

The National Sport School (NSS)

Information Session for
Prospective NSS Families

February 23, 2022



Operated by:



Palliser
Regional Schools

Guests and Speakers

- **Rob Jewan**, Principal of the National Sport School
- **Leanne Topp**, Vice-Principal at the National Sport School
- **Phil Graham**, Vice president and CFO, WinSport
- **Sophia O'Brien-Doerksen**, Alumni
- **Baden Koss**, Current NSS Student

Agenda (~60min)

1. Introduction
 - a. The National Sport School (NSS)
 - b. The Palliser School Division
 - c. WinSport
2. Academic Overview
3. WinSport's Role in the NSS Athletic Program Delivery
4. Alumni & Current Student Perspectives
5. Application Process & Next Steps
6. Question & Answer Session
7. Thank you

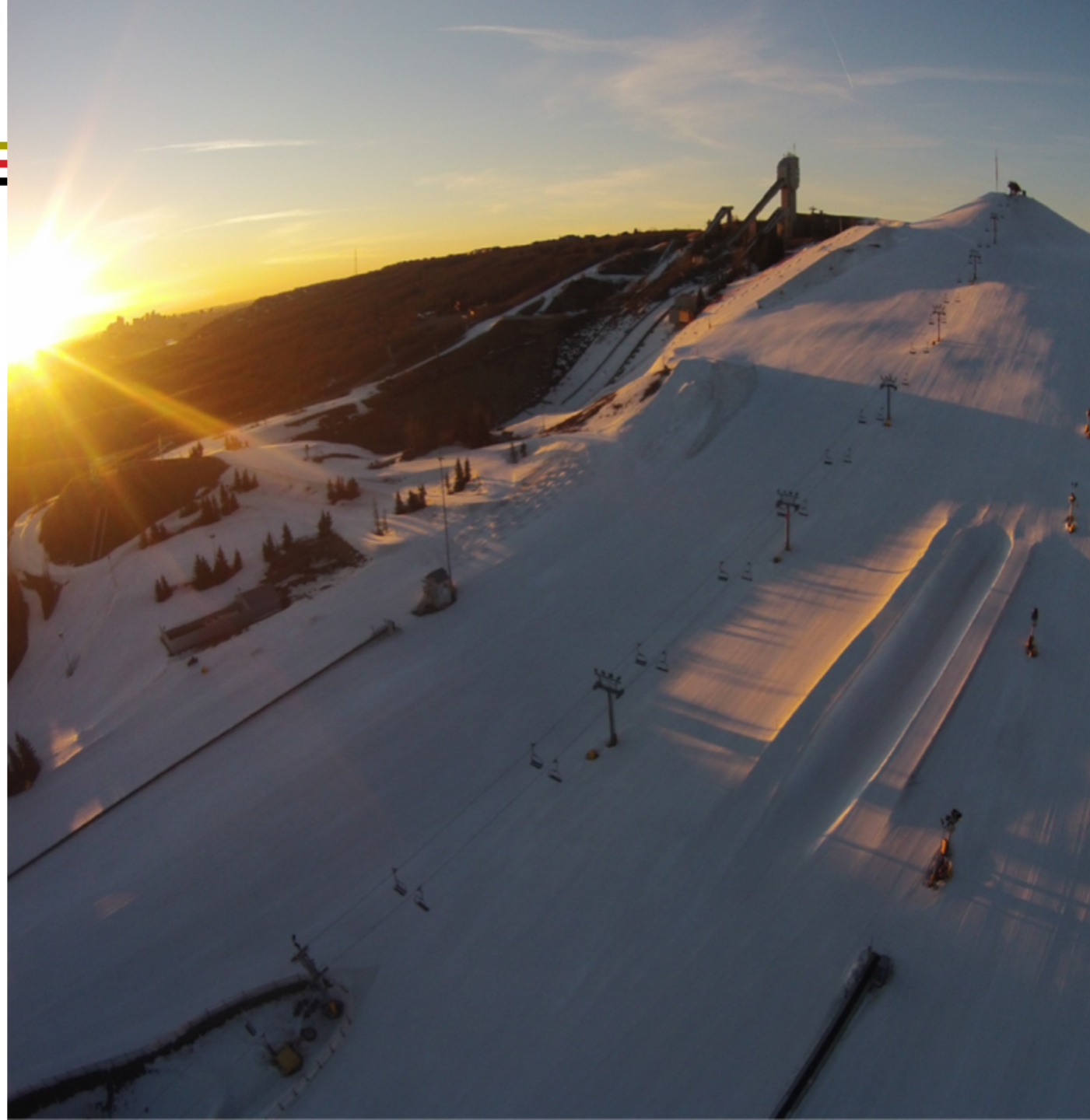


The National Sport School

Honours the 27-year legacy of collaboration between WinSport and Alberta's public school system.

Focuses on the next generation of student-athletes.

- Stability
- Community
- Continuity



The National Sport School is for

Students who want to be
successful athletes and
graduate from high school with
an exceptional education.



The National Sport School

- Is accessible, supportive, and provides a flexible learning environment
- Focuses on both developmental and competitive athletes
- Resolves the inherent pressure of traditional schools straining to accommodate both academics and athletics

What sports are currently represented at the NSS?

- Alpine Skiing (14%)
- Baseball (1%)
- Bobsleigh (1%)
- Canoe (1%)
- Climbing (1%)
- Diving (1%)
- Equestrian (3%)
- Figure Skating (4%)
- Freestyle Skiing (9%)
- Golf (1%)
- Gymnastics (7%)
- Hockey (32%)
- Lacrosse (1%)
- Luge (3%)
- Sailing (1%)
- Ski Jumping (1%)
- Snowboarding (1%)
- Soccer (3%)
- Speed Skating (2%)
- Swimming (3%)
- Synchronized Swimming (1%)
- Tennis (6%)
- Track & Field (1%)
- Water Ski (1%)
- Wrestling (1%)

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Palliser School Division

- One of the top performing school divisions in Alberta
- Proven track record offering alternative education opportunities
- Experience operating small schools

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WinSport's Mission & Mandate

At the core, we are a community-based not-for-profit Society that owns and operates Canada Olympic Park.

