

The  
National Sport  
School (NSS)

OPEN HOUSE  
PRESENTATION

November 30, 2023 and  
December 8, 2023



Operated  
by:  
wINSPOR™



**Palliser**  
Regional Schools

# Presentation Features

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- **WinSport's Role and the Application Process**
- **Key Features of National Sport School**
- **Characteristics of a Successful NSS Student -  
A Teacher Perspective**
- **A Student Perspective**

# The National Sport School (NSS)

## WinSport's Role and the Application Process

November 30, 2023



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# Speakers

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- **Phil Graham**, Vice president and CFO, WinSport
- **David Spitznagel**, Manager, NSS, WinSport
- **Jim Bamford**, Athletic Development Teacher, NSS

# WinSport's Mission & Mandate

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**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

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## **Palliser** – *Operates the National Sport School*

- Delivers the Government-Mandated Program of Study

## **WinSport** – *Location of the National Sport School*

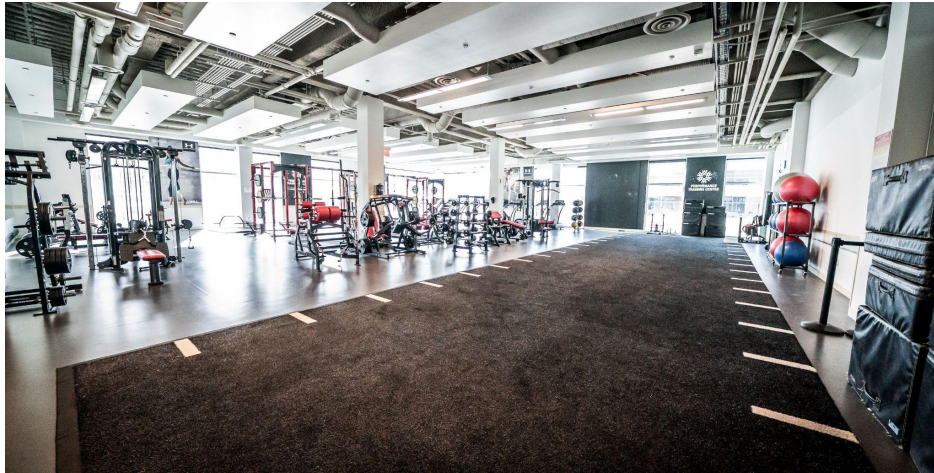
- Coordinates the delivery of the physical education and athletic development program along with Principal and teacher oversight

## **School Funding**

- Ministry of Education allocates per student funding PLUS families pay the \$5,500 Alternative Programming Fee as defined in the Education Act.
  - *The Alternative Programming Fee facilitates the culture of the school, the location, various logistics & planning, our facilities, generalized sport expertise, on-site Sport Performance consultant and an enhanced curriculum experience.*

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

# WinSport – Location



# WinSport – Facilities & Services

- Access to a mental performance consultant (Perri Ford) located on-site.
- Students receive a Performance Training Centre (PTC) membership for the school year.
- Access to a customized training program through the PTC strength & conditioning team. *This service is designed for student-athletes who do not have an existing training program through their club or association.*
- Training package includes:
  - Initial consultation and movement screen
  - 3 x 60 minute training sessions with assigned coach every month
  - Ongoing support in a supervised training environment





# WinSport – Athlete Development Program

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- The Athlete Development program is designed to introduce our student-athletes to a variety of diverse components of high-performance sport with the goal of creating well-rounded athletes that remain active for life.
- We design our programming to reduce sport injuries through intentional cross-training.
- Students are exposed to sports and activities led by experts in their field including:
  - Sport Psychology, Biomechanics with the Canadian Sport Institute (CSI), Fundamental movement patterns with Les Gramantik, Nutrition, Yoga, Rock climbing, Lacrosse and Dance.
- Other course modules include: sledge hockey, indoor archery, mini golf, indoor and outdoor games and wheelchair sports.

# Enrolment Considerations

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**The NSS is a school of choice, with a VERY clear focus and specialization on student-athletes.**

In addition to evaluating the merits of individual applicants, our acceptance criteria ALSO considers the overall impact on the sport, grade and gender balance within the school.

## Waitlists:

- **Waitlists do NOT roll-over.** Waitlisted students must reapply the next year.

## Re-Enrolment:

- **Typically, the majority of NSS students do continue at the NSS year-after-year.**
- **NOTE:** A material change in academic or athletic conditions MAY trigger a review of conditions of re-enrolment.

# Application Process

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- **Step 1:** Complete the application package and pay the \$210 non-refundable Application Fee.
  - The application package requires prospective student-athletes to select either the **Sport Specific Stream** or **General Athleticism Stream**.
  - If applying under the **Sport Specific Stream**, you are required to have your coach complete an Athlete Review form, and at least two current teachers complete a Teacher Review form.
  - If applying under the **General Athleticism Stream**, you are only required to have at least two current teachers complete a Teacher Review form.

