



Secondary School Academic U16 & FIS Athletic Program Summary



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.

This package contains details about the NSA's athletic and academic program, as well as information about our Mission and Vision. You may not know that the National Ski Academy is a not-for-profit organization with charitable status. 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.

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 rigorous, while allowing for differentiation according to learner preferences. 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 and Course Calendar & Academic Program Guide. The policies and practices embedded throughout these documents 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!

Tobin Walsh
Head of School

Mission and Vision

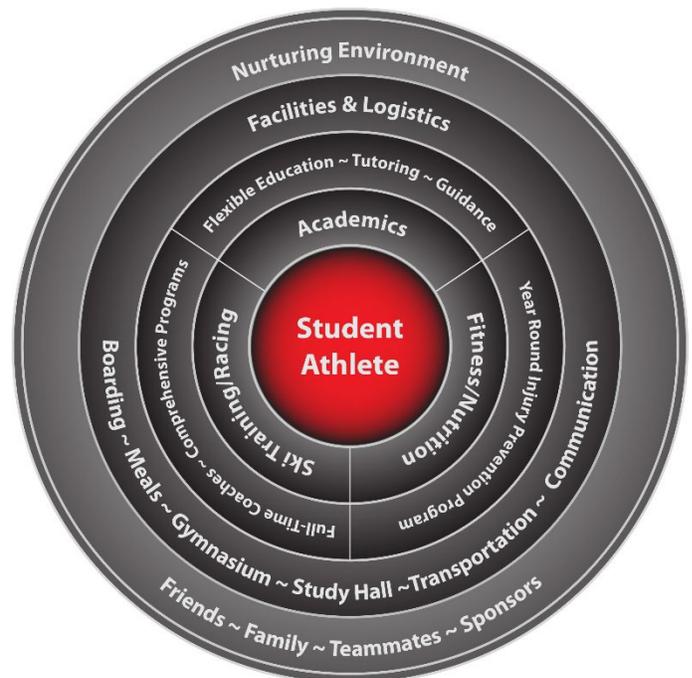
The National Ski Academy's mission is to "provide an environment for talented student athletes to maximize their individual potential through the pursuit of alpine ski racing excellence, academic achievement and personal growth."

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.



Our entire faculty is committed to offering a comprehensive academic program structured to give student athletes the opportunity and support required to optimize success in their chosen postsecondary field of study. Our goal is to encourage the development of a growth mindset, and for student athletes to acquire critical thinking and problem-solving skills so as to make ethical and reasoned decisions. Of equal importance is to instill an appreciation for essential learning skills and work habits of responsibility, organization, collaboration, initiative, self-regulation and independence in learning. These are all 21st century learning skills that will serve the student athletes throughout their time at the Academy and beyond: wherever their interests, passions and talents take them.

Academic Programming

Our Commitment

To offer a comprehensive academic program structured to give student athletes the opportunity and support required to optimize success in their chosen post-secondary field of study. Our goal is to encourage the development of a growth mindset, and for student athletes to acquire critical thinking and problem solving skills so as to make ethical and reasoned decisions. Of equal importance is to instill an appreciation for essential learning skills and work habits of responsibility, organization, collaboration, initiative, self-regulation and independence in learning. These are all 21st century learning skills that will serve the student athletes throughout their time at the Academy and beyond – wherever their interests, passions and talents take them.

The Program

As an Ontario Ministry of Education inspected school, the NSA offers:

- Ministry of Education credit courses in academic disciplines for the Ontario Secondary School Diploma (OSSD)
- Credit course taught by teachers certified through the Ontario College of Teachers
- Flexible course delivery schedule to complement and optimize student athletes' academic and ski racing development
- "Education that travels" – credit course taught while in Saas-Fee, Switzerland training camp; teaching faculty may also travel to the fall camps to support student learning
- Only one credit is completed during the competition ski season
- Grade 9 & 10 student athletes are enrolled in eight academic credits in the year
- Grade 11 & 12 student athletes typically complete 7 academic credits in the year
- Typical 8:1 student teacher ratio for intermediate courses, 5:1 ratio for senior courses
- Monitoring and support of student athlete activities and progress
- Mandatory evening study hall for boarding students
- All Grade 10 students must complete the Provincial Literacy Test (OSSLT) as required by the Ministry
- OSSLT preparation sessions offered to students leading up to the test

Post-Secondary Overview

We offer extensive secondary and post-secondary academic/career counselling to support student aspirations and the development of a plan to help achieve future goals with a focus on informed decision making

Building Awareness

- Where are you at – where do you want to go? –interests, motivation and dreams
 - *myBlueprint* assessments to ascertain strengths, skills, and interests
- Understanding:
 - The educational route(s) for a given career
 - Program eligibility (educational background/experience)
 - The value of enrichment and pre-postsecondary experiential programs
 - Exploration of schools and program options for postsecondary areas of study that align with strengths, skills and interests
 - How postsecondary works: the application process and admission criteria
 - The value of active engagement in school life and service learning

