

SPORT SPECIFIC PROGRAM

An opportunity to enhance your sport journey at BCSS



COURSE OFFERINGS

Volleyball

For grade 10, 11, and 12 students playing club-level or school level volleyball...

Soccer

For grade 10, 11, and 12 students who play soccer as a primary sport...

Hockey (New for 2018/19)

A conditioning-based course for grade 10 students who are playing hockey at the AA or AAA level...

Basketball (New for 2018/19)

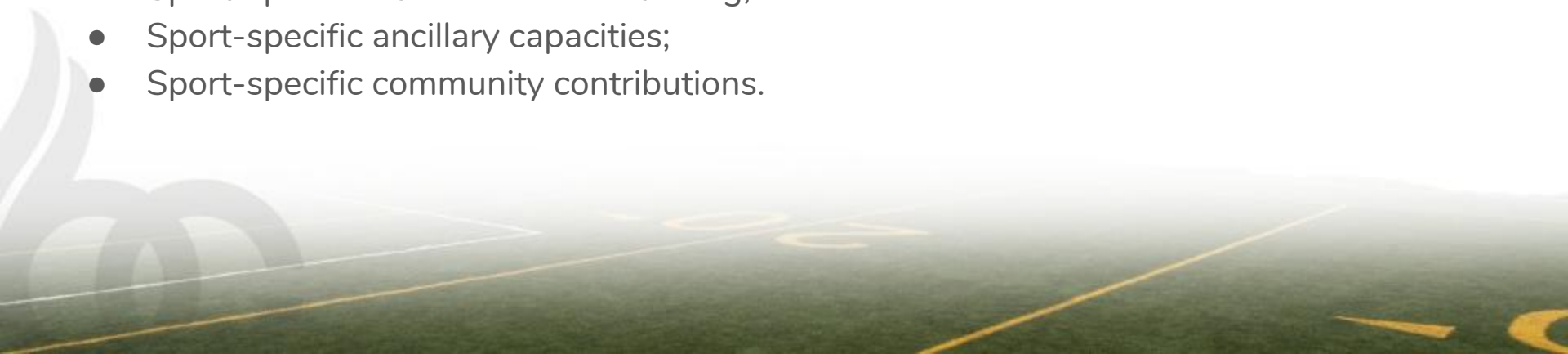
For grade 10, 11, and 12 students who intend to play basketball on a prep or OSBA team in 2018/19

WHAT IS THE SPORT SPECIFIC PROGRAM?

The Sport Specific Program at BCSS began in 2016 and was designed to offer a meaningful practice and training environment to like-minded students who are passionate about development in a specific sport pathway.

The program is designed to build and improve:

- Sport-specific skills;
- Sport-specific fitness and conditioning;
- Sport-specific ancillary capacities;
- Sport-specific community contributions.



PROGRAM GOALS

While the program continues to grow at BCSS, common program goals in all SSP courses are to enhance / achieve:

- opportunities for late specialization and transferable skill;
- a balanced training model that reduces unnecessary stresses on the student athlete;
- increased knowledge of the sport and respective principles in sport science;
- a better approach to a long-term, periodized programming aligned with LTAD;
- a new sport opportunity for primary sport athletes at BCSS;
- opportunities to learn about career pathways in sport.

NOTE:

Students who enroll in a sport-specific program are not eligible for YRAA competition in the same sport.

INTEGRATED SUPPORT

Wholistic student-athlete success is dependent on integrated support. The SSP program promotes better communication and opportunity for checks and balances related to the simultaneous pursuit and achievement of academic and athletic goals.

- Coaching personnel
- Teachers and academic support
- Strength and conditioning / fitness trainers
- Parents / guardians



PROGRAM DESIGN AND DELIVERY

BCSS staff members involved in program design and delivery:

BCSS Administration Team and HPE Department

Curriculum, course selection, time tabling, and application assessment

Course Teachers

HPE teachers with NCCP coaching certification

Derek Virgo, Strength & Conditioning Coordinator

Physical conditioning program design and instruction, sport science-related programming

Talal Chaudhry, Athletics Manager

Facility management and scheduling, program consultation and budgeting

CONSIDERATIONS REGARDING OFSAA BYLAWS

Regardless of academic institution, enrollment in a sport specific curricular program, as considered under OFSAA bylaws, will forfeit athletic eligibility in OFSAA-sanctioned competition for respective sport(s).