# Application Process

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- **Step 2:** Individual Evaluation: The prospective student-athlete will interview with sport/athletic and academic representatives from the National Sport School and WinSport.
  - Interviews will be in-person on the WinSport campus.
  - Interviews will take place in groups of 5-6 prospective student-athletes.
  - Early intake applicant interviews will be conducted on January 24-26 and January 29, 2024.
  - Regular intake applicant interviews will be conducted on March 12-14, 2024.

# Application Process

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- **Step 3:** Upon receipt of written notification of conditional acceptance, the prospective student-athlete and their parent(s)/guardian(s) will be required to complete the National Sport School enrolment package. This step will include agreeing to payment of the National Sport School Alternative Program Fee of \$5,500 (or \$5,700 if paid in four equal installments).
  - There are a limited number of needs-based bursaries available, with bursary applications due May 15, 2024.
- **Step 4:** Payment of the Alternative Program Fee is due June 1, 2024. Payment can be made by debit or credit card through the online TUIO system.

# Next Steps

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- [Application Link](#) (Available on the WinSport and NSS websites)
  - Applications will be available December 1, 2023.
  - The early intake application deadline is December 22nd, 2023.
  - The regular intake application deadline is March 1, 2024.
    - Regular applications may also be considered pending the number of remaining placements available after the early application intake, interview, assessment and enrolment process has been completed.
- National Sport School Information package (to be sent via email)
- Questions can be sent to [nss\\_admissions@pallisersd.ab.ca](mailto:nss_admissions@pallisersd.ab.ca)

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**Link to:**  
**[National Sport School \(NSS\) –  
Overview of Application Process \(2024-2025\)](#)**



# The National Sport School (NSS)

Key Features of NSS

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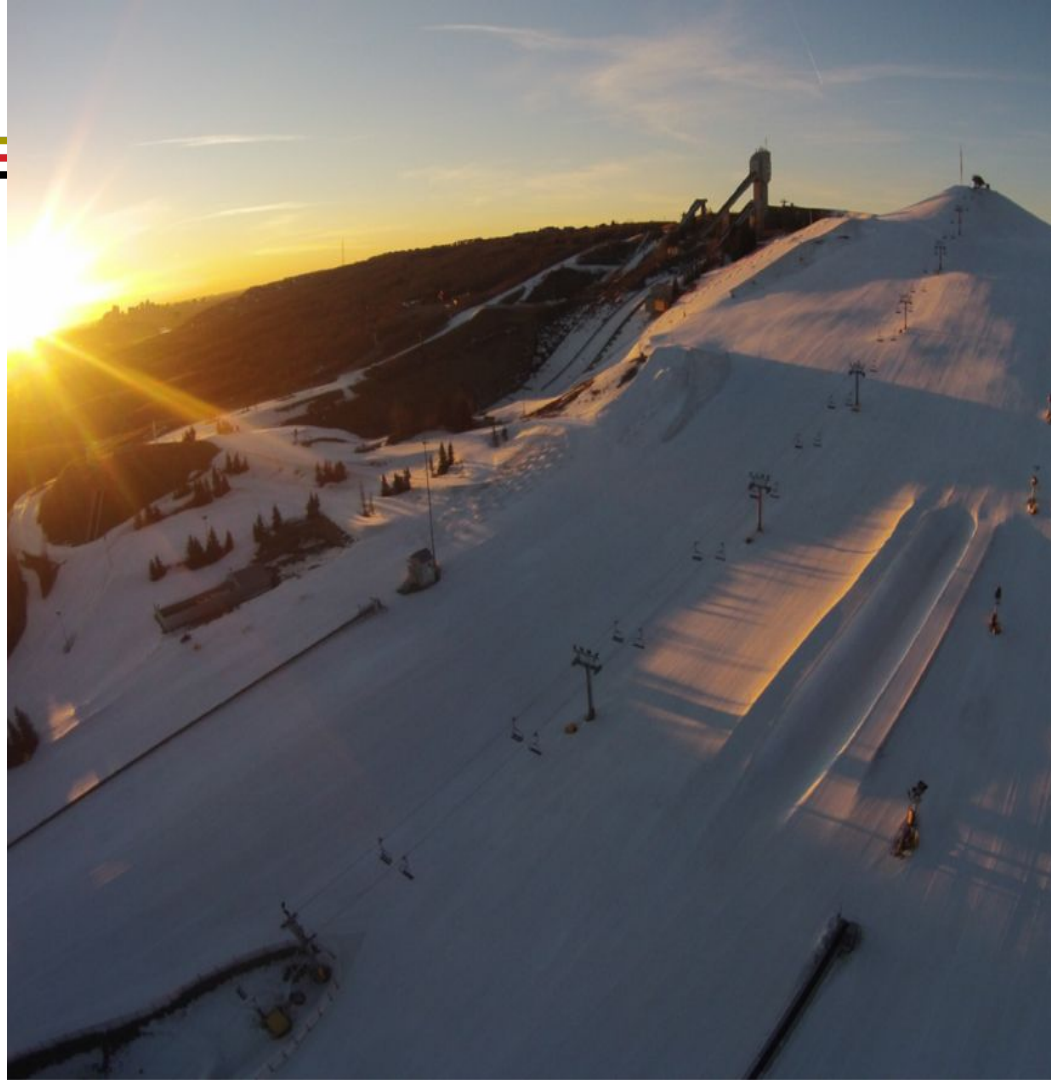
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# The National Sport School

