



*Home of Academic and Ski Racing Excellence*

## **Boarding at the NSA**

Our student athletes who live in residence are the heart of the NSA, living in our heritage home in downtown Collingwood from August until June. The majority are from southern Ontario but our internationally recognized program attracts students every year from countries such as Switzerland, Spain, Italy and Denmark as well as from across Canada.

Living, training and studying together, our boarders are under the watchful eye of experienced house supervisors and our fulltime, Cordon Bleu-trained chef prepares their meals with the students helping out in the kitchen with clean up. Snacks such as fruit, fresh smoothies and home baked treats are available for when hunger strikes after class or dryland training.

Every attempt is made to provide senior student athletes with single rooms while the younger ones have either one or two roommates. Boys and girls live on separate floors with the house supervisor ensuring all students have opportunities to develop personal responsibility and healthy relationships and making sure everyone is considerate and respectful of one another. NSA students are encouraged to keep their rooms tidy, do their own laundry and be responsible for their ski equipment and other personal belongings.

A teacher oversees study hall in the evenings to support student athletes with homework completion and during free time the gym is open for games of pickup basketball. The games room has pool and ping pong tables and there are spin bikes, yoga mats and exercise balls on hand for a quick warm up in the morning on race days. A tuning room is available for pre-race prep and all equipment is stored securely inside the building. Student athletes can keep a bicycle at the Academy to get around town or they can easily walk to local shops and restaurants during their free time. On weekends the house supervisor organizes trips to the movies or, when the weather warms up, down to beautiful Georgian Bay for a swim.

Our house and administrative staff work with health care professionals in the community to make sure that all members of our school community stay healthy. We have a relationship with a local family doctor if an appointment is necessary as well as with a leading orthopaedic sports clinic with experienced physiotherapists, chiropractors and registered massage therapists.

Boarding at the NSA is a unique experience which fosters lifelong friendships. Our student athletes go on to transition to post-secondary schools with skills in place that few other high school students have mastered including independence, inter-personal skills and even how to cook Swiss rosti!