

## Off-Ice/Field/Court Activities (one “half-day” per week)

Students participate in an extensive off-ice program, which focuses on fitness development, sport specific training and cross-sport training designed for the needs of young athletes.

During this time students have an enhanced physical education program where they will be exposed to new sports that challenge them both physically and mentally. Fitness logbooks will be introduced, monitored and reviewed with individual students.

Trained fitness professionals will provide individualized feedback for athletes on a monthly basis.

- \* Sport Specific fitness training with Alberta Sport & Development Centre (10 days)
- \* Gymnastics (4 days)
- \* Golf (4 days)
- \* Curling (4 days)
- \* Wall Climbing (2 days)
- \* Fencing (2 days)
- \* Martial Arts (2 days)
- \* Kayaking (2 days)

*Activities may vary depending on opportunities for athletes.*

## *Play Inspired!*

**We will:**

**Use prayer as a spiritual and emotional resource for athletes.**

**Be involved in our own Christian-based leadership project.**

**Take the opportunity to lead School Celebrations and Intramurals**

**Use Chapel to build life skills, improve our athletic talents given to us by God, and foster ethical participation.**

***Real leaders are ordinary people with extraordinary determination***

**For information, please contact:**

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**You do not need to be Catholic to participate in our program.**



Grande Prairie and District  
Catholic Schools

# St. FX Sports Performance Academy

## Multi-Sport Skills Program

### Grades 4-8

### Canadian Sport for Life Program



## Multi-Sport Grades 4-8

### We provide:

- ⇒ **Summer Conditioning Camp** – One week before school starts to condition and strengthen athletes.
- ⇒ **Sport Specific Placement Plans** - Work with young athletes to set goals and achieve results.
- ⇒ **Fitness-Specific Placement Plans** - Track progress throughout the year through Alberta Sport and Development Centre.
- ⇒ **Affiliation with GPRC Coaching Staff** - Experienced staff improves knowledge, skills, and attitudes.
- ⇒ **Individual Analysis** - A key component in tracking and evaluating progress in athletes. Coaches will meet with students on an individual level to provide feedback and improve specific skills. This will include video.



## Sport for Life: Multi-Sport Skills Program

Following the guidelines of *Canadian Sport for Life*, students in grades 4 through 8 are at different developmental levels. This program will be affiliated directly with the GPRC and Alberta Sport and Development Centre. We will integrate sport-specific instruction from various sources at the college level.

### Learn to Train:

From ages 8-11 in girls and 9-12 in boys, to the onset of the growth spurt (usually around ages of 11-12), children are ready to begin training according to more formalized methods, but the emphasis should still be on general sports skills suitable to a number of activities. While it is often tempting to over-develop 'talent' at this age through excessive single sport training and competition (as well as

early positioning in team sports), this can be very detrimental to later stages of development if the child is playing a late specialization sports. It promotes one-side physical, technical and tactical development and increases the likelihood of injury and burnout.

### Train to Train:

The ages that define this stage for boys and girls are based on the onset and end of the growth spurt, which are generally ages 11-15 for girls and 12-16 for boys. At this stage, they are ready to consolidate their basic sport-specific skills and tactics. These youths may play to win and do their best, but they still need to focus more time on skill training and physical development over competitions.

### **Multi-Sport On-Field and Court Time (2 days/week for 1.5 - 2 hrs/day)**

Students focus on one sport 2 days a week for a one to two-month period. Training sessions are sport specific and incorporate the fundamental movement skills needed for the sport. The sports, coached by the GPRC Wolves organization, will be as follows:

- ⇒ Volleyball (3.5 months)
- ⇒ Basketball (3.5 months)
- ⇒ Soccer (3 months)

Young athletes develop best when they intensely focus on multiple sports.