



**Grade 11 & 12 Academic
and
FIS Ski Cross 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. 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 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

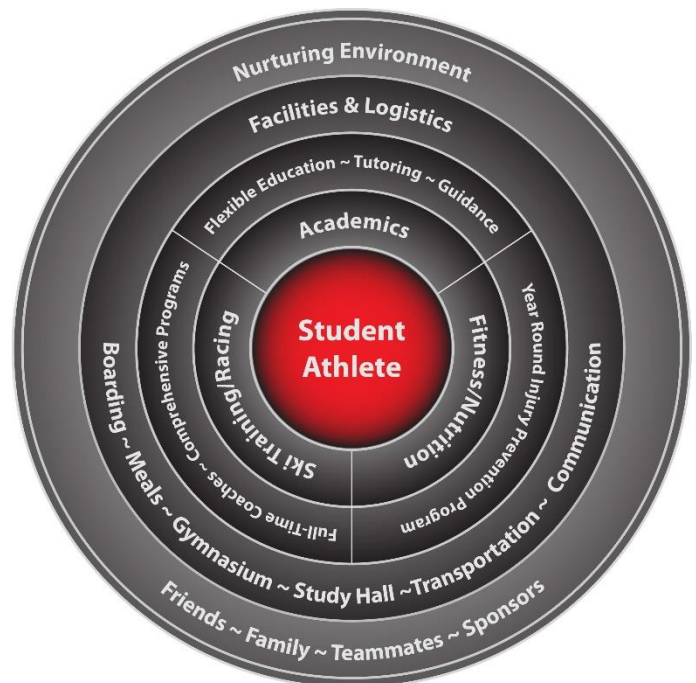
The National Ski Academy's mission is to "provide an environment for talented student athletes to maximize their individual potential through the pursuit of alpine ski racing excellence, academic achievement and personal growth."

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 will also travel to the fall camps to support student learning
- Only one credit is completed during the competition ski season
- Grade 11 & 12 student athletes typically complete 6 – 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, supervised by a certified teacher

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, Colorado, Harvard, Middlebury, Bates, Boston, Utah, New Hampshire and more
- 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 associated with completion of 8 courses
- 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
- 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>3rd Year Choices (Grade 11)</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.

NOTE: A 5 year academic plan is also an option.

Athletic Programming

In the 2019-20 season, the NSA is excited to be launching a FIS Ski Cross program, one the first of its kind in North America. The program is a natural evolution for the NSA as Ski Cross athletes traditionally start as alpine racers and therefore can train and work alongside the coaches and athletes at our training camps and then follow their own race schedules both locally and across the continent. These student athletes will benefit from the Academy's experienced coaches and teachers who will support them academically and athletically whether at school or on the road.

Sami Piana, Athletic Director says, "offering a ski cross program is a natural evolution which will benefit from crossover between the two disciplines as our FIS program already trains in locations such as Blue Mountain and Saas-Fee where the best Ski Cross athletes in the world train and compete."

NSA Alumnus and Olympian ('14, '18) and Canadian Ski Cross Team member, Dave Duncan ('99) says, "Adding ski cross to the NSA program will help build stronger technical foundations for all athletes, no matter their discipline preference. Ski cross is a balancing act of technical alpine prowess, comfort in the air, generating speed through terrain, and real-time tactics while having three moving obstacles making each run different. Each athlete can benefit immensely. We all have different goals and this program will benefit everyone on their path to achieving them. By adding ski cross into the mix, the NSA, with its established blend of sport and school, has the potential to become the center of opportunity in Canada for those with alpine or ski cross aspirations."

All NSA athletic programs 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 program 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 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 250 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 45 – 60-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.

FIS SKI CROSS ATHLETIC PROGRAM

Included with FIS SX Tuition

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

NSA Ski Cross Suit

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)
- All ground transportation (NSA van)

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

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

COMPETITION SEASON CAMPS AND TRAINING

- Up to 30 sessions in Collingwood (January to beginning of April) followed by academic class and dryland conditioning
- 1 week away Camp GS / SX
- Speed series in Quebec or Eastern US
- Up to 10 training days away from home and prior to a race series

COMPETITION SEASON FIS Ski Cross

- Up to 10 FIS starts in Collingwood GS/ SX
- Up to 14 starts away from Collingwood
- Up to 6 Ski Cross starts in Western Canada

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

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!



FIS SX Tuition and Costs

Tuition: \$47,400

Boarding Fee: \$9,750

International Student Fee: \$3,000

Included in the tuition is the NSA Descente three piece uniform (jacket, mid layer and pants) plus Ski Cross suit and Blue Mountain 5x7 lift pass.

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