Honours the 29-year legacy of collaboration between WinSport and Alberta's public school system.

Focuses on the next generation of student-athletes.

- Stability
- Community
- Continuity
- Location



# The National Sport School

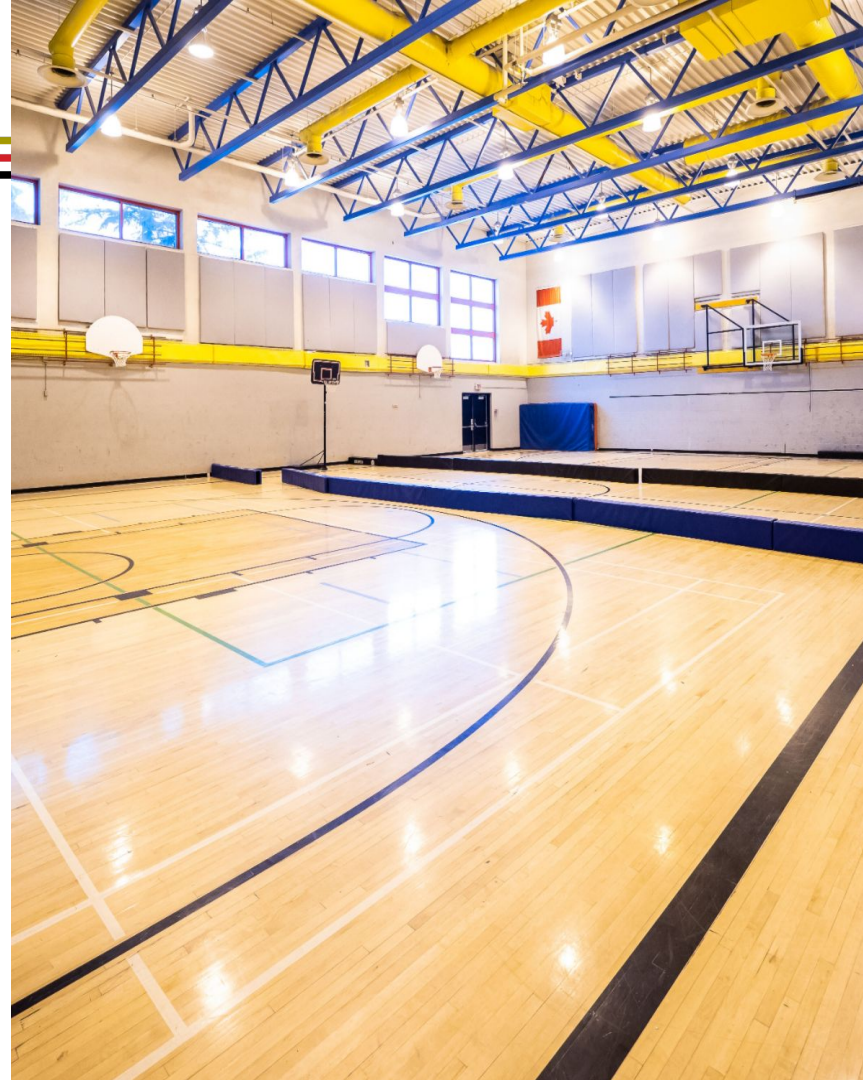
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- Is accessible, supportive, and a flexible learning environment
- Focuses on developmental and competitive athletes
- Resolves the inherent pressure of traditional schools straining to accommodate both academics and athletics

