Life.
- Athlete injury prevention & High Performance Nutrition

### What is included in the Academy fee?

### Additional considerations

Teacher support for individualized athlete learning plan coordinated with home school

The academy fee will be an add on to the standard tier based fee's and will be based on the additional costs (pool lane rental, dryland gym rental, yoga instructors)

Dryland and Yoga (1 per week) to facilitate strength training, flexibility and injury prevention

Transportation will be responsibility of participant to attend various training opportunities. SD22 bus options will be available at a nominal fee.

Weekly specialized low ratio in pool training to replace/augment the existing swim club training schedule

Athlete costs will be kept to a minimum to increase accessibility for all students.