Our Mission is to provide opportunities for Canadians to discover, develop, and excel at sport and physical activity through world-class training, facilities, and exceptional experiences.

**The National Sport School truly gets to the heart of
“who we are and what we do”**

Where WinSport starts and Palliser Ends

Palliser – Actually operates the National Sport School

- The National Sport School is a registered school under the Alberta Education Act
- Deliver the Government-Mandated Program of Study

WinSport – coordinates the delivery of the physical education and athletic development program along with the Principal and teachers oversight.

Funding – Ministry of Education allocates per student funding PLUS families pay the \$4,990 Alternative Programming Fee as defined in the Education Act.

Budgeting – Joint process with the Principal, Palliser, and WinSport

- The Alternative Programming Fee facilitates the culture of the school, the location, various logistics & planning, our facilities, generalized sport expertise, and an enhanced curriculum experience.



WinSport partners with Poppy

- As part of WinSport's continuing efforts to ensure a safe learning, working and training environment, WinSport has entered into a partnership with a new service called Poppy.
- Poppy is a pathogen sensing and monitoring service that monitors the air and surfaces of indoors spaces on a daily basis for the COVID-19 virus and other pathogens - essentially making the invisible visible.
- In testing the current air circulation and filtering in place, these areas scored very well, but by monitoring these areas, Poppy can help pinpoint areas that need to be addressed (and how), well before anyone would normally know.

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Our Learning Environment

- Our flexible learning environment will optimize the student's academic success.
- Students that are involved in sport that is usually recognized at the Provincial or National level spend a lot of time dedicated to their athletic pursuits.
- NSS recognizes the unique challenges of school programming designed around training and competition and the need to both accommodate sport commitments and provide learning opportunities through digital technology, access to teachers and individual attention.



