

high school success



High Performance Athlete Development Pathway

Contact:

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What?

- A unique pathway that engages high school athletes in technical, theoretical and experiential opportunities committed to the pursuit of high performance athletic development.
- Advances competence and confidence in athletic and academic success, supported by a passionate staff and school community.
- The CBE's first high performance athlete development pathway that is based on *long term athlete development principles* which builds; motivation, confidence, physical literacy, and life long passion for physical activity.
- Students attain, develop, and advance their athletic knowledge and skill development through theory, training, and immersion experiences in sport. Immersion experiences have included; track and field, skeleton, bobsleigh, speed skating, Olympic lifting, fencing, lacrosse, orienteering, rowing, wrestling, volleyball.
- Recognized by the Canadian Olympic Committee, Canadian Paralympic Committee, Own The Podium, and partnered with **Canadian Sport Institute Calgary**.

Who?

- Open to students entering grade 10 who are motivated, open minded, coachable athletes and looking to expand their knowledge and skills.

Where?

- Bowness High School gymnasium, fitness centers and surrounding community areas. Along with many other high performance sites including Winsport Ice House, Calgary Rowing Club, and more.

Why?

- Provides exposure to new sports and athletic experiences, led by provincial and national level coaches and sport professional.
- Gives opportunities in unique settings for student-athletes to develop improved body awareness, directly supporting confidence and competence in physical literacy.
- Brings together athletically minded students while supporting personal and collaborative goals.

