



ENRICHING THE STUDENT-ATHLETE'S JOURNEY

Are you a student with a keen interest in pursuing participation in and understanding of sports, competition, health, recreation and outdoor adventure?

What does Near North Sports have to offer?

- Long-term athletic development
- Strength and conditioning
- Multiple certifications
- Contact with sport leaders and post-secondary education leaders in the city and beyond
- Enhanced programs with officials, coaches, convenors
- Enhanced skill development for the student athlete
- Understanding of the organization of sport and sport organizations
- Ability to better manage nutritional needs and make more informed choices about nutrition, health and lifestyle
- Leadership skills that will further build self-confidence, resiliency, poise, perseverance and communication
- Accommodations for the competing demands that student athletes manage

Upon graduation, the *Near North Sports Certificate* is awarded to student athletes who have completed the following:

- ✓ 60 hours of Community Service (supporting school/community based sports and recreation programs)
- ✓ 200 hours of Team Participation
- ✓ Student Athlete Portfolio
- ✓ Grade 12 Program Culmination: "Personal Journey of a Student Athlete". Students will share with parents/community partners and school personnel
- ✓ Course requirements (see reverse)



Course Requirements:

- Grade 9 Near North Sports: Full Year Physical Education and Personal Fitness (PPL10A/PAF10A)
- Grade 10 Near North Sports: Full Year Physical Education and Personal Fitness (PPL20A/PAF20A)

PLUS:

- 1 Food/Nutrition based course: HFN2OE or HFN2OF
- 1 Introduction to Psychology, Sociology, Anthropology (HSP3C/UE)
- 1 Leadership course: Recreation and Sport Leadership (PLF4ME) or Business Leadership (BOH4ME)

PLUS 1 FROM:

- Grade 11 Physical Education (PPL3OE)
- Grade 12 Physical Education (PPL4OE)
- Grade 11 Personal Fitness (PAF3OE)
- Grade 12 Personal Fitness (PAF4OE)
- Grade 11 Outdoor Adventure (PAD3OE)
- Grade 12 Outdoor Adventure (PAD4OE)
- Grade 12 Yoga and Pilates (PAI4OE)
- Co-Operative Education

How do I get into the Near North Sports Program at West Ferris?

- ▶ you should have a 70% average from elementary school
- ▶ be actively participating in one or more school or community-based sporting activity (individual and/or team based)
- ▶ train a minimum of 7 hours per week in your sport(s)
- ▶ should maintain at least a 70% average OR demonstrate a regular commitment to and completion of the Student Athlete Portfolio to remain in the program at West Ferris

Students wishing to enter the Near North Sports Program after grade 9 will have program requirements adjusted. Opportunities to participate in certifications/seminars (previously offered to grade 9 and 10 participants) will be made available to students entering at grade 11/12.

*Note, if your child is enrolled or would like to enroll in this program, transportation will be provided for out of zone addresses as per NNDSB transportation guideline.