HIGH PERFORMANCE
INTEGRATED SCHOOL MODEL

RICHMOND OLYMPIC OVAL
HIGH PERFORMANCE

Knowing the demands placed on student athletes, the Oval High Performance team has partnered with the Richmond Virtual School and the Richmond School District to provide athletes the opportunity to earn high school credits for their training completed at the Oval.

Richmond Virtual School







The goal of the Integrated School Model is to move afternoon and evening training sessions to occur during school daytime hours. The model frees up time during normal school hours, time that can now be spent training for their sport, completing homework, resting and/or spending time with family. The model is designed to help provide greater balance in an athlete's day. Academic credits are obtained through the following activities:

- Sport Specific Training Sessions
- Competition Hours
- Integrated Service Sessions – Nutrition, Sport Psychology, yoga
- Online Course Work

PROGRAM DETAILS



Athletes will complete their technical training and strength and conditioning at the Oval. Training times will depend on the athlete's team schedule or the registered program they are enrolled in. Athletes will then be eligible to register in up to 4 online courses through the Richmond Virtual School. These courses will provide a total of 16 credits.

Athletes will complete online course assignments and receive educational support from a Richmond school teacher in a student drop in classroom. Classroom sessions will run from 9:00am-10:30am, Monday through Thursday, from September to June. Classroom sessions are open to those athletes who have morning or afternoon Oval training times. After completion of their classroom session and depending on their school calendar, athletes will either head back to their home school for afternoon classes or have the remainder of the day off to rest, refuel, train, meet with teachers and study.

COURSE OPTIONS

The following online courses are recommended to athletes in the High Performance Credit Program:

- Physical Education (10-12)
- Strength and Conditioning (10-12)
- Planning (10-12)
- Peer Coaching/Tutoring/Leadership
- Choice of Social Studies or English
- SKY Program – Guided Studies

HOW TO REGISTER

The application process for Fall 2017 is now open. Interested athletes must verify participation in an Oval High Performance program and supply completed registration forms and supporting documentation to the RVS offices. The Oval's High Performance Integrated School Model is open to athletes in and out of district. **Richmond Virtual School Office: Palmer Secondary, Room 104 – 8160 St. Albans Road. Please call Julia at 604-668-6371 or email at** julia@sd38.bc.ca



Please contact Justine Cheng for more information and application assistance.
Justine can be reached at jcheng@richmondoval.ca or **778-296-1421.**