



**GRADE 10**

## **Athlete Acceleration**

### **SD72 Campbell River**

Designed to help student athletes realize their goal: to win a competition; to make a certain team; or to represent Canada in the Olympics. Students attend school for part of the time to do required courses. The course is offered outside the school setting in order to accommodate elite athletes and counts for PE 10 requirements. Many students continue this course into the summer and holidays to accommodate their training schedules.

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**Credits:** 4

**Approval Date:** Jun 2018

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**Hours:** 120

**Trax Code:** YHRA

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### GOALS AND RATIONALE

To empower student athletes with the skills and structure to realize their goals. To equip athletes with the skills to set achievable goals, make a plan, put the plan into action, incorporate feedback and self-assess...always asking themselves What's working? What's next? Develop learning behaviors as perseverance, mental toughness and commitment.

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## BIG IDEAS

Defining a personal goal is the primary step in realizing success; creating an effective plan that is individual, adjustable and scaffolded into smaller achievable objectives with time lines; passion provides motivation and choice is primary in helping empower to commit; when involved in the process of defining success, they will be empowered to self-assess their development and use for next steps; able to set goals, make and implement a plan and self-assess and adjust are skills for life.

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## ADDITIONAL INFORMATION

Each student/athlete is different and will need a different plan and implementation strategy. It is all about empowering students to take charge and be committed to their own path of success. Along with being structured and almost linear, options must be available to accommodate various learning styles.