

National Sport School Open House Presentation

November 28th, December 6th

For the 2025-2026 School Year



WinSport Role and Application Process



- Our Why & Purpose
- WinSport, NSS, & Palliser's Relationship
- What WinSport Offers
- Athlete Development Program
- Application & Enrollment Process



Our Why

WinSport is founded on our unwavering belief, our one firm truth: that everyone deserves the opportunity to succeed in sports, in whatever way they define it. As a not-for-profit we're not just about providing exceptional venues and unparalleled access; we're about breaking down barriers, fostering inclusivity, and building a community where anyone, regardless of their background or ability level, can discover and pursue their passion for sport. We provide training, coaching, competition, and recreation facilities to be used by high-performance athletes, developing athletes, and the community. Born out of high performance sport and the spirit of the Olympic Games, our goal is to empower individuals to reach their full potential, to inspire growth, perseverance and resilience, and to create a space where the love of sport unites us all. Join us in making this vision a reality, because together, we can transform lives through the power of sport.



Purpose

WinSport inspires and activates human potential through the spirit of sport.

Mission

To provide inclusive opportunities for Canadians to discover, develop and excel at sport and physical activity through world-class training, legendary facilities and exceptional experiences.

Mandate

To manage, operate, and maintain COP in an efficient and business-like manner, as a prudent owner of a world-class facility, to provide training, coaching, competition, and recreation facilities to be used by high-performance athletes, developing athletes, and the community.



How the Relationship Works

- Palliser operates the NSS delivering the government-mandated program of study.
- WinSport is the location of the NSS and coordinates the delivery of physical education/athletic development programs with principal and teacher oversight.
- The Ministry of Education allocates funding per student and families pay the \$5,750. Alternative Programming fee as defined in the Education Act.
- Annual budgeting processes are a joint effort between all parties.



What WinSport Offers

- Access to on-site Mental Performance Consultant, Perri Ford.
- Students receive Performance Training Centre memberships for the school year.
- Access to customized training programs through the PTC Strength & Conditioning team.



Athlete Development Program

What sets the NSS apart from the others is our Athlete Development Program.

This program introduces student-athletes to key elements of high-performance sport, focusing on creating versatile athletes for lifelong activity.

With expert-led training in areas like Sports Psychology, Biomechanics, Nutrition, and diverse activities including rock climbing, yoga, and dance, the Athlete Development Program emphasizes injury prevention through cross-training for a balanced, enriching athletic experience.



Application & Enrollment



Considerations

The NSS is a school of choice, with a crystal-clear focus and specialization on student-athletes.

Acceptance criteria also considers the overall impact on the sport, grade, and gender balance within the school.

Waitlists do not roll over and students must reapply each year.

Most NSS student-athletes continue at the NSS year after year.

**Changes in academic or athletic conditions may result in a review of conditions of re-enrollment.*



Considerations Continued

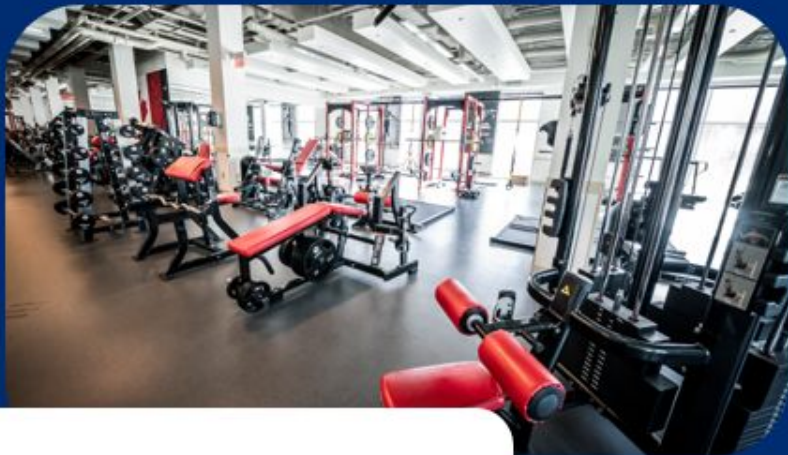
Based on current students enrolled at the NSS we're projecting the following open seats:

- **Grade 8:** 60 - 63 seats*
- **Grade 9:** 24 - 28 seats*
- **Grade 10:** 28 - 32 seats*
- **Grade 11:** 8 - 12 seats*
- **Grade 12:** 8 - 12 seats*

**Ranges depend upon the number of current returning students*



Step #1



Complete the application package and pay the \$210 non-refundable application fee.

