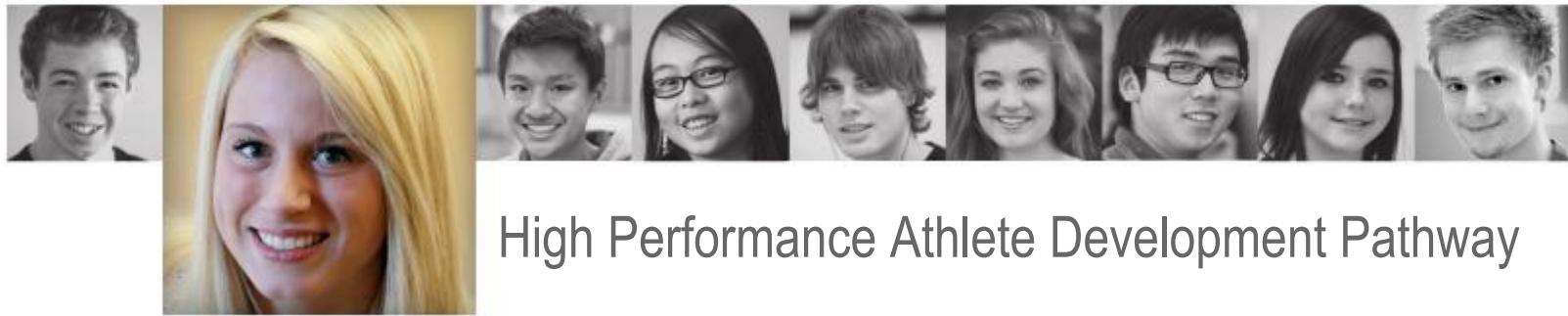


# high school success



## High Performance Athlete Development Pathway

### Contact:

Phil Barndt  
 Learning Leader - High  
 Performance Athlete  
 Development Pathway  
**Bowness High School**  
 4627-77 Street NW  
 e | [phbarndt@cbe.ab.ca](mailto:phbarndt@cbe.ab.ca)

### 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, wrestling, volleyball.
- The **Canadian Sport Institute of Alberta** are our major partner. They support in the development and facilitation in the areas of strength and conditioning, mental performance and nutrition.

### Who?

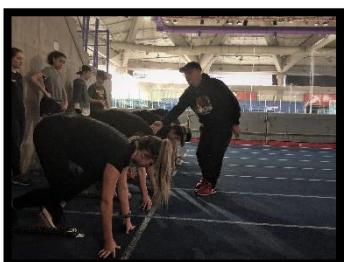
- Open to students entering grade 10 who are motivated, open minded, coachable athletes and looking to expand their knowledge and skills.

### Where?

- HPAD utilizes the Bowness High School gymnasiums and multiple fitness spaces. Off-campus travel includes CSI Alberta, Olympic Oval, MNP Centre, University of Calgary, Calgary Rowing Club, and more.

### Why?

- Provides exposure to new sports and athletic experiences, led by high performance coaching professionals.
- Unique setting opportunities 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.



Calgary Board  
 of Education

Bowness High School



INSTITUT  
 CANADIEN  
 DU SPORT

ALBERTA