Key Educational Advantages

- Our hybrid learning environment combines classroom instruction with online technology, allowing students to continue studies when traveling for training or competition
- Small classes offered ~ 20 - 22 per class
- Teacher Advisors for each student-athlete
- Tutorial time available with each teacher

Programming

- NSS follows all Alberta Program of Studies requirements for academic courses and graduation.
- Options Available:
 - Athletic Development (Combines Physical Education, Yoga, Sports Psychology, and applicable CTS Credits = 10-11 credits per semester)
 - Art 10, 20, 30
 - Media Studies and Design
 - French 9, 10, 20, 30 and Challenge
 - Sport Medicine
 - Dual Credit Opportunities through [Palliser Off Campus Education](#)
 - Online courses through [Palliser Beyond Borders](#) as needed
 - Summer School

Our Experienced Educators Understand

- Training and competing schedules of different sports
- How to develop flexible due dates and expectations
- How to accommodate subject and year extensions
- Mentorship and support for athletes as they progress
- Communication needs of athletes and families



Key Supports at NSS

- A Sport Performance Consultant
- A Family School Liaison Counselor
- Sport Psychology program incorporated into the Athlete Development program
- A four period day with fixed-time classes
- Monday to Thursday 2:50 p.m. end time
- Early dismissal Friday for sport



Meeting room for our consultant

Timetable Example

Mon, Wed, Thurs		Tues – TA Day		Friday	
Period 1	8:30a – 9:57a	Period 1	8:30a – 9:50a	Period 1	8:30a – 9:40a
Period 2	9:57a – 11:25a	TA	9:50a – 10:20a	Period 2	9:40a – 10:50a
Lunch	11:25a – 11:55a	Period 2	10:20a – 11:40a	Period 3	10:50a – 12:00p
Period 3	11:55a – 1:23p	Lunch	11:40a – 12:10p	Period 4	12:00p – 1:10p
Period 4	1:23p – 2:50p	Period 3	12:10p – 1:30p		
		Period 4	1:30p – 2:50p		

(Note: may be subject to change)

Schedule Features for Student-Athletes

- Older students will have spares if they have successfully completed the Grade 9 and 10 school subjects as organized correctly.
- If an older student has access to spares; we can match them to their Calgary training schedule.
- Students that train at COP can access their teachers daily.
 - *Stop by class for a few minutes, make appointments, or visit during tutorial blocks, etc.*
- Extending high school is an option.

Dual Credit Opportunities

- Dual Credit - explanation
- Different Courses offered next year: 40+
- Many courses offered asynchronously online, allowing flexibility for students to fit courses into their schedules.
- Many courses transfer to other post-secondary institutions

Post-Secondary Support

- On Campus Practice SAT each fall
- Post-Secondary Fair on campus each year (before COVID)
- Post-secondary opportunities shared in weekly Parent Bulletin
- Teacher Advisor supports course selection for post-secondary studies each year

Student Scenarios for Success

Example of 3 students in the 2020-2021 School Year

1st scenario out of 25 current sports

GYMNAST – 140 days absent out of 180 school days

- Is able to attend portions of a school day while training intermittently throughout school hours
- Attends NSS and trains with Calgary Gymnastic Centre
- Teachers are able to offer additional supports frequently because of proximity of training

2nd scenario out of 25 current sports

EQUESTRIAN– 100 days absent out of 180 school days

- Attends NSS and trains at various American locations
- Often off campus to accommodate local training
- Absent weeks at a time for competitions
- Relies heavily on blended learning opportunities

3rd scenario out of 25 current sports

HOCKEY PLAYER at COP Arenas – 20 days absent out of 180 scheduled school days

- Attends NSS and plays with the International Hockey Association Midget Level
- Trains daily at WinSport but leaves early every day to access ice time
- Teachers are able to offer additional supports frequently because of proximity of training

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WinSport – Academic & Sport Philosophy

- Access to the High-Performance Training Centre, the Performance Training Centre, the Bob Niven Training Centre, and when applicable, CSI-Calgary research lab + program services. (*Covid considerations*)
- Our athletes are highly connected to local clubs, to PSOs, NextGen teams and NSO's.