Step #2



Selected prospective student-athletes by the Admissions Committee will interview on-campus in groups of 5-6 with athletic, academic, and WinSport representatives in mid January.



Step #3



After receiving written conditional acceptance, prospective student-athletes and their parents/guardians are required to complete the NSS enrollment package.

This includes agreeing to pay the alternative program fee of \$5,750.

Step #4



Payment of Alternative Program Fee due June 1st, 2025, either via debit or credit card using the online TUIO system.



Next Steps

- Applications Go-Live
December 2nd, 2024.
- Application deadline is
December 20th, 2024, at
midnight.
- NSS information
packages will be sent to
all families following the
open house.
- Questions can be sent to
nss_adminstration@pallisersd.ab.ca



Thank You & Questions?



The National Sport School (NSS)

Key features of NSS



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by:



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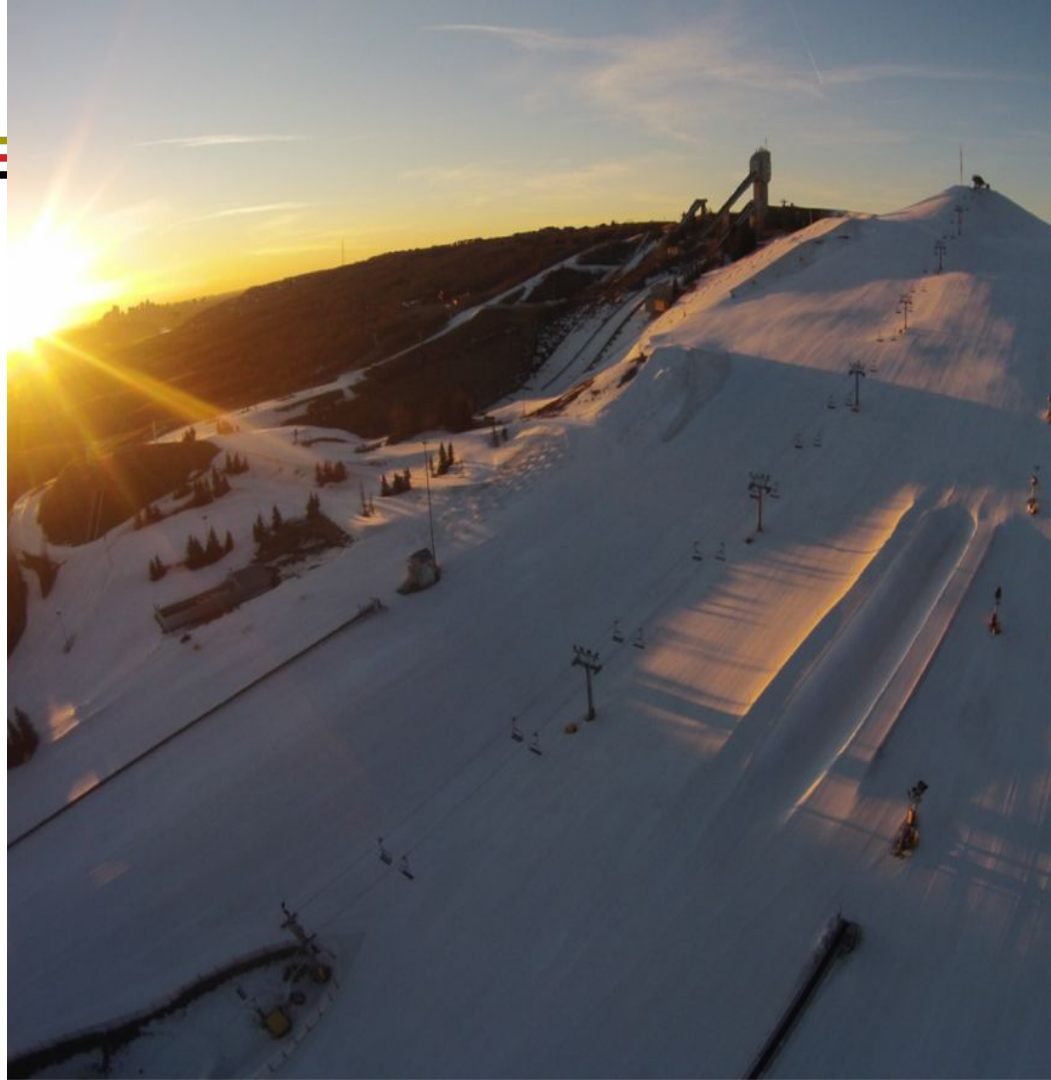
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The National Sport School

Honours the 30-year legacy of collaboration between WinSport and Alberta's public school system.

