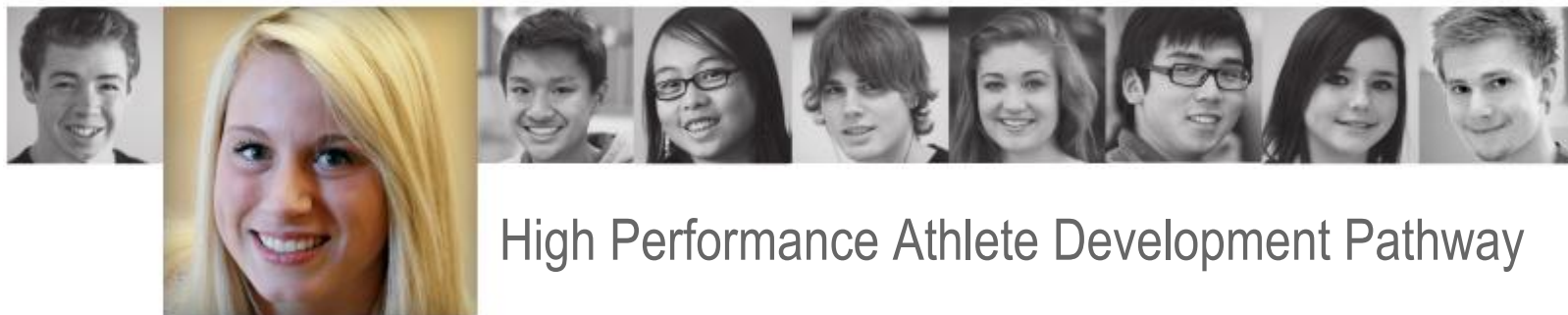


high school success



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, 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?

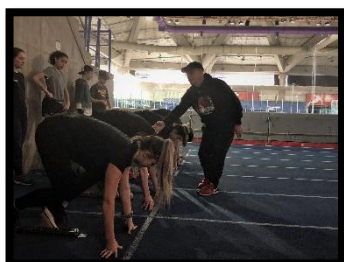
- Open to students entering grade 10 who are motivated, open minded, coachable athletes and looking to expand their knowledge and skills.

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.



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