



[WWW.NSA.ON.CA](http://WWW.NSA.ON.CA)

*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**

## **Grade 7 & 8**

## **U14 Program**

## **Summary**

**January 2018**



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**

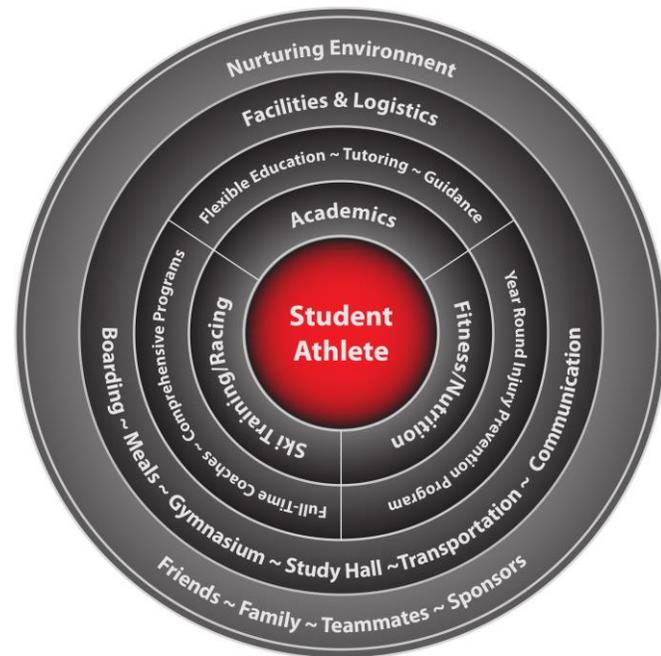
The National Ski Academy's mission is to "provide an environment for talented student athletes to maximize their individual potential through the pursuit of alpine ski racing excellence, academic achievement and personal growth."

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)

## **Academic Outline**

- Coordinate and facilitate the completion of a full elementary program through the student athlete's local or out-of-district elementary school.
- Maintain supportive communication with parents and elementary school about progress, absences and responsibilities.
- Offer academic support in the form of regular supervised study sessions and coordination of work completion while at camps.
- Promote time management and study skill development as an integral part of the student's program.
- Assist with arrangements for personal tutoring from subject specific specialists on a needs basis (*additional cost*)

## **Included with Tuition**

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

Fulltime supervision and administration of all NSA programs

Nutrition education

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)

## **PRE COMPETITION SEASON - ON-SNOW RESIDENTIAL TRAINING CAMPS**

- 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

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

## **COMPETITION SEASON and TRAINING CAMP**

- *Minimum 40 sessions* of on-hill training at home in Collingwood and away from January to beginning of April
- GS training camp in Quebec in February - 5 days on snow OR Searchmont Speed Camp and Mealey Classic Race Series
- Up to 14 starts from the following races:
  - AOA O-Cup Series
  - Provincial/ O-Cup Championships \*
  - Can-Am Race Series \*
- Whistler Cup \*

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

\*Subject to qualification

## **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 from August to June, 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, 4 times through the academic year in August, November, April and June
- Scheduled physical training during out of town races
- Over 200 hours of fitness training

## **Grade 7 & 8 – U14 Tuition**

**Tuition: \$21,600**

Note: Does **not** include Alpine Ontario Registration fee or SAIP Insurance