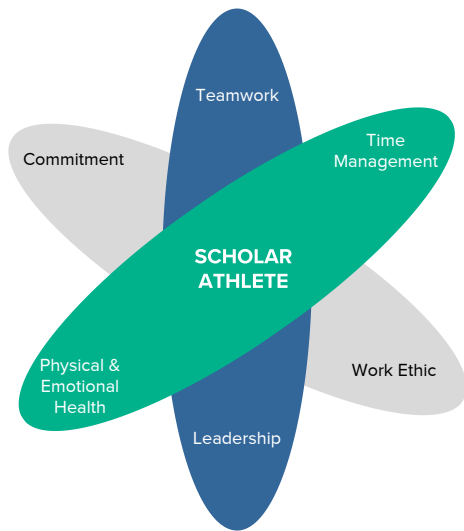


## Innovation in **Education** + High Performance **Athletics**



UNISUS Scholar-Athlete Profile

The UNISUS Scholar-Athlete program combines a world-class International Baccalaureate education with a holistic, focused approach to sports. The program is designed for students who aspire to reach high-performance or advanced levels in their athletic pursuits and successful academic achievements.

Research indicates that students who engage in competitive athletics at school develop crucial skills that have long-lasting positive effects. UNISUS Scholar-Athletes develop essential skills such as resilience, heightened accountability, and unwavering dedication towards achieving their goals and objectives. These skills not only benefit them in sports but they also have a profound impact on their overall personal growth and success.

## Key benefits of the **Scholar-Athlete** Program

### Academic Pathway

- Pathways to graduation enables all students to achieve their best academically. Scholar athletes can graduate with an IBDP and/or enriched B.C. Dogwood High School Diploma
- IB is globally recognized by top universities. Graduates are considered for early admissions and scholarship awards.
- IB graduates are confident, capable learners prepared to take on the challenges of post-secondary education. Most universities will recognize IBDP courses for first year credits

### Athlete Development

- Holistic athlete development including physical strength and conditioning, mental wellbeing, nutrition, and injury prevention
- Focused dry-land training to complement on snow training led by qualified sports therapists
- Individualized training plans and performance achievement reports supported by analytics and video.
- Post-secondary application and offer management with focused approach to athlete brand development



The UNISUS Sports Academy is offered in partnership with KR Academy. The Academy is tailored for snowboarding and freestyle ski athletes who aspire to competition at national and international levels while pursuing an academic program that enables post secondary education at leading universities.

## LEVEL 1: Snowsport Skills Program

- Suitable for athletes confident and independent on blue runs
- Suggested age range: Ages 6-9\* / grades K-3
- Training program includes: 2 hours per week hill training during ski season, 4 hours per week dry-land athletic development
- Competition (optional): Competition optional in Freestyle BC Timbertour Series. Grom Series events and BC Snowboard Provincial Series.

## LEVEL 2: Junior Performance Program

- Suitable for athletes proficient in freestyle skiing or snow-boarding who demonstrate a strong skill level in aerials.
- Suggested age range: Ages 9-15\* / grades 4-9
- Training program includes: 5-6 hours per week hill training during ski season, 4 hours per week dry-land athletic development system training
- Competition (optional but recommended): Freestyle BC Timbertour Series and/or Canada Cup. BC Snowboard Provincial Series, Canada Snowboard Air Nation/Speed Nation

## LEVEL 3: High Performance Program

- Suitable for Advanced competitive freestyle skiing and snow-boarding athletes
- Suggested age range: Ages 15-18\* / grades 10-12
- Training program includes: 5-6 hours per week hill training during ski season, 4 hours per week dry-land athletic development system training
- Competition (recommended): Canada Cup, NORAM, Jr. Nationals, Sr. Nationals. Jr. Worlds

\*Academy level is driven by both age and skill level