For some BCSS athletes, this could mean forfeiting regional scholastic athletic participation in a second sport (if you enroll in a sport-specific program that is different from your declared primary sport.)

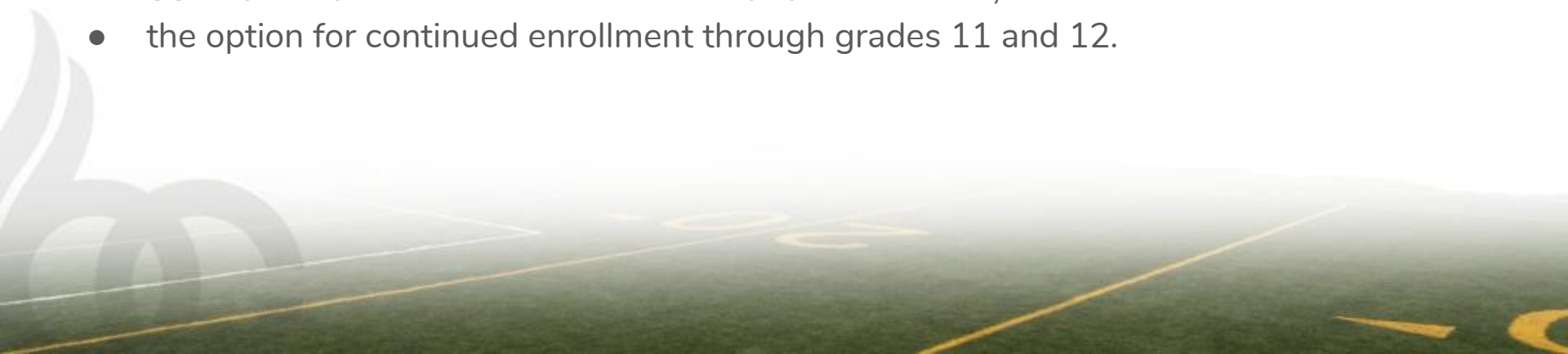
When a student is deemed ineligible under these guidelines, this ineligibility remains effective as long as the student attends the school where the sport specific program exists, regardless of current course enrollment status.

WHAT DOES THE SPORT SPECIFIC PROGRAM LOOK LIKE?

Students in the program explore and develop in all sub-disciplines of the sport (skill development, conditioning and fitness, ancillary capacities, etc.) beginning in the grade ten school-year.

The program provides:

- HPE course credit;
- SSP students will also be scheduled into the same ILIP;
- the option for continued enrollment through grades 11 and 12.



POSSIBLE TIMETABLES FOR SSP STUDENTS

Scheduling depends on timetable feasibility and access to resources and facility spaces. The example below shows possible deviations from a current BCSS student timetables.

BCSS SSP STUDENT SCHEDULE

PERIOD 1
PERIOD 2
LUNCH / ILIP
LUNCH / ILIP
PERIOD 4 (SSP)
PERIOD 5

EXAMPLE

PERIOD 1
PERIOD 2
ILIP
SSP CLASS
LUNCH
PERIOD 5



PROGRAM DETAILS

SSP information by course for the 2018/19 academic year



VOLLEYBALL 2018-2019

This co-ed course will be offered to grade 10, 11, and 12 students.

Students who intend to apply should:

- already be playing volleyball at a club level, or high school level;
- be prepared to commit to a two-credit, full-year course.



CONDITIONING FOR HOCKEY 2018-2019

This course is being offered to grade 10 students as a two-credit, two-semester course. Depending on application numbers, it may be offered as a co-ed course, or with separate male and female sections.

