



## Secondary School Academic U16 & FIS Athletic Program Summary



Welcome to National Ski Academy! Thank you for your interest in enrolling your child in one of our unique programs. 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 NSA's athletic and academic program, as well as information about our Mission and Vision. You may not know that 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 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 our 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. I would like to highlight the countless hours that our coaching 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 our 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!

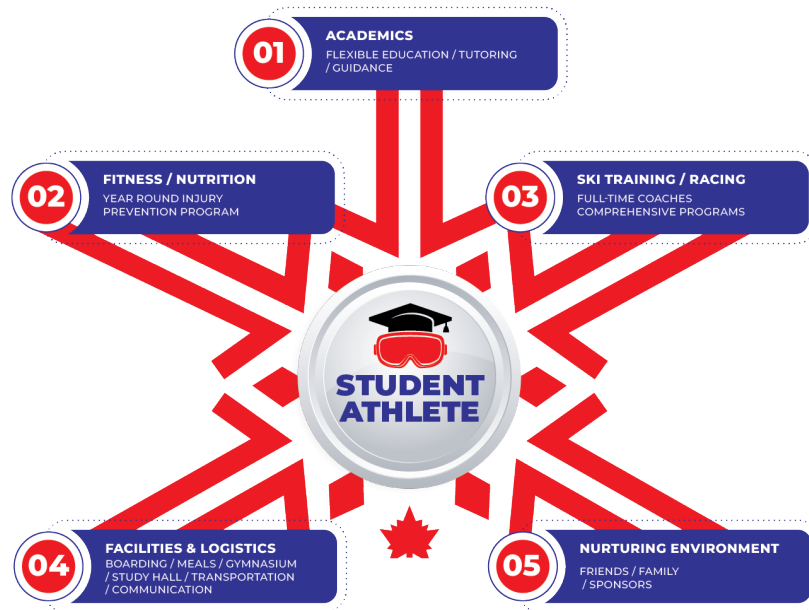
Tobin Walsh  
Head of School

## Mission and Vision

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 provides the full breadth of facilities and professional coaches, teachers and trainers needed for our young student athletes to prosper. National Ski Academy is the only secondary school credit granting ski academy in Canada that provides this holistic program for student athletes. It is our intention that our 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 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 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 21<sup>st</sup> 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**

### **The Program**

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

- Ministry of Education credit courses in academic disciplines for the Ontario Secondary School Diploma (OSSD)
- Credit courses 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 – teaching faculty leverage technology tools to support student athlete learning while racing and training domestically and internationally
- 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 seven academic credits in the year
- Small class sizes allow for differentiated instruction and learning skill support
- Dedicated guidance and counselling faculty monitor and support student athlete progress
- Mandatory evening study hall for boarding students
- Ontario Secondary School Literacy Test (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-post-secondary experiential programs
- Exploration of schools and program options for post-secondary areas of study that align with strengths, skills, and interests
- How post-secondary works: the application process and admission criteria
- The value of active engagement in school life and service learning

### Choices

- criteria to consider finding the best fit (program and school)
  - Interests, strengths, learning style, location, campus environment (size, academic, social), cost
- Generating a list of programs and schools – 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 Post-Secondary and Scholarship 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
- 97% 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**

- Consumable 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 Education)
- 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++

Post-secondary 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>1<sup>st</sup> Year Choices<br/>(Grade 9)</i> |                               |  | <i>2<sup>nd</sup> Year Choices<br/>(Grade 10)</i> |                                |
|--|-------------------------------|--|---|--------------------------------|
| <b>OSSD category</b>                             | <b>Customary</b>              |  | <b>OSSD category</b>                              | <b>Customary</b>               |
| 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>3<sup>rd</sup> Year Choices<br/>(Grade 11)</i> |  |  | <i>4<sup>th</sup> Year Choices<br/>(Grade 12)</i> |                                |
|---|--|--|---|--------------------------------|
| <b>OSSD category</b>                              | <b>Customary</b>                                 |  | <b>OSSD category</b>                              | <b>Customary</b>               |
| 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 Post-secondary 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 NSA will strive to provide students with their choice of academic program; however, due to insufficient enrollment interests, staffing considerations or scheduling constraints, some course offerings may not be possible.