# The National Sport School is for

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



# What sports are currently represented at the NSS?

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- Alpine Skiing (12%)
- Artistic Swimming (<1%)
- Baseball (1%)
- Basketball (<1%)
- Biathlon (<1%)
- Climbing (<1%)
- Decathlon (<1%)
- Diving (1%)
- Equestrian (1%)
- Fast Pitch (3%)
- Figure Skating (4%)
- Freestyle Skiing (5%)
- Golf (<1%)
- Gymnastics (5%)
- Hockey (38%)
- Irish Dance (<1%)
- Jui Jitzu/Karate (<1%)
- Lacrosse (5%)
- Luge (<1%)
- Mountain Biking/BMX (<1%)
- Ringette (<1%)
- Ski Jumping (<1%)
- Speed Skating (<1%)
- Snowboarding (2%)
- Soccer (3%)
- Swimming (3%)
- Tennis (3%)
- Trampoline (2%)
- Track & Field (1%)
- Volleyball (2%)
- Water Polo (<1%)
- Whitewater Slalom/Water Ski (<1%)
- Weightlifting (<1%)

# Our Learning Environment

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- 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

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- 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 - 25 per class
- Teacher Advisors for each student-athlete
- Tutorial time available with each teacher

# Programming

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- 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
  - Audio and Visual Production
  - Dual Credit Opportunities through [Palliser Off Campus Education](#)
  - Online courses and Summer School through [Palliser Beyond Borders](#) as needed

# Dual Credit Opportunities

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- Dual Credit - explanation (Grade 11 and 12)
- 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



# 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

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- 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(7 periods a day for grade 8&9)
- Monday to Thursday 2:50 p.m. end time
- Early dismissal Friday for sport



Meeting room for our consultant

# Timetable

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	27	
		Period 4	1:30p – 2:50p		

(Note: may be subject to change)

# Schedule Features for Student-Athletes

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- 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 try to 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.

# Post-Secondary Support

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- On Campus Practice SAT each fall
- Post-Secondary speakers on campus each year
- Post-secondary opportunities shared in weekly Parent Bulletin
- Teacher Advisor supports course selection for post-secondary studies each year
- Information Commons Facilitator supports post-secondary exploration

# Student Scenarios for Success

Example of 3 students in the 2022-2023 School Year

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# 1<sup>st</sup> scenario out of current sports

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## **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 current sports

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## **FastPitch/Volleyball Player – 42 days absent out of 180 scheduled school days**

- Attends NSS and trains independently; competes with various clubs
- Frequent absences for American Showcases
- Support needed for hectic training schedule



# 3rd scenario out of current sports

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## **EQUESTRIAN – 75 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

# The National Sport School (NSS)

## Characteristics of a Successful NSS Student - Teacher Perspective

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# How to be a successful student at NSS from a teacher perspective

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Teacher Perspective

# Key Attributes of the Culture of Excellence

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- Self-advocates and seeks assistance when needed
- Competent communication
- Self-directed
- Shows citizenship in the school and outside of the school



# Successful Habits of Students:

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- Build relationships with your teachers
- On task and focused for time management
- Using Google Classroom as your guide
- Prioritizing your school needs accordingly
- Plan and work ahead for upcoming travel

## When students are away from school:

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- 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:

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- Frequently check for announcements and updates (e.g Google Classroom)
- Utilize Google Classroom and Edsby consistently
- Prioritize and work while away (work on honing effective time-management skills)

# Sport Support:

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- Committed coaches recognize the importance of school
- When travelling, coaches allocate specific and consistent time for students to complete schoolwork
- All teachers offer tutorials twice per week outside of school hours and also by appointment



# The National Sport School (NSS)

A Student Perspective

November 30, 2023



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# Our Presenters

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## Sabrina Cardenas

- Grade 12 Student-Athlete

### Competitive Swimming

- Calgary Patriots
- Swimming since age 9
- Backstroke, Butterfly, and Freestyler

Sport commitment: 25+ hours a week



# Our Presenters

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## Abbie Clarke

- Grade 12 Student-Athlete
- Started luge at 10 years old

### Accomplishments:

- Won the Canadian Championship in 2019 and 2020
- On the Jr. National Team for 3 years

### Sport Commitments:

- Training 7 days a week
- 25+ hours



# Our Presenters

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## Zayden Gukert

- Grade 12 Student-Athlete
- Pitcher and Outfielder for Webber
- Playing since age 4
- Accomplishments
  - Two time player for Team Canada
  - Team Canada MVP
- Sport commitment: 25+ hours a week

# What is it like to be an NSS student?



# Life at School

- Student-athletes!
  - Similar lifestyles and goals
  - Empathy in tough times
- Teachers
  - Small classes: access to teachers
  - Understanding of commitments
  - Flexibility
- Mental Performance Consultant & Family School Liaison Counsellor (Perri Ford & Jenn Galambos)
- Facilities, including:
  - Performance Training Centre
  - Group 23
  - Benson Concussion Institute



# Life While Away

- Students miss days, weeks, and even months of school
- Flexibility to be successful while here AND while away
- Negotiate due dates
- Google Classroom
- Communication & Self-advocacy
- Self-direction
- Travel Plans