Choices – Best FIT

- criteria to consider to find the Best FIT (program and school)
 - Interests, strengths, learning style, location, campus environment (size, academic, social), cost
- Generating a list of programs and school – considerations to help fine tune options
- Evaluating admission offers – consideration in final decision for Best FIT

Backup Plan

- Preparing for the “what if” factor
 - recognizing the path is not always straight and provide guidance to manage potential setbacks
- Understanding the value of developing transferable skills

Preparing Effective Postsecondary and Scholarships Applications

(expertise in Canada, US, UK, Australia)

1:1 support for:

- The 'how to' – nuts and bolts of applying
- Developing a personal application timeline
- Assistance with application processes
- Standardized testing prep strategy and planning
- Application essays/Personal Statements of Experience – brainstorming and essay review to develop authentic, strong personal voice and impactful statements
- Post-secondary/Major Scholarship interview-prep and coaching

Transitioning to post-secondary - group sessions

Historical NSA Academic Outcomes

- 100% successful course completion
- 95% of graduates achieve Ontario Scholar designation
- NSA graduates have received admission offers to some of the world's leading universities and colleges including McGill, Western, UBC, Queen's, Dalhousie, Calgary, Colorado, Harvard, Middlebury, Bates, Boston, Utah, New Hampshire
- High retention rate and success in post-secondary studies
- NSA recent alumni are pursuing a wide range of undergraduate and graduate degrees including law, medicine and MBA

Included in Tuition

- Teaching and facility costs
- All texts and non-consumable classroom materials
- Program counselling, maintenance of records and Ministry reporting
- All NSA students will have an account with myBlueprint.ca, a comprehensive education and career planner that allows students to create an online portfolio for post-secondary and career education resources

Additional Costs

- Consumables materials such as art supplies or course workbooks (e.g. French cahiers)
- Academic field trips
- Optional student activities (i.e. go-carting, corn maze/pumpkin farm, Driver's Ed)
- Additional fees may apply for students who select non-compulsory courses where there are fewer than 3 students enrolled

TYPICAL COURSE FLOW CHART FOR THE NSA++

Postsecondary career counseling and development of a four-year plan of course completion that begins in grade 9 and is refined in subsequent years to graduation.

<i>1st Year Choices (Grade 9)</i>			<i>2nd Year Choices (Grade10)</i>	
OSSD category	Customary		OSSD category	Customary
compulsory	English 9		compulsory	English 10
compulsory	Math 9		compulsory	Math 10
compulsory	Science 9		compulsory	Science 10
compulsory	Canadian History or Geography		compulsory	Canadian History or Geography
compulsory	French 9		recommended	French 10
compulsory	Health & Physical Education 9		automatic	Health & Physical Education 10
compulsory	Introduction to Business		compulsory	Civics/Career Studies
Compulsory	Art 9		elective	

<i>3rd Year Choices (Grade11)</i>			<i>4th Year Choices (Grade 12)</i>	
OSSD category	Customary		OSSD category	Customary
compulsory	English 11		compulsory	English 12
compulsory	Math 11		recommended	Math 12 Advanced Functions
compulsory	*1 of biology 11, chemistry 11 or physics 11		elective	*
recommended	*1 additional gr 11 science		elective	*
recommended	Social Science, Can. & World Studies or Business		elective	*
automatic	Health & Physical Education 11		automatic	Health & Physical Education 12
elective	*		elective	*
elective (rare)			elective (rare)	

Compulsory designation reflects Ministry of Education Ontario Secondary School Diploma requirements

* Choices based on Postsecondary Program prerequisite requirements

For example:

- Engineering = Gr 11 & 12 Physics, Chemistry, Gr 12 Advanced Functions, Calculus & Vectors
- Commerce = typically Gr 12 Advanced Functions + Calculus & Vectors
- Arts including Social Sciences, English, Humanities = Gr 12 English

++While the NSA will strive to provide students with their choice of academic program; however, due to insufficient enrolment interests, staffing considerations or scheduling constraints, some course offerings may not be possible.

Athletic Programming

The NSA athletic program continues to focus on cost effectively maximizing the individual potential of committed student athletes to realize and sustain high levels of performance in alpine ski racing throughout their development and active racing career. A committed NSA athlete will train at the level best suited to realizing progress and sustaining results.

Our high performance recognizes that the athletic component is not the only key to developing and retaining promising and committed student athletes. This is reflected in the Academy's initial mission statement and remains unchanged. By incorporating program elements that integrate and address the broader needs of the student athlete including academics, fitness, psychological training, and a home base that includes a gym and boarding, the Academy experience is designed to develop the whole person to maximize and realize on his or her potential and to sustain performance in a highly competitive and challenging environment.

