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Home of Ski Racing and Academic Excellence

Dedicated young people enter the doors of the National Ski Academy and with our support and programs, these student athletes become accomplished ski racers, enlightened students, and tomorrow's leaders

National Ski Academy

2018-19

FIS Post Graduate Program Summary

January 20



Welcome to the National Ski Academy! Thank-you for your interest in enrolling your child in one of our unique programs. The NSA is an excellent choice to meet the needs of high performance ski racers, while continuing to work towards an Ontario Secondary School Diploma in a supportive, yet challenging academic environment. I believe that as you learn more about our programming and our defining features, you will view the NSA as the right fit to meet the needs of your child.

This package contains details about the NSA's athletic and academic program, as well as information about our Mission and Vision. Inclusions with respect to our pre-competition season camps and training, as well as our competition season are outlined, as is our injury prevention and conditioning program.

The National Ski Academy is a not-for-profit organization with charitable status. In addition, we have a newly created National Ski Academy Foundation which is held in segregation from the operating accounts. Its purpose is to raise funds for NSA initiatives, such as financial aid for deserving student athletes, infrastructure improvements and other projects which will enhance our student athletes' experiences.

One remarkable aspect of the National Ski Academy is the incredible dedication and commitment of each NSA staff member. From the care that is demonstrated in preparing meals, maintaining the house and grounds, ensuring that the administrative tasks are completed with attention to detail and efficiency, each member of the NSA team has a student-centred approach. Evening and weekend supervision are considered opportunities to make connections with our student athletes, and academic courses are differentiated for each learner. In particular, I would like to highlight the countless hours that our coaching and dryland staff spend with our student athletes prior to, and during, the race season. Their expertise in areas such as tuning, equipment selection, mental preparation, training feedback, video sessions, modified conditioning programming, and countless other details that help our student athletes to work towards their athletic goals play a significant role in our collective success.

For more information about specific academic and athletic policies, I encourage you to use the link on our website to read through our Family Handbook. It contains our educational guidelines that help to ensure all members of our community can thrive in a safe, inclusive and respectful environment.

It is truly my pleasure to be a part of the NSA community, and I am looking forward to many years of growth, skill development and goal-setting in both academic and athletic endeavours. If you have any questions at all, or are looking for additional information, please do not hesitate to reach out and connect with myself, or one of the members of our team. I look forward to welcoming your family to the National Ski Academy community!

Kind regards,

Tobin Walsh
Head of School

Mission and Vision

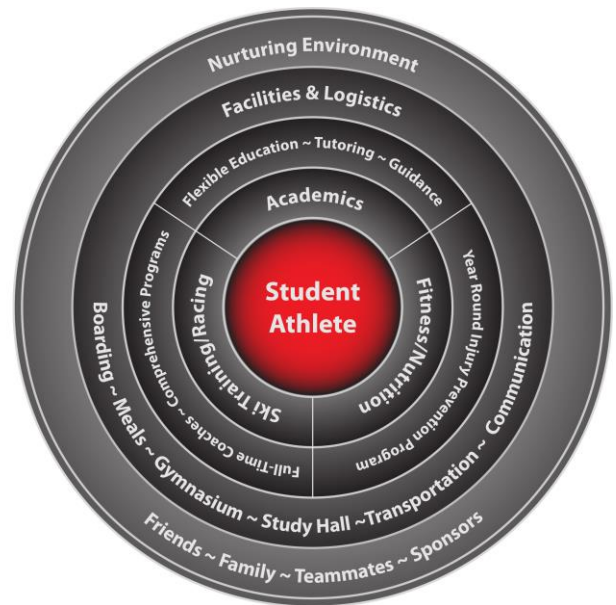
The National Ski Academy's mission is to "provide an environment for talented student athletes to maximize their individual potential through the pursuit of alpine ski racing excellence, academic achievement and personal growth."

Delivering on our vision is only possible through a holistic approach that caters to all the needs of young student athletes.

Our holistic approach builds outward from individual student needs to address three core development areas: Academics, Fitness and Ski Racing.

Our home in Collingwood and late summer /early fall home in Saas-Fee Switzerland provide the full breadth of facilities and professional coaches, teachers and trainers needed for our young student athletes to prosper.

The NSA is the only high school credit granting ski academy in Canada that provides this holistic program for student athletes. It is our intention that the Academy's learning environment and curriculum will foster a positive self-image and help our student athletes to become productive, responsible and caring citizens.