Focuses on the next generation of student-athletes.

- Stability
- Community
- Continuity
- Location



The National Sport School

- Is accessible, supportive, and a flexible learning environment.
- Focuses on developmental and competitive athletes.
- Resolves the inherent pressure of traditional schools straining to accommodate both academics and athletics.

The National Sport School is for

- Students who want to be successful athletes and graduate from high school with an exceptional education.



What sports are currently represented at the NSS?

- Alpine Skiing (12%)
- Artistic Swimming (<1%)
- Baseball (2%)
- Basketball (1%)
- Biathlon (<1%)
- Cheer (<1%)
- Climbing (<1%)
- Cycling/Mountain Biking/BMX (<1%)
- Diving (2%)
- Equestrian (2%)
- Fast Pitch (3%)
- Figure Skating (3%)
- Freestyle Skiing (5%)
- Golf (1%)
- Gymnastics (5%)
- Male Hockey (22%)
- Female Hockey (10%)
- Irish Dance (<1%)
- Lacrosse (8%)
- Luge (<1%)
- Nordic Skiing (1%)
- Powerlifting (<1%)
- Ringette (<1%)
- Rugby (<1%)
- Ski Jumping (<1%)
- Speed Skating (<1%)
- Snowboarding (3%)
- Soccer (6%)
- Swimming (2%)
- Tennis (3%)
- Trampoline (2%)
- Track & Field (1%)
- Volleyball (1%)
- Water Polo (1%)
- Whitewater Slalom/Water Ski (<1%)

Our Learning Environment

- Our flexible learning environment will optimize the student's academic success.
- Students that are involved in sport that is usually recognized at the Provincial or National level spend a lot of time dedicated to their athletic pursuits.
- NSS recognizes the unique challenges of school programming designed around training and competition and the need to both accommodate sport commitments and provide learning opportunities through digital technology, access to teachers and individual attention.



Key Educational Advantages

- Our hybrid learning environment combines classroom instruction with online technology, allowing students to continue studies when traveling for training or competition
- Small classes offered ~ 20 - 25 per class
- Teacher Advisors for each student-athlete
- Tutorial time available with each teacher

Programming

- NSS follows all Alberta Program of Studies requirements for academic courses and graduation.
- Options Available:
 - Athletic Development (Combines Physical Education, Yoga, Sports Psychology, and applicable CTS Credits = 10-11 credits per semester)
 - Art 10, 20, 30
 - Media Studies and Design
 - Financial Management
 - Coaching
 - Psychology
 - French 9, 10, 20, 30 and Challenge
 - Sport Medicine
 - Dual Credit Opportunities through [Palliser Off Campus Education](#)
 - Online courses through [Palliser Beyond Borders](#) as needed
 - Summer School

Our Experienced Educators Understand

- Training and competing schedules of different sports
- How to develop flexible due dates and expectations
- How to accommodate subject and year extensions
- Mentorship and support for athletes as they progress
- Communication needs of athletes and families



Key Supports at NSS

- A Sport Performance Consultant
- A Family School Liaison Counselor
- Sport Psychology program incorporated into the Athlete Development program
- A four period day with fixed-time classes(7 periods a day for grade 8&9)
- Monday to Thursday 3:00 p.m. end time
- Early dismissal Friday



Meeting room for our consultant

National Sport School

2024/25 Timetable

Mon, Wed, Thurs			Tuesday – TA Day			Friday		
Period 1:	8:30 – 9:59	89 min	Period 1:	8:30 – 9:50	80 min	Period 1 ²⁵	8:30 – 9:40	70 min
			TA:	9:52 – 10:23	31 min			
Period 2:	10:01 - 11:30	89 min	Period 2:	10:25 – 11:45	80 min	Period 2:	9:42 – 10:52	70 min
Lunch:	11:30-12:00	30 min	Lunch:	11:45 – 12:15	30 min	No Lunch		
Period 3:	12:00-1:29	89 min	Period 3:	12:15-1:35	80 min	Period 3:	10:54 – 12:04	70 min
Period 4:	1:31-3:00	89 min	Period 4:	1:40-3:00	80 min	Period 4:	12:06 -1:16	70 min

Schedule Features for Student-Athletes

- Older students will have spares if they have successfully completed the Grade 9 and 10 school subjects as organized correctly.
- If an older student has access to spares; we try to match them to their Calgary training schedule.
- Students that train at COP can access their teachers daily.
 - *Stop by class for a few minutes, make appointments, or visit during tutorial blocks, etc.*
- Extending high school is an option.