Academic course delivery is integrated with the NSA's supervised fitness and injury prevention program, training and racing program. The specific year-round fitness programs are designed to develop the student athlete and address individual needs as well as to provide nutritional education. Even when out-of-town for races, arrangements are made for scheduled physical training. The NSA athletic program includes fitness testing and tracking of student athletes throughout the academic year as well as biomechanical assessments delivered through affiliate associations and sports psychology sessions on and off the hill.

NSA Program Benefits and 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/mental preparation support

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

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

Daily Athletic Schedule

For NSA boarders, the daily athletic schedule calls for a warmup activation every morning before breakfast. Attendance at NSA conditioning sessions is mandatory for all NSA student athletes. It is the responsibility of each student athlete to participate in this program component to ensure optimal on-hill performance and injury prevention. The dryland conditioning program is developed and facilitated by our NSA injury prevention and conditioning specialist.

Pre/Post Competition Seasons

All student athletes have two 105 minute conditioning blocks scheduled Monday to Friday

Competition Season

One 60-minute dryland session per day while training locally is typical. Conditioning sessions while travelling will be determined and scheduled by respective team coaches.

On-Snow Training Camps (Pre-Competition Season)

- Late August & September (Switzerland)
 - Includes
 - Return Air Flight
 - Accommodation and all Meals
 - Lift and Lane fee
 - Low coaching ratio (1:5)
 - On-site Boot Tech/Ski Tech daily support
 - Local cultural excursion
 - Progress Report for student athlete
- Late November & December (North America)
 - Includes:
 - All ground (van) transportation
 - Accommodation and Meals (breakfast and dinner)
 - Lift tickets
 - Daily video review
 - Progress Report for student athlete

Note: airfare additional cost to student athlete if required

Competition Season

U16

Included expenses for all training and regular season O Cup race competitions:

- Up to 42 sessions in Collingwood from January to beginning of April
- On-hill training in Collingwood is followed by academic class and dryland conditioning
- Training days away from home at camps prior to race series
- GS training camp in Quebec in February - 5 days on snow
- Alpine Ontario O Cup Series races and O Cup Finals (Provincials)
- Coaching fees (racer to coach ratio approximately 6:1)
- Race entries
- Lift tickets
- Accommodations and meals (breakfast and dinner)
- All ground transportation (van)

U16 Tuition does **not** include:

- Additional fees charged by Alpine Ontario for qualification-based competitions such as Eastern Championships, U16 Nationals & Whistler Cup*
- Lunch, airfare (except as noted) for competition season training or race series
- Alpine Ontario registration fee and SAIP Insurance plan (required)

**Performance bursaries may be available to help with these extra costs*

FIS

- Up to 42 sessions in Collingwood from January to beginning of April
- On-hill training in Collingwood is followed by academic class and dryland conditioning
- Training days away from home at camps prior to race series
- GS training camp in Quebec in February - 5 days on snow
- Coaching fees (racer to coach ratio approximately 5:1)
- Race entries, lift tickets, accommodations and meals (breakfast and dinner) and all ground transportation (van) for:
 - Up to 15 FIS starts in Collingwood area
 - Up to 20 starts away from Collingwood (Ontario, Quebec, Eastern US, Canadian Championships and NorAm races – subject to qualification)*

**Performance bursaries may be available to help with these extra costs*

FIS Tuition does **not** include:

- Lunches at competitions
- Airfare (except as noted) for competition season training camps or race series
- FIS registration fee and insurance

POST GRADUATE (PG)

- Individualized programming – race starts as determined by the Athletic Director with the candidates
- Pre-season camp in Saas-Fee and western Canada/US
- Up to 40 starts in North America
- 25 training days at races and pre-race camps
- Dedicated coaches and athlete management
- Equipment management & support
- Flexible local training when in Collingwood
- Possible camps and competition in Europe

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 staff member oversees study hall in the evenings to support student athletes with homework completion. Our new insulated tuning shed 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!



Tuition and Costs

Grade 9 & 10 – U16 Tuition: \$49,820

Grade 11 – First Year FIS Tuition: \$56,550

Grade 12 – Second Year FIS Tuition: \$57,780

Boarding Fee: \$17,500

(Plus one time \$500 deposit to cover any damage to residence room beyond normal wear and tear.
Deposit will be refunded upon student leaving the NSA)

International Student Fee: \$6,000

Day Student Lunch Fee: \$1,000

Student Activity Fee - \$250

Included in the tuition: NSA three-piece uniform (jacket, mid layer and pants), Blue Mountain 5x7, and Toronto Ski Club mid-week pass.

Please see program description for excluded race costs and note that these fees do not include the following:

- FIS or Alpine Ontario Registration fee, SAIP Insurance or other medical insurance
- Air transportation costs for training camps/race series other than Saas-Fee, which is included in the tuition
- Elective (non-compulsory) academic course costs for classes where fewer than three students are enrolled