NSA PROGRAM BENEFITS & COMPONENTS

NSA student athlete management focus:

- All-inclusive focus on training, racing and academic performance

Opportunity for development and growth:

- Recognition that excellence takes time and dedication
- Academics
- Education that travels
- Comprehensive and flexible academic offerings tailored to student needs

Fitness, injury prevention and rehabilitation support delivered via a practicing professional at the NSA

Sports psychology support

Room and board option at the NSA home in Collingwood (additional cost)

NSA Post Graduate Program

Targeted to graduated athletes who wish to:

- ◆ Strive for excellence
- ◆ Improve their skills and world ranking
- ◆ Pursue opportunities for scholarships in US universities/colleges
- ◆ Upgrade academic courses to complete required courses for elite program application
- ◆ Receive assistance with preparation and completion of SAT/ACT testing
- ◆ Provide guidance in the university application process

Requirements

- ❖ **FIS points profile** should be under 60 FIS points in at least one Tech. discipline
- ❖ **A minimum of three athletes must be committed to the program by May 30, 2018**

The National Ski Academy provides to Ski Racers the optimum or most advantageous environment in which to develop their skills and abilities. The long journey of athlete development and the complexity of modern ski racing, requires a strong commitment to this sport. A personalized educational program that demands excellence and provides the support necessary to optimize success is an integral part of this challenge. In doing so, the NSA doesn't "close the doors" to young athletes after graduation. We offer a specific and comprehensive program dedicated to Post Graduate Ski racers willing to pursue their goals in the academic and ski racing world.

The NSA Elite Extended Program offer:

- ◆ Full support with post-secondary application to University/College in Canada and the U.S. Evening supervised study sessions (if required), Monday –Thursday at NSA during academic semesters
- ◆ Support for SAT/ACT testing and preparation
- ◆ A high number of training days before and during the race season
- ◆ Well balanced race calendar throughout the November to April season
- ◆ Personalized and proper athlete management

FIS Post Grad Athletic Program

Included with FIS Post Grad Tuition

NSA Descente three piece uniform (jacket, mid layer and pants),

Fulltime supervision and administration of all NSA programs

Nutrition education

Sports psychology sessions

Use of all NSA facilities including gym, weight room, games room, ski tuning trailer, dining room, common room, study hall

Expenses for all training and included race competitions in Eastern North America:

- Coaching fees (racer to coach ratio approximately 6:1)
- race entries
- lift tickets
- accommodations and meals (breakfast and dinner)
- plus all ground transportation (van)

Post Grad PRE COMPETITION SEASON - ON-SNOW RESIDENTIAL TRAINING CAMPS

- **Late August & September (Saas-Fee, Switzerland)**

- Includes
 - Return Air Flight
 - Accommodation and all Meals
 - Lift and Lane fee
 - Daily video review
 - Progress Report for Student Athlete
 - On-site Sporting Life Boot Tech/Ski Tech
 - Cultural/educational excursion

November Europe/US Camp

- Includes:
 - All ground (van) transportation
 - Accommodation and Meals (breakfast and dinner)
 - Lift tickets
 - Daily video review
 - Progress Report for student athlete

Note: Tuition does **NOT** include airfare or lunches for FIS Western Canada training camp

- **December Camp (Western Canada)**

- Includes:

- All ground (van) transportation
- Accommodation and Meals (breakfast and dinner)
- Lift tickets
- Daily video review
- Progress Report for student athlete

Note: Tuition does **NOT** include airfare or lunches for FIS Western Canada training camp

COMPETITION SEASON CAMP AND TRAINING

- January to April: up to 30 sessions on-hill training in Collingwood followed by academic class and dryland conditioning
- Speed series in Quebec or Eastern US
- Up to 20 training days away from home and prior to a race series

COMPETITION SEASON Post Grad

- Up to 10 FIS starts in Collingwood area
- Up to 38 starts away from Collingwood which include FIS races in Ontario, Quebec, and the Eastern US, Canadian Championships and NorAm races (subject to qualification criteria)

Note: Tuition does **NOT** include lunch or airfare, if required, for competition season training or race series.

Injury Prevention and Conditioning Program

- Specific year round fitness programs, designed to develop the student athlete and address individual needs
- Supervised conditioning and injury prevention sessions Monday through Friday at the NSA and at all camps
- Program includes biomechanical assessments delivered through affiliate associations
- Fitness testing and tracking of student athletes
- Scheduled physical training during out of town races

Post Grad FIS Program Fee

\$42,900

Boarding Fee: TBD as required

Note: Does **not** include FIS Registration fee or Insurance