Post-Secondary Support

- On Campus Practice SAT each fall.
- Post-Secondary speakers on campus each year.
- Post-secondary opportunities shared in weekly Parent Bulletin.
- Teacher Advisor supports course selection for post-secondary studies each year.

Student Scenarios for Success

Example of 3 students in the 2023-2024 School Year

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1st scenario out of current sports

GYMNAST – 140 days absent out of 180 school days

- Is able to attend portions of a school day while training intermittently throughout school hours
- Attends NSS and trains with Calgary Gymnastic Centre
- Teachers are able to offer additional supports frequently because of proximity of training

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2nd scenario out of current sports

EQUESTRIAN– 100 days absent out of 180 school days

- Attends NSS and trains at various American locations
- Often off campus to accommodate local training
- Absent weeks at a time for competitions
- Relies heavily on blended learning opportunities

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3rd scenario out of current sports

HOCKEY PLAYER at COP Arenas – 20 days absent out of 180 scheduled school days

- Attends NSS and plays with the International Hockey Association Midget Level
- Trains daily at WinSport but leaves early every day to access ice time
- Teachers are able to offer additional supports frequently because of proximity of training

The National Sport School (NSS)

Characteristics of a
successful NSS student -
Teacher Perspective



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How to be a successful student at NSS from a teacher perspective

Teacher Perspective

Key Attributes of the Culture of Excellence

- Self-advocates and seeks assistance when needed
- Competent communication
- Self-directed
- Shows citizenship in the school and outside of the school



Successful Habits of Students:

- Build relationships with your teachers
- On task and focused for time management
- Using Google Classroom as your guide
- Prioritizing your school needs accordingly
- Plan and work ahead for upcoming travel

When students are away from school:

- Communicate regularly (at least twice per week) with all teachers (and peers – group work) via email
- Negotiate reasonable and alternate due dates with teachers **BEFORE** assignments are due

When students are away from school:

- Frequently check for announcements and updates (e.g Google Classroom)
- Utilize Google Classroom and Edsby consistently
- Prioritize and work while away (work on honing effective time-management skills)

Sport Support:

- Committed coaches recognize the importance of school
- When travelling, coaches allocate specific and consistent time for students to complete schoolwork
- All teachers offer tutorials twice per week outside of school hours and also by appointment

The National Sport School (NSS)

A Student Perspective



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Our Presenters

Sophia T.



- Grade 12 Student-Athlete
- Equestrian with New View Equestrian
- Riding since age 5
- Accomplishments
 - Reserve Grand Champion in Alberta 2023
 - 4th place finish in Canadian Championship Ride for the Roses Derby
 - Reserve Champion at Thunderbird Show Park
- Sport commitment: 20+ hours a week

Our Presenters



Esme A.

- Grade 12 Student-Athlete
- Competitive diver with Dive Calgary
- Diving since age 8
- Accomplishments:
 - Committed to a Division 1 NCAA diving school
 - Recovered through two shoulder surgeries
 - Competed at Canadian Junior Nationals
- Sport commitment: 20+ hours a week

Our Presenters

Myla L.



- Grade 12 student athlete
- Competitive artistic gymnast at the Calgary Gymnastics Centre
- Doing gymnastics since age 4
- Accomplishments:
 - 2022 Provincial Vault Champion
 - 5th place finish on beam at the 2020 International Gymnix
- Sport commitments: 28 hours a week

What is it like to be an NSS student?



Life at School

- Student-athletes!
 - Similar lifestyles and goals.
 - Empathy in tough times.
- Teachers:
 - Small classes: access to teachers.
 - Understanding of commitments.
 - Flexibility.
- Scheduling to fit sport commitments.
- Mental Performance Consultant & Family School Liaison Counsellor (Perri Ford & Jenn Galambos).
- Facilities, including:
 - Performance Training Centre.
 - Group 23.
 - Benson Concussion Institute.



Life While Away

- Students miss days, weeks, and even months of school.
- Flexibility to be successful while here AND while away.
- Negotiate due dates.
- Communication & self-advocacy.
- Google Classroom.
- Travel Plans.

