

# Frequently Asked Questions about the High Performance Athlete Development Pathway

## Website

For more general information visit the [Bowness High School website](#).

For specific information about HPAD visit the [HPAD website](#)

## Contact:

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## What is the High Performance Athlete Development Pathway?

- A unique pathway for students to pursue athletic development through training and theory within multisport opportunities. Led by expert instructors and supported by teachers, the pathway aims to develop general and sport-specific skills, fitness training methods, with theory and practice in mental performance, sport nutrition and injury prevention.
- A pathway aimed to develop and support multisport athletes, aged 14 – 18 years, to achieve their athletic goals while striving for academic excellence in an integrated high school setting.
- All around athletic development facilitated by specialists from provincial and national sport organizations. Partnered with **Canadian Sport Institute Calgary**, providing access to the high performance training centers, as well as strength and conditioning coaches, exercise physiologists, nutritionists and mental performance coaches.

## What makes this pathway unique from other athlete-focused programs?

- Students are integrated in a full high school experience, while also having access to specialized instruction in sport development, theory and conditioning.
- Students are introduced to unique sports that would not otherwise be offered in a high school physical education setting. Students are supported and encouraged to expand their horizons and challenge themselves to enhance body awareness and build confidence as athletes.
- Participants have a complete high school experience that also includes opportunities to participate in high school athletics, fine arts, clubs and leadership opportunities. Additionally, students also have the option to take elective courses such as mechanics, sports medicine, culinary arts, cosmetology, construction, engineering design, graphic design, computer science and yoga.

## Why take the High Performance Athlete Development Pathway?

- Training to develop general athleticism which translates to enhanced athletic skills and abilities in any athletic pursuit
- Access to unique immersion activities in high performance training facilities
- Access to National/Provincial Sport Organizations, encouraging new sport opportunities for student-athletes wanting to pursue training and/or competition.
- Promotes increased body awareness and builds self-confidence.
- An opportunity to be part of a team of like-minded students that are devoted and open minded toward self-improvement. Students often make long standing friendships in this program.

## Who should consider the High Performance Athlete Development Pathway?

- Any student with an interest in being a well-rounded athlete and having the desire to continually learn more about the theoretical and practical aspects associated with athletic development.
- Athletes that are open to the potential of discovering new sports, enhanced physical literacy and life long active pursuits.
- Sport specific athletes looking to improve their athletic development

## What are my course choices as a candidate for the High Performance Athlete Development Pathway?

- As a Grade 10 student entering the pathway, you would take the following courses:
  - Full year HPAD 10, which includes;
    - *Up to 10 credits in CTS modules - Recreation Leadership*
    - *+5 credits in Physical Education 10 (subject to participation in HPAD activities)*
  - Math 10
  - English 10
  - Social Studies 10
  - Science 10
  - 2 additional options (from a rich selection of complimentary courses at BHS)
- A Grade 11 HPAD student's timetable *may* look like the following:
  - Half year HPAD 20, which includes;
    - *Up to 5 CTS modules in 2000 and 3000 level within Recreation Leadership*
  - Math 20
  - English 20
  - Social Studies 20
  - Chemistry, Physics, Biology or Science 20 (could take up to 2 sciences)
  - Option, CALM 20(3 credit) and Spare
  - Physical Education 20 or other option
- A Grade 12 HPAD student's timetable *may* look like the following:
  - Half year HPAD 30, which includes;
    - *Up to 5 CTS modules in 3000 level within Recreation Leadership*
  - Math 30
  - English 30
  - Social Studies 30
  - Chemistry, Physics, Biology or Science 30 (could take up to 2 sciences)
  - Option or Spare, Physical Education 20 or 30



### Other considerations -

- Advanced Placement (AP) - ELA, European History, Biology, Chemistry, Physics, Calculus and Studio Art are offered at Bowness High School
- Students that enroll in Sports Performance can cross over the HPAD in Grade 11 and 12, or from HPAD to Sports Performance
- Students may opt to complete high school in 4 years rather than 3 due to training and/or competition demands
- *Please note - The Success Centre (TLC) at Bowness is available for academic support of students on IPP's or those needing accommodations*

Refer to **HPAD Module Progression** on HPAD page of the school website for specific module offerings.

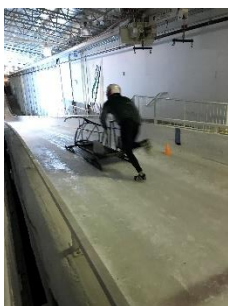
## What courses are offered within the High Performance Athlete Development Pathway?

- The progression of CTS courses offered in HPAD 10, 20 and 30 incorporate the knowledge, skills and attributes to support athletic development, with emphasis in areas such as; sport psychology, nutrition, foundations for training, coaching and specific training concepts.

## What type of student would be a good fit for the HPAD pathway?

*Example 1:* “My student is not presently involved with high performance sport but enjoys sports and athletic pursuits. Should we consider this pathway as a possibility?”

- YES! The very foundation of the pathway is to provide a multisport approach for youth aged 14-18. The development of athleticism for students of this age instills self-confidence, perseverance, time management skills, organizational skills, social skills and resilience. Additionally, the opportunity to work with several national and provincial sport organizations exposes students to the many athletic possibilities within our city and surrounding area.



*Example 2:* “My student will be competing in Europe this winter and will be missing 2 weeks of school. How can we ensure he stays engaged with, and has access to help in the courses in which he is enrolled?”

- Student athletes will be provided materials to take with them on extended training sessions or during extended absences. The CBE uses the platform “Brightspace” (D2L) which connects the student with course content, assignment submission and teacher support. Supports are also in place for when student-athletes return within our success center. In light of recent events, Teachers have built strong and robust online content to accommodate student in a variety of situations requiring online learning.

*Example 3:* “My student needs to be at the University of Calgary to begin speed-skating practice/training at 3:30. How can the school accommodate her with this schedule?”

- Those students with training commitments outside of school can be accommodated through timetabling adjustments. In the above scenario, the student would carry an academic course load in the mornings or online, and have option courses such as HPAD in the afternoons.

**NOTE** – These students should meet with our guidance team before being accepted to HPAD, to ensure Bowness can meet the academics needs of your child.



*Example 4:* “My student is very interested in learning about strength and conditioning fundamentals and wants to train in the fitness centre 3-4x a week, will they get this in HPAD?”

- Students will learn about the fundamentals of strength and conditioning and many other types of supplementary training with an athletic focus. We balance this type of training with sport immersion experiences and theory work. HPAD is active 3-4x a week but does not strength train at the frequency that your student would want, they should consider Sports Performance as an elective.

What are some examples of other amazing complimentary courses available to students attending Bowness and in the High Performance Athlete Development pathway?



- Culinary Arts
- Engineering Design
- Mechanics and Construction Tech
- Technical and Musical Theater
- Band, Guitar and Choir
- Graphic Design and Multimedia
- Computer Science
- Leadership
- Dance and Yoga
- Cosmetology
- Sports Medicine
- Outdoor Education
- Aboriginal Studies

How much will the fees be if I am accepted into this pathway?

- HPAD 10 Course fee is \$1250 (full year) and the HPAD 20 & 30 course fee is \$600 (one semester). All fees will be administered and collected by the *Canadian Sport Institute Calgary*, as our partnered organization.
- Fees include clothing, transportation, access to high performance coaching and training facilities, specialists (sport psychologists, nutritionists, exercise physiologists, strength and conditioning coaches, etc.), off-site immersion activities and supplementary training.