WinSport – Academic & Sport Philosophy

- We believe that academics are at the core of an athletic career (student-athletes).
- We design our programming to reduce sport injuries through intentional cross-training.
- We believe in building healthy citizens and the next generation of leaders.



WinSport – Academic & Sport Philosophy

Design programming around specific outcomes:

- Physical, social, emotional and cognitive development.
- Mental health coaching and guidance.
- Biomechanics and foundational movement principles.
- Focus on Nutrition.



WinSport – Academic & Sport Philosophy

- We build a **powerful vision** and **culture of excellence** in sport and academics.
- The alternative sport programming that NSS delivers is **complementary to** (and is not designed to replace or interfere with) a student's **sport specific training** program.
- **We can support all sports and build better athletes.**

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Alumni Perspectives

Speaker: Sophia O'Brien-Doerksen

Current Student Perspectives

Speaker: Baden Koss

How to be a successful student at NSS

Key Attributes of the Culture of Excellence

- Self-advocacy and seeks assistance
- Competent communication
- Self-direction
- Citizenship

Successful Habits of Students:

- Build relationships with your teachers
- On task focus for time management
- Using Google Classroom as your guide
- Prioritizing your school needs accordingly

When students are away from school:

- Communicate regularly (at least twice per week) with all teachers (and peers – group work) via email
- Negotiate reasonable and alternate due dates with teachers BEFORE assignments are due

When students are away from school:

- Frequently check for announcements and updates (e.g news feed and calendar)
- Prioritize and work while away (work on honing effective time-management skills)

Sport Support:

- Committed coaches recognize the importance of school
- When travelling, coaches allocate specific and consistent time for students to complete schoolwork

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Application Process

- **Step 1:** Complete the application package and pay your \$260.75 non-refundable Application Fee.
 - The application package requires prospective student-athletes to select either Sport Specific Stream or General Athleticism Stream.
- **Step 2:** Individual Evaluation: The prospective student athlete will interview (virtually) with sport/athletic and academic representatives from the National Sport School and WinSport.
- **Step 3:** Upon receipt of written notification of provisional acceptance, the prospective student-athlete and their parent(s)/guardian(s) will be required to complete the National Sport School Enrollment package. This step will include payment of the National Sport School alternative program fee of \$4,990.

Next Steps

- **Application link**

- The next application intake deadline is March 25th, 2022.
 - January 26 intake
 - Feb 23 intake
 - March 25th intake
 - Rolling applications may also be considered pending the number of remaining placements available after the Spring application, interview, assessment and enrollment process has been completed.

- **Book in-person tours**

- Limited availability for in-person tours of the school space

- **National Sport School Information package (sent via email)**

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**Need a tour? Call the school at 403-777-
7329 for an appointment.**

Questions?

Academic Questions

- Are there opportunities for AP courses?
 - *We do not offer AP courses either through NSS or Palliser Beyond Borders. If students do want advanced placement for University there are several dual credit opportunities available.*
- How do you cater for kids with IPPS and learning difficulties?
 - *Approximately 30% of NSS students are on an individual program plan (IPP) and we work closely to support their needs.*
- Are Junior High students (Grades 8/9) able to complete senior high school credits through NSS as per the Alberta Guide to Education?
 - *Yes, we currently have Grade 9 students completing Science 10 and some CTS credits.*

Academic Questions

- What type of majors in university do your students manage to attend after graduation?
 - *The school prepares the students to be able to take the university program of their choice. We have had students enter programs across many locations throughout Canada and the United States, completing the major of their choice.*
- Can students that are planning to start in Fall 2022 get advice on courses to take in the summer?
 - *Yes, once students are accepted they will be assigned a Teacher Advisor who can help them plan for the Fall of 2022 and beyond.*

Academic Questions

- Do you offer rolling admission or do you wait until after the March deadline to send offers out to families?
 - *Historically we have sent offer letters to families after the March deadline but we are introducing a rolling admission this year.*
- If folks cannot make the tours next week, can we set up separate tours?
 - *Yes, please email nss@winsport.ca and we can arrange an alternate time for you to tour the school.*
- Do you offer French Immersion at the NSS?
 - *No, we offer French and French challenge though. We do not have the student population to support French immersion.*