## **Athletic Programming**

NSA athletic program focuses on maximizing the individual potential of committed student athletes to realize and sustain high levels of performance in alpine ski racing. A committed NSA athlete will train at the level best suited to realizing progress and sustaining results.

Our NSA 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. By incorporating program elements that integrate and address the broader needs of the student athlete including academics, fitness, psychological training, and a facility that includes a full gym and boarding, the Academy experience is designed to develop the whole person to maximize and realize his or her potential and to sustain performance in a highly competitive and challenging environment.

NSA athletics and academics are integrated. The specific year-round fitness programs are designed to develop the student athlete and address individual needs as well as to provide nutritional education. Our athletic program includes fitness testing and tracking of student athletes throughout the periodized fitness program as well as biomechanical assessments delivered through affiliate associations and sports psychology sessions.

### **Injury Prevention and Conditioning Program**

- Individualized conditioning programs delivered throughout the year which are designed to develop the student athlete and address individual needs
- Fitness testing and tracking of student athletes in alignment with Alpine Canada fitness guidelines, 4 times a year in August, November, April, and June

### **Daily Athletic Schedule**

For NSA boarders, the daily athletic schedule begins with 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 conditioning program is developed and facilitated by our NSA coaching staff.

#### *Pre/Post Competition Seasons*

All student athletes have mandatory conditioning blocks scheduled Monday to Friday.

#### *Competition Season*

One conditioning session per day while training locally is typical. Conditioning sessions while travelling will be determined and scheduled by respective team coaches. Open gym sessions are available for athletes throughout the year.

## On-Snow Training Camps (Pre-Competition Season)

El Colorado, Chile –U16/FIS – September 2024 - INCLUDED

- 3 weeks on snow
- Includes:
  - Coaching
  - Accommodation and meals
  - Lift tickets & lane fees
  - Daily video review
  - Boot/ski tech support
- Flights not included

Mt. Edouard, Quebec – U16/FIS – Late November/December 2024 - INCLUDED

- 3 weeks on snow
- Includes:
  - Coaching
  - Accommodation and meals
  - Lift tickets & lane fees
  - Daily video review
  - Boot/ski tech support
  - All ground (van) transportation

## Competition Season

### NSA U16 Program

- Daily on-snow sessions in Collingwood from January to beginning of April (weather permitting)
- On-snow training in Collingwood will be followed by academic class and conditioning (Monday to Friday)
- GS/SG training camp outside of Southern Ontario
- Alpine Ontario O Cup Series races and O Cup Finals (Provincials)
- Coaching fees
- Race entries
- Lift tickets & lane fees
- Accommodations and meals
- All ground transportation
- NSA three-piece uniform (jacket, mid-layer, pants)
- Blue Mountain Resort 5x7 pass

U16 Tuition does **not** include:

- Lunches at competitions
- Additional fees charged by Alpine Ontario for qualification-based competitions such as Eastern Championships, U16 Nationals & Whistler Cup\*
- Airfare

- Alpine Ontario registration fee and SAIP Insurance plan or equivalent

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

## **NSA FIS Program**

- Daily on-snow sessions in Collingwood from January to beginning of April (weather permitting)
- On-snow training in Collingwood followed by academic class and conditioning (Monday to Friday)
- Speed training opportunity prior to FIS Speed events
- Coaching fees
- FIS race entries
  - Up to 15 FIS starts in Collingwood area
  - Up to 20 starts outside of the Collingwood area
  - Canadian Championships and NorAm series races subject to qualification criteria and will have an additional cost
- Lift tickets & lane fees
- Accommodations and meals
- All ground transportation
- NSA three-piece uniform (jacket, mid-layer, pants)
- Blue Mountain Resort 5x7 pass

FIS Tuition does **not** include:

- Lunches at competitions
- Airfare
- FIS registration fee and insurance

## **Boarding at the NSA**

Our student athletes who live in residence are the heart of 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 full-time, Cordon Bleu-trained chef prepares their meals with the students helping in the kitchen with clean up. Snacks such as fresh fruit, smoothies and home baked treats are available for when hunger strikes after class or strength and conditioning sessions.

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.

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 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:** \$52,312

**Grade 11 & 12 –FIS Tuition:** \$61,788

**Boarding Fee:** \$19,500

Plus \$500 damage deposit refundable at end of year

**International Student Fee:** \$6,000

**Day Student Lunch Fee:** \$1,500

**Student Activity Fee** \$250