WHAT IS THE B.E.S.T. PROGRAM?

The BEST program is designed to help students achieve greatness in academics, leadership and sports.

- Most benefited are student athletes who are looking to gain an edge not only in their sport, but in the classroom.

- Following this long-term athlete development program has helped athletes achieve greatness at the local, provincial, national and international levels.

- This program has been designed with the student athlete in mind, from strength and conditioning programs to flexibility and agility.

- The weight room and gym are not the only place student athletes are made. The BEST program is designed to help students with other foundations of development including: rest and recovery, nutrition and hydration, psychology and visualization.

- Studies show that students who are 12-16 years of age need to spend 60% of their time training and 40% in competition.

- The BEST program is designed to meet the needs of students who will pursue their athletic and fitness goals after secondary school.

- Students will gain an understanding of sport-specific training and skill development, as well as the psychology of elite athlete development.

EXCELLENCE TAKES TIME

According to Canadian Sport for Life’s Long-Term Athlete Development, ANYONE who wants to achieve success in life, as well as in sports, must follow this framework:

- Learn to Train (ages 9-12)
- Train to Train (ages 12-15)
- sport-specific skill development
- build the physical and mental engine
- integrate mental, cognitive and emotional development
- talent identification and selection
- sport-specific training 6 times per week
03. **STUDENT PROFILE**

A BEST student will maintain a minimum 75% average in their academic courses. They will continue to develop effective time management and organizational skills. The student will meet all challenges with confidence and a determination to succeed. The BEST student will focus on goals that extend beyond their secondary school experience.

04. **ADMISSION REQUIREMENTS**

To be considered for the BEST program, the student athlete must meet the following criteria at Bishop Carter:

- have a minimum 75% average from elementary school
- be actively participating in one or more sport activities
- train a minimum of 10 hours per week in their sport
- maintain a minimum 75% average
- be successful in an interview with the program coordinator or school administrator
COURSE DESCRIPTION

The BEST program is specifically designed for students in Grades 9 & 10. Once students enter Grades 11 or 12, they have the option of transitioning into the Specialist High Skills Major Program in Health & Wellness (Fitness).

Grade 9 students will take English, Science, Math, Geography, French, and Religion, in addition to the following courses:

Personal and Fitness Activities

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote life-long healthy active living. Enhancement of personal competence will be tracked.

Individual and Small-Group Activities

This is a demanding high-level course that provides active individuals with the knowledge, skills and attitudes to understand the variety of factors related to sports performance. Students will gain an understanding of current training principles, performance enhancement, and performance. This course will maintain a focus on preparation for athletics of a highly competitive nature.
Grade 10 students will take English, Science, Math, History, Careers & Civics, and Religion, in addition to the following courses:

**Personal and Fitness Activities**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills, and will be given opportunities to practice goal-setting, decision-making, coping, social and interpersonal skills. Improved physical fitness through aerobic and weight training is the main objective of this course.

**Individual and Small-Group Activities**

Students in this course will have the opportunity to investigate, develop and implement a fitness program specifically for their high level sport. Students should be athletes at a competitive level. Strength, speed, agility, power, flexibility, endurance and core stability will all be implemented.
06. **COST AND FIELD TRIPS**

The registration fee of the program is $250. This includes:

- field trips and bussing
- Under Armour uniform (shirt, short, shoes and bag)
- membership to Bishop fitness room

Out of town field trips may require additional money.

Bursaries will be available for students who meet the criteria of the BEST Program and require financial aid.

07. **PROGRAM BENEFITS**

- Enhanced skill development for the elite student athlete.
- Connections with sporting community nationally and internationally
- Accommodations for the demands that elite student athletes manage
- Leadership skills that include self-confidence, perseverance, resiliency and communication
- Cross-curricular approach to sports and healthy lifestyle
- Continued pursuit of excellence
- SAT preparation
“Insanity is doing the same thing over and over again expecting different results.”
- Albert Einstein

Long-Term Athlete Development is about building the entire person, not the athlete.

Movement is the first language of the child.

The Learn to Train and Train to Train stages are the most important stages of athletic preparation. During these stages, we make or break an athlete.
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