# Education and Ski Bacing Finding the Balance presented by Kim Adams

#### \*Why continue?

- Healthy Body/Healthy Mind
- Challenge/Fun
- Personal Profile(university)/Scholarships
- Transferable Skills—time management-goal settingteam work-work ethic...
- Personal skills—fitness, nutrition, perseverance...

## \*What about their future!



# \*Where are they now?

- High School Graduation requirements
- Post-Secondary pathways
- University requirements Canada/US
- Personalized plans and determining factors
- Timing, motivation and importance





# \*Post-Secondary Options

\*Determining Factors

- Academic goals
- Athletic goals
- Career goals

## \*What path should my child choose?

Teacher/School	Parent	Coach
Provide learning opportunities and path to post- secondary options. Some will only do what is "required,"others will see the importance of sport in a child's development. Seek out those who "get it"	Act as an advocate for their child, when an adjusted program is necessary. Assist their child with exploration of post-secondary options and help child to assess opportunities. Financial resource Young athletes are not adults yet, help them by "parenting" not coaching	Viewed by the athlete as the "authority" on the path to ski success. Coaches need to be aware that what they say about the future has a great impact on young athletes. Coaches should encourage athletes to complete their education and make sure athletes are comfortable talking about post-secondary
		options.

\*Influences on Athlete Education

#### \*Considerations

- Interests/passion
- Aptitude/intellectual ability
- Time required
- Method of delivery
- Program requirements
- Be selective and realistic
- Reassess frequently



#### Motivation for participation

Not everyone thinks they are going to the Olympics!

- Personal best/improve
- Be a great skier for life
- College ski team
- BC Ski Team and beyond

Being realistic about Athletic Goals will help with Education/Career goals



#### \*Awareness is key for success!

Allow athletes to look at what others outside their world are doing. (at the appropriate times)

Motivation to complete their education is if they think they will use or need it.



- \*No need to adjust educational program at these grades
- Encourage use of student planner
- Encourage <u>student</u> communication with teachers
- Parent communication with teachers to reinforce student contact, when necessary
- Provide appropriate notice for absences
- Keep PE class

# \*Grade 8 and 9

- Grade 10 English (Provincial exam)
- Grade 10 Math (Provincial exam)
- Grade 10 Science (Provincial exam)
- Social Studies 10
- PE 10 (Keep it in schedule)
- Planning 10

**Recommendation:** Take one course on-line, Math is often a good option. This will help with method of delivery decisions in the future and allows athlete to "take it on the road."

Athlete must communicate with teachers. Parents need to communicate with counsellor and VP

# \*Grade 10 (U16)

#### \* Grade 11 English

\* PreCalculus 11or Foundations 11or AWP 11

\* Science 11 (choice Biology, Chemistry, Physics, Esc)

many students will take at least two

\* Social Studies 11 (Provincial Exam)

Our school insists that all students take a full timetable (usually 8 courses). Why?

What can we do to meet this requirement?

#### Recommendations...

- \* Focus on post-secondary options, "leaving all the doors open" philosophy may not be appropriate for some athletes
- \* Language 11 for UBC-Vancouver is still required
- \* Consider up to two on-line courses but still recommend school based courses for most athletes.

# \*Grade 11(FIS U18)

- English 12—required for Graduation(Provincial Exam)
- Graduation Transitions 12—required for Graduation
- Minimum 12 credits (3 courses) labelled "12" (can be external credits Athlete 12)

Post-secondary course requirements?

Now is the time to be realistic about future plans and required education (Review athletic goals with coaches)

Develop a **personalized plan** for grad that meets admission requirements. Usually a combination of school and on-line. Recommend English 12 at school

# \*Grade 12 (U18)

- All courses in school
- In school and some on-line
- Summer School
- On-line
- Additional year at Secondary school level



#### \*Ski Racing is an excellent choice for athletes

- Supported by universities
- Allows extra time to complete academics
- Structured year of exploration
- Allows for some work/trades experience
- Allows athlete chance to reach athletic goals
- Could include coaching with younger athletes
- Supports transition to independence



English or Communications 12 required for all

- Pipefitting (Plumbing)-any Math 11
- Electrician-any Math 11 and Chemistry 11 or Physics 11
- Carpentry-any Math 10

## \*Trades/Technical Training

- English 12
- Pre-Calculus 12
- At least 2 from Biology 12, Chemistry 12, Physics 12
- Physics 11
- \*Admission average is based on English 12 plus 3 top academic courses



- English 12
- Pre-Calculus 12
- Chemistry 12
- Physics 12
- Calculus 12 (schools outside BC)
- \*Toughest requirements while racing

# \*Canadian University-Engineering

- English 12
- Pre-Calculus 12
- Approved academic course
- Approved academic course

Supplementary applications required, that look at Personal profile and experiences (Ski racing can play a big role here)

# \*Canadian University-Business

#### • English 12

- Approved academic course
- Approved academic course

 Approved academic course
Very flexible program with few defined requirements

### \*Canadian University Arts/Social Science/Humanities

#### \*More extensive application process then Canada

- SAT or ACT usually required
- Some require 2 SAT Subject tests
- No specific grade/course requirements, require graduation and a "rigorous" curriculum
- Early decision(Ivy League) requires all of the application and tests completed by Dec 1
- Common Application accepted by most schools that offer ski teams
- Competitive environment for athletic scholarships
- Academic scholarships may be available but the Ivy league schools only consider financial need. Outside the Ivy League, Canadians do not qualify for financial support or loans.

## \*US Schools (NCAA competition)

#### \*Second year

- Working with BC Team athletes and parents
- Using an on-line tool, myBlueprint
- Individual meetings with athletes
- Assistance with high school programming
- Assistance with post-secondary planning
- Assistance with admissions in Canada and US
- Providing education expertise for BC Alpine staff

## \* BC Alpine Education Project

#### **Education Planning and Ski Racing**

#### What's important in High School?

#### Grade 8/9

No adjustment necessary

Encourage athlete to communicate with teachers

#### Grade 10

Complete all courses including provincial exams. Take one course on-line. Math suggested. Communicate early with school and teachers about absences. **Grade 11** Personalized plan. Focus on no more then 2 courses on line. Assess postsecondary plans in relation to athletic goals.

Grade 12 Personalized plan that includes 3-4 academic. No more then two courses on-line plus English 12 at school Reassess athletic goals and future plans. Apply to university and consider deferring. Write SAT. Focus on quality!

Gap year and beyond Complete any grade 12 academic required for university admission. Write SAT and complete applications. Volunteer and gain work experience



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\*They will take this with them the rest of their lives!