Academic Questions

- Can Grade 9 French Immersion students challenge French 30 or do they have to wait until Grade 10?
 - *Yes they can challenge in Grade 9. We have had students challenge in both Grade 9 and 10 previously.*
- Any experience or opportunities in alternate language classes?
 - *We are able to offer French, but other language learning opportunities pose challenges for us with the limited number of students that require the courses.*
- Do you support climbers in your program?
 - *Yes, we support all sports in our program and have a climber attending this year. With climbing now being an Olympic sport, we expect to see those numbers increase.*

Academic Questions

- Is the timetable consistent from Grade 8 through 12?
 - *The start and end times will remain the same, but periods will be shortened for grade 8s.*
- Do have students from other provinces?
 - *Yes, we have students from several provinces and several international students.*
- Does a student have to reapply each year?
 - *Once they are accepted they do not need to reapply. We do a continuing registration process each year.*
- Are there opportunities for music such as band?
 - *We do not have opportunities for music.*

Demographic Questions

- What is the current number of students enrolled at NSS? Is there a plan to increase classroom facilities with the potential Grade 8 addition?
 - *We currently have 191 students for the 2021/2022 school year. WinSport has dedicated space available for us to more than double the current numbers over the coming years if the demand is there.*
- What is the ratio of boys to girls?
 - *With the addition of the hockey programs, we have more boys than girls currently. The split is approximately 60% boys and 40% girls.*

Sport/Athletic Questions

- What percentage of NSS students train with WinSport vs those that train through their sport clubs?
 - *The vast majority of students train through their own sport clubs. Approximately 60% of all students do train on-site at WinSport facilities though.*
- What sport training support do you provide athletes that train through their own clubs?
 - *Although we do not offer sport specific training, WinSport's strength and conditioning team at the Performance Training Centre (PTC) want to be an extension of your sport coaching staff. We can assist with the development of the yearly training plan (YTP) and achieve sustainable peak performance for all student-athletes, while aligning with school programming and parent/athlete expectations.*
- What level of hockey do you need to be in to attend NSS?
 - *We will support hockey programs from community to elite level hockey based on student need.*
- Do you have to be involved in high level sport to stay at the school? E.g. if you had to retire before the end of Grade 12?
 - *Occasionally athletes do retire from sport early and if they are approaching the end of their high school experience, we will support them through to graduation.*

Sport/Athletic Questions

- Is the National Sport Academy (NSA) merging with NSS?
 - *NSA will be joining NSS this year, but the sports that will be joining will be determined by NSA.*
- What is the role of the Sport Performance Consultant?
 - *The Sport Performance Consultant is available to students Tuesday to Thursday for 30 minute appointments. The mental pillar of performance needs training as well and Perri is available to work with students to work on all aspects of mental performance.*

Sport/Athletic Questions

- What would happen if a student/athlete gets injured?
 - *Students are supported at the school if they are injured like they would be for training. Injuries and sport go hand in hand and we deal with several injuries each year. There is a support group being offered to students with injuries.*
- What is the difference between the Sport Specific verses the General Athleticism stream?
 - *Sport Specific stream is for athletes that are committed to one sport and can get a coach to do an evaluation on the athlete. General Athleticism is for students who are doing multiple sports and have not specialized in one sport at this point.*

Culture and Logistical Questions

- Is there a place to store extra gear during the day?
 - *Yes, we have a place at the front of the school for equipment to be stored.*
- How is the school culture in general? Is it diversified?
 - *The culture is very positive. Diversity is growing each year. As we are dealing with young adults in their teenage years, things do happen. The incidents of bullying and behaviour are much less than in a traditional program.*

Financial Support Questions

- Are there bursaries or funding that students can apply for?
 - *There are a limited number of needs-based bursaries available for the NSS. After your student-athlete is provisionally accepted into the school, there will be an option to apply for the needs-based bursary in the enrollment process.*

Thank you
