

Middle schools provide the perfect setting to develop and maintain physical fitness of youth as they enter their growth spurt. This is also the time to continue converting fundamental movement skills into fundamental sport skills.


Middle schools are ideal for exposing youth to a range of physical activities and sports, so they can begin to discover sports they enjoy and build confidence in basic skills.

~Canadian Sport for Life (CS4L) <http://canadiansportforlife.ca/>

Physical literacy

is the...



 **Sport for Life** **active for life**

For more information, contact:

Program Lead Teacher—Mr. Ryan Popowich ryan.popowich@eics.ab.ca

Principal— Mr. Joe Kucy joek@eics.ab.ca

Asst. Principal- Mr. Bob Charchun bobc@eics.ab.ca

(780) 672-2975 <http://olmp.eics.ab.ca>

DEVELOPING LIFE LONG ATHLETES



ATHLETICS, FAITH, LEADERSHIP

39 Mount Pleasant Drive

Camrose, AB T4V 2M2

(780) 672-2975

<http://olmp.eics.ab.ca>



Mission and Vision “Sport for Life” Program

The mission of the Sport for Life Program is to provide students exposure to a variety of sport and recreation activities in a Catholic environment with the focus on creating life-long active and healthy lifestyles. Students will have the benefit of building athletic skill, along with leadership qualities in a faith-filled setting. The program is based on the Canadian Sport for Life (CS4L) model, which is a movement to improve the quality of sport and physical activity in Canada through improved athlete training and better integration between all stakeholders in the sport system, including sport organizations, education, recreation and health

PROGRAMS OF STUDY

The program will be based on the following curricula:

- Physical Education
- Health
- Career and Technology Foundations
- Recreational Leadership

TOPICS of STUDY

- Sports Leadership
- Health and Nutrition
- Sports Psychology
- Training Principles
- Performance Evaluation
- Sports Injuries
- Sports Careers
- Personal Development

ROYALS SPORT 4 LIFE

ACTIVITIES:

- ◆ Golf
- ◆ Volleyball
- ◆ Fitness
- ◆ Basketball
- ◆ Curling
- ◆ Alt. Environments
- ◆ Badminton
- ◆ Baseball
- ◆ Aquatics
- ◆ Soccer
- ◆ Track and Field
- ◆ Outdoor Activities



ROYALS SPORTS 4 LIFE SCHEDULE



ACTIVITIES:

- ◆ **GOLF** (Sept. 5 - 28)
- ◆ **VOLLEYBALL** (Oct. 2 - 26)
- ◆ **FITNESS** (Oct. 30 - Nov. 23)
(Cross-Fit, Zumba, Yoga)
- ◆ **BASKETBALL** (Nov. 28 - Dec. 21)
- ◆ **CURLING** (Jan. 8 - 22)
- ◆ **ALT. ENVIRONMENTS** (Jan. 23 - 30)
(Climbing Wall, Skiing, Luge)
- ◆ **BADMINTON** (Feb. 5 - 22)
- ◆ **BASEBALL** (Feb. 26 - Mar. 15)
- ◆ **AQUATICS** (Mar. 19 - 22)
(Water Polo, Scuba, Life Saving Skills)
- ◆ **SOCCER** (Apr. 3 - 26)
- ◆ **TRACK & FIELD** (May 1 - 24)
- ◆ **OUTDOOR ACTIVITIES** (June 4 - 14)
(Trail Runs, Beach Volleyball, Tennis, Pickle Ball)

COMMUNITY PARTNERSHIPS:

- **Bill Penny** (Camrose Golf Course Pro - Manager)
- **Steve Leggitt** (Level 4 ACAC Coach - Chartered Professional Coach)
- **Deanna Roper /Matt Chenard** (Cross-Fit Camrose)
- **Dave Drabiuk** (Level 4 ACAC Coach)
- **Adam Enright** (Brier/World Champion - Olympic Gold Medalist) - **Roger Galenza**
- **Dave Borman** (Competitive Provincial Level Coach Certified)
- **Camrose Aquatic Center**
- **Paul Stone** (ACAC Coach) - **Tom McManus** (ACAC Coach)
- **Alberta Track and Field**

A Training Pathway for long Term Athlete Development

FACILITIES

- Camrose Aquatic Center
- Camrose Rec Center
- Rose City Curling
- Augustana University Campus
- Camrose Golf Course
- On site: Gym & Fitness Room

COSTS

Fee for the program is **\$1625** for the year for grades 5 to 9. A deposit of **\$125** is due at registration; the remainder may be paid via post dated cheques at **\$150** per month.

FEE INCLUDES

Program apparel, Bussing, Specialized/certified instructors, Facility rental, Equipment purchases

STUDENTS MUST

- Have good academic standing proven ability to maintain their academic potential
- Be disciplined, dedicated, committed to improve, highly motivated

INFORMATION

Open to grades 5–9 for the 2017-2018 school year

- Students receive instruction of core subjects: Mathematics, Science, Social, Language Arts and Religion
- Students take 1 additional option per term, or 1 full year optional course in grade 7 to 9
- All classes will be supervised by certified teachers
- For specialty sports, certified instructors will be employed to ensure correct training and implementation
- Based on Canadian Sport for Life (CS4L) and Long-Term Athlete Development (LTAD), a developmental pathway whereby athletes follow optimal training, competition, and recovery regimens

Please note: The program will run only if there is adequate enrolment, accompanied by the commitment deposit. *Registrations will be accepted starting Feb 1, 2017 See website for details. Classes will be capped at 20-25 students. Any subse-

“Keeping active for life with recreational sport and physical activity”

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STUDENT- ATHLETE INFORMATION:

PROGRAM ENTRANCE GRADE LEVEL: (Please circle) 5 6 7 8 9

Last Name: _____ First Name: _____

Gender: (please circle) Male Female Birth Date: (dd/mm/yyyy) _____ / _____ / _____

Permanent Home Address: _____

Town/City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Alternate phone: _____

Email address: _____

EDUCATION (SCHOOL CURRENTLY ATTENDING)

School Name: _____ Street Address: _____

Town/City: _____ Province: _____ Postal Code: _____

Current Grade Level: _____ *Additional options will be chosen at a later date*

I have included the **\$125** cheque or cash deposit. Please make cheque payable to **EICS**. Cheque number _____

Parent Name: _____ Parent Signature: _____

***This program will run with adequate registration. We are capping it at 20–25 students due to bussing. (Expanding the program will be considered if numbers warrant it)**