Students who intend to apply:

- currently play hockey at a high level outside of BCSS (AA or AAA);
- have indicated that hockey is their primary sport on their YRAA declaration;
- are not also involved in a high-volume off-ice training program outside of school;

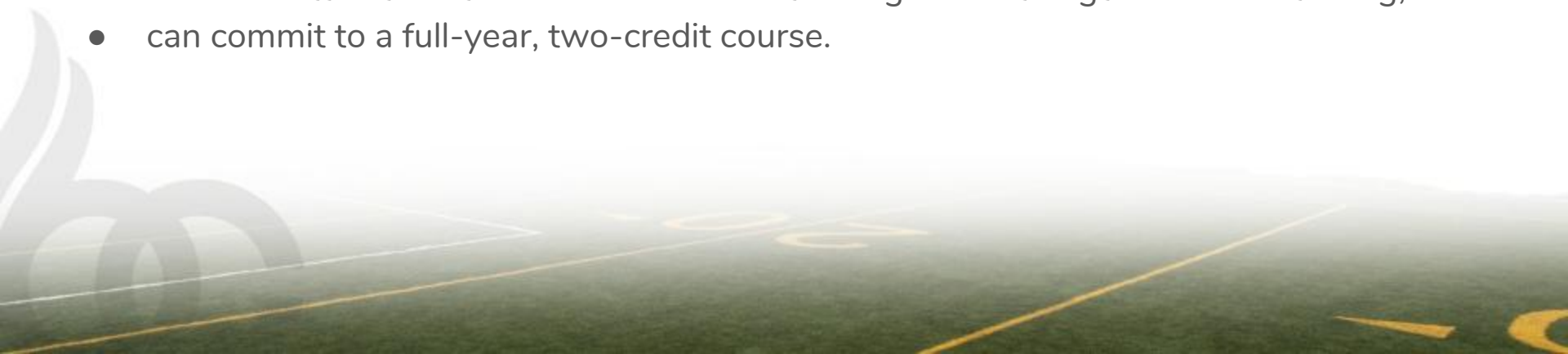
This course does not involve an on-ice skill-based component and is strictly designed to provide strength and conditioning programming to compliment, and align with, the sport-specific demands of hockey.

JUNIOR SOCCER 2018-2019

This course is being offered to grade 10 students. Depending on application numbers, it may be offered as a co-ed course, or with separate male and female sections.

Students who intend to apply:

- should already be playing soccer at a club level;
- have indicated that soccer is their primary sport on their YRAA declaration;
- are committed to both skill-based soccer training AND strength and conditioning;
- can commit to a full-year, two-credit course.



SENIOR SOCCER 2018-2019

This course is being offered to grade 11 and 12 students as a single-credit one-semester-long course. Depending on application numbers, it may be offered as a co-ed course, or with separate male and female sections.

Students who intend to apply:

- should already be playing soccer at a club level;
- have indicated that soccer is their primary sport on their YRAA declaration;
- are committed to both skill-based soccer training AND strength and conditioning;
- are interested in the opportunity to earn coaching and/or officiating certifications.

PREP & OSBA BASKETBALL 2018-2019

This co-ed course will be offered to grade 10, 11, and 12 students who intend to play on a prep or OSBA team at BCSS.

Students who intend to apply:

- currently play, and/or intend to play on a prep or OSBA team at BCSS;
- can commit to a full-year, two-credit course;
- understand that the course is divided equally between strength and conditioning and skill based training.



HOW TO APPLY

Application guidelines and details



INTERESTED STUDENTS

Students interested in applying for a Sport Specific Program course should use the following steps:

1. Register for two of the standard HPE course options offered in the course calendar;
2. Pick up an SSP application from the BCSS HPE office or the Guidance office;
3. Complete and submit the application to the guidance office by March 6, 2018.

After all applications are received, students will be notified of details for a skill and fitness evaluation.

Following the application and skill/fitness evaluation process, all applicants will be notified whether or not they have been accepted into the program.

WHAT IS INVOLVED IN THE APPLICATION?

Applicants to any sport specific program must:

- attend the SSP information session during the BCSS Parent Information Night;
- complete and submit application questionnaire;
- submit accompanying teacher references;
- submit accompanying coach endorsement form;



COSTS INVOLVED

Some costs are associated with the SSP courses, and are used to pay for course enhancements including:

- field excursions
- in-house events and activities
- additional certifications (coaching, officiating, etc.)

Payments for costs associated with SSP courses are collected as course activities are developed and confirmed each semester.

Opportunities to fundraise in order to offset program costs are always available.

QUESTIONS

Administrative

Rose.Walker @ yrdsb.ca

HPE Programming

Jacqueline.Palm @ yrdsb.ca

Strength & Conditioning

Derek.Virgo @ yrdsb.ca