



ENRICHING THE STUDENT ATHLETE'S JOURNEY

Are you a student with a keen interest in pursuing sports, fitness, competition, health, recreation and/or 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:

- Recreation and Sport Leadership (PLF4ME) or Kinesiology (PSK4UE)

PLUS 2 of 3:

- Food and Nutrition (HFN2OE or HFN2OF)
- Introduction to Psychology, Sociology, Anthropology (HSP3C/UE)
- Business Leadership (BOH4ME)

PLUS 1 From ANY Grade 11 Health & Physical Education Course

PLUS 1 From ANY Grade 12 Health & Physical Education Course

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

- ▶ You should have a 70% average from elementary school
- ▶ Participate 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)
- ▶ Maintain a 70% average to remain in the program

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.

Frequently Asked Questions

1. What certifications are offered?

Multiple certifications are offered!

Examples include: Rowan's Law Concussion, Personal Training, First Aid, CPR, NCCP Making Headway, WHIMS, Self Defence, and NCCP Coaching. In addition to these certifications, workshops are offered throughout each year. Some of the workshops include: Minor Official Workshops, Sport Specific Training and Strength and Conditioning, Group Exercise, Orienteering, Athletic Taping, Meditation, Wellness, Stress Management, Introduction to Fishing, Paddle Canada Wilderness Camping and Introduction to Lake Canoeing tandem or solo.

2. How are the team hours recorded?

The students will complete the NNS training logs—similar to the form for logging Community Hours.

3. What kind of sports do these students need to be involved in?

Organized sports at any level---recreational, rep, school.

4. Is the program available within all the “pathways”?

Absolutely.

The Near North Sports program is designed to support students in any of the pathways...workplace, college-bound or university bound students will be challenged appropriately. The course options are designed to meet differing needs of students.

5. Are there post-secondary programs/occupations that are related to the Near North Sports program?

For sure!

There are numerous programs at the college and/or university level. These are a few examples: Recreation and Leisure Services, Strength and Sport Conditioning, Recreation Therapy, Physical and Health Education, Sport Psychology, Education. With additional post-secondary education students may pursue Sports Medicine, Physio/Occupational Therapy, and Chiropractic Medicine. We designed the program to enable students to fit post-secondary program prerequisite courses into their schedules.