

DID YOU KNOW

Calgary has a supportive and flexible school program designed specifically to support the busy lifestyle of a competitive student athlete in grades 7-12?



We understand managing the lifestyle of a busy competitive student athlete can be a difficult task!

Training, competitions, school, homework and driving to and from facilities can be overwhelming and often have an impact on sport performance, academics and the general health of a student athlete.

The National Sport Academy, in partnership with the Calgary Board of Education, has a solution.



Since 2005, the National Sport Academy FlexSports Program has been working with student athletes (and their parents) to help manage both sport and academic performance while continuing to train with their own sport club or coach. Creating an environment that accommodates both sport and academics has aided many student athletes in "achieving their sport and academic dreams" making the whole education experience more enjoyable.



Calgary Board of Education

To inspire passion for the games of sport while developing character for the game of life!

ROWING figure skating **HOCKEY** tennis Volleyball **SKING** diving ringette equestrian **WRESTLING** **SOFTBALL**
 Cycling **SYNCHRONIZED SWIMMING** field hockey **TRACK & FIELD** swimming **TRACK & FIELD** field hockey **SYNCHRONIZED SWIMMING**
SOFTBALL diving ringette equestrian **WRESTLING** Volleyball **ROWING** figure skating **HOCKEY** tennis Cycling

Benefits of the FlexSports Program

1. Flexibility during the school day to do homework, work ahead in classes, schedule training, rehabilitate injuries or rest.
2. Opportunities to use club sport training experiences, combined with National Sport Academy classes and training, to achieve the learning outcomes in Physical Education and Coaching & Leadership (CTS modules). FlexSports student athletes can achieve up to 28 credits in grades 10, 11 & 12.
3. Being better prepared mentally and physically for training, competitions and academics.
4. Connecting with like-minded highly motivated, disciplined student athletes in National Sport Academy Coaching & Leadership and Cross Training sessions.
5. Staying on target to achieve sport and academic goals.



FOR MORE INFO...

Contact...

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