

## **Peak Performance Program**

The North Vancouver School District Peak Performance Program allows students to pursue their goals without compromising their schooling. It is appropriate for athletes competing at the provincial or national level or students highly involved in the fine or performing arts.

Students who meet the entrance criteria to the program and are accepted after the application process will be able to take advantage of our special timetable that accommodates their demanding training schedules. Academic courses may be scheduled so that the student is finished school by 1:00 pm every day. A student may also be able to receive credits towards Graduation through their accomplishments. Students will be required to re-apply on a yearly basis in order to demonstrate that their program and level of competition are at the standard required to be part of the program.

### Criteria

- Minimum of 15 hours per week of specific training in their discipline year round.
- Minimum of C+ average and satisfactory work habits based on previous year's report card. A student may not have any failing grades or Needs Improvement work habits. Special circumstances may be considered in consultation with the Principal.
- Competition at the Provincial or National level (based on Ministry requirements for External Sport Athlete Credentials).
- Recommendation of Coach or person responsible for training program indicating that the applicant is training a minimum of 15 hours per week under their supervision. The letter must also detail the specific training and activities undertaken by the applicant.
- Application form and all necessary documents.
- Approval of application by the Principal.

### Individual

For students involved in individual sports (such as gymnastics, dance, rowing, or mountain biking) or students involved in the fine or performing arts:

- Eligibility will be partially determined by level of competition.
- Eligibility will be partially determined by selection to a Regional, Provincial, or National Program.
- Eligibility will be partially determined based on feedback from coach or instructor. (see application package)

### Team

For students involved with team sports (such as soccer, hockey, basketball, or volleyball):

- Eligibility will be partially determined by the provincial sports governing body program established for elite player development.
- Eligibility will be partially determined by the Provincial, Regional, or National level in which the student has been selected to compete.
- Eligibility will be partially determined by the External Credit Program of the Ministry of Education.

### Examples of Approved Programs :

- Flicka Gymnastics
- West Coast Dynamos
- Vanleena Dance Academy
- North Shore Academy of Dance
- Windsor Hockey Academy
- Seymour Dance Academy

**IF YOU QUALIFY FOR THE PEAK PERFORMANCE PROGRAM PLEASE SEE YOUR  
COUNSELLOR FOR AN APPLICATION**

Peak Performance Program  
Student Application

School Year : \_\_\_\_\_  
(yyyy-yyyy)

Personal Information:

Name: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Address:

Street: \_\_\_\_\_ email: \_\_\_\_\_

City: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Current Age & Grade: \_\_\_\_\_ Record Card Average: \_\_\_\_\_

Profile

Area of Focus (e.g. Athletics, Dance, Music): \_\_\_\_\_

Area of Specialty (e.g. Gymnastics, Ballet, Violin): \_\_\_\_\_

Club / Team / Organization: \_\_\_\_\_

Coach / Instructor: \_\_\_\_\_ Phone: \_\_\_\_\_

**Peak Performance Program  
Student Application**

**School Year :** \_\_\_\_\_  
(yyyy-yyyy)

Reason for applying to the Peak Performance Program.

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Describe your training program including hours per work practicing and competing.

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Outline your long term goals in your area of specialty.

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List your involvement in activities outside your area of specialty -include school and community clubs, teams, etc.

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**Attach the following to your application:**

- Copy of most recent Report Card
- Copy of Training and Competition Schedule signed by Coach/Instructor
- Bio of athletic or artistic accomplishments detailing past performances and competitions, awards, standings, and provincial or national rankings.
- Coach/Instructor Verification Form

**Peak Performance Program  
Coach / Instructor Verification Form**

**School Year :** \_\_\_\_\_  
(yyyy-yyyy)

Student Name: \_\_\_\_\_

Area of Training: \_\_\_\_\_

Club / Team / Organization: \_\_\_\_\_

Coach / Instructor: \_\_\_\_\_

Address:

\_\_\_\_\_  
Street:

\_\_\_\_\_  
Website:

\_\_\_\_\_  
City:

\_\_\_\_\_  
Email:

\_\_\_\_\_  
Postal Code:

\_\_\_\_\_  
Business Phone:

Will this student benefit from being enrolled in the Peak Performance Program and why?

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\_\_\_\_\_  
\_\_\_\_\_

Please describe the student's current level of ability.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is this student attending practices/competitions on a consistent basis?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

