



2020/21 Athlete Performance Academy

Name: _____ Current Grade: _____ Date: _____

The Athlete Performance Academy is an exciting new addition to Rick Hansen Secondary. The aim of this Academy is to provide students with exposure to proper movement-based training with the goal of improving their quality of movement in all sports while also exposing students to skills and tools they will need to be not only successful in their sport, but in life. Unlike other sport specific academies, admission to the Athlete Performance Academy is not sport dependent.

The Athlete Performance Academy is designed to let each individual athlete reach their peak potential for their season of play, incorporating the concepts of periodization and long-term athletic development. The Academy is open to all students who participate in a sport within the school or within the community. Our ability to differentiate training plans for each individual athlete based on their needs will be the key to individuals reaching their potential. The Academy will take a movement perspective that follows the most current models of assessment and training methodology. The primary focus of this type of training is creating well balanced and durable athletes that are injury resistant, while at the same time teaching them how to have a full spectrum metabolism.

The Athlete Performance Academy will run twice a week on an extended day early morning class (Mon & Wed from 7-8am). This will ensure everyone has access to this program and not prevent students in specialized programs from applying to the academy or taking away from other subject area electives.

Applications are due to Mr. C. Pickering by Thursday, April 9th.

Please list current sports you are playing at school and/or in the community:

What are your athletic and personal goals?

(Parent/Guardian Signature)

(Student Signature)

****Please note this is a fee-paying academy developed and delivered in conjunction with Innovative Fitness. The yearly fee for 2020/2021 is set at \$850. A \$200.00 non-refundable deposit is due upon acceptance to the program***