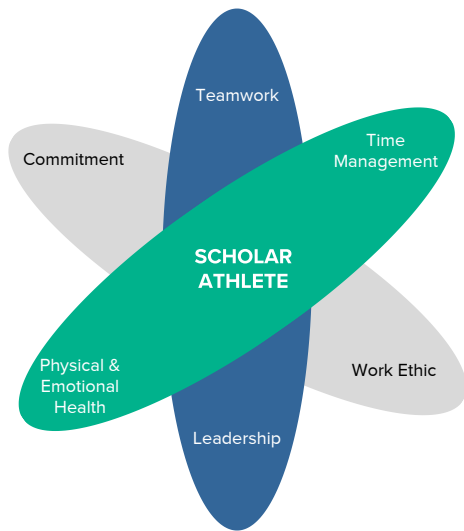


Innovation in **Education** + High Performance **Athletics**



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

- IBDP and/or enriched B.C. Dogwood Diploma for grade 12 graduating students
- Our individualized pathways to graduation and individual learning system enables all students to achieve their best academically
- The IB based program creates confident, capable learners prepared for success in college/university
- IB is globally recognized by top universities worldwide for early acceptance and scholarship attainment
- Many IB graduates receive first year credits when achieving benchmark results

Athletic Development

- Holistic athlete development including physical strength and conditioning, mental wellbeing, nutrition, and injury prevention
- Focused dry-land training to complement on ice/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.

Snowsport Skills Program

1

- Suitable for: Those skiers or snowboarders 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 system training
- Competition option: Competition optional in Freestyle BC Timbertour Series

Junior Performance Program

2

- Suitable for: Suitable for skiers 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 option: Freestyle BC Timbertour Series and/or Canada Cup

High Performance Program

3

- Suitable for: Advanced competitive freestyle skiing and snow-boarding
- 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 option: Competition recommended in Canada Cup, NORAM, Jr. Nationals, Sr. Nationals. Jr. Worlds

*Academy level is driven by both age and skill level



Snowsports program - Fall 2023 and Spring 2024 (Apex Closed)

			Monday - Thursday		Friday		
			Non-skiers	Skiers	Non-skiers	Skiers	
820 - 830	Att		Morning attendance	Morning attendance	Morning attendance	Morning attendance	
830 - 925	P1		Academic lessons	Academic lessons	Academic lessons	Academic lessons	
925 - 1020	P2		Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1020 - 1040	B		Morning break	Morning break	Morning break	Morning break	
1040 - 1130	P3		Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1130 - 1220	P4		Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1220 - 1240	L1		Lunch	Lunch	Lunch	Lunch	
1240 - 1300	L2		Lunch	Lunch	Lunch	Lunch	
1300 - 1350	P5		Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1350 - 1440	P6		Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1440 - 1530	P7		Academic lessons	Academic lessons	Buses depart at 1450	Buses depart at 1450	
1530 - 1630	A1		CASE	Dryland training: Fitness & Movement Program	Early release.	1440 - 1540	Optional advanced gymnastics in West Kelowna Students travel on school bus.
			Buses depart at 1640		End of school.	1540 - 1630	Parents collect gymnastics students from West Kelowna (time TBC)

Snowsports program - Winter 2024 (While Apex is Open)

			Monday, Wednesday, Thursday		Tuesday		Friday		Weekends
			Non-skiers	Skiers	Non-skiers & Level 1 Skiers	Skiers Level 2 Skiers	Non-skiers	Skiers Level 1 and 2 Skiers	
820 - 830	Att		Morning attendance	Morning attendance	Morning attendance	Morning attendance	Morning attendance	Morning attendance	Optional participation in KR Academy Weekend training program
830 - 925	P1		Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	
925 - 1020	P2		Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1020 - 1040	B		Morning break	Morning break	Morning break	Morning break	Morning break	Morning break	
1040 - 1130	P3		Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1130 - 1220	P4		Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	Academic lessons	
1220 - 1240	L1		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1240 - 1300	L2		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1300 - 1350	P5		Academic lessons	Academic lessons	Academic lessons	Level 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to 15:30 Return to UNISUS by 5pm for parent pick up	Academic lessons	Level 1 & 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to ~5pm (some night skiing) Return to UNISUS by 6:30pm for parent pick up (time to be confirmed closer to the season)	
1350 - 1440	P6		Academic lessons	Academic lessons	Academic lessons	Level 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to 15:30 Return to UNISUS by 5pm for parent pick up	Academic lessons	Level 1 & 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to ~5pm (some night skiing) Return to UNISUS by 6:30pm for parent pick up (time to be confirmed closer to the season)	
1440 - 1530	P7		Academic lessons	Academic lessons	Academic lessons	Level 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to 15:30 Return to UNISUS by 5pm for parent pick up	Buses depart at 1450	Level 1 & 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to ~5pm (some night skiing) Return to UNISUS by 6:30pm for parent pick up (time to be confirmed closer to the season)	
1530 - 1630	A1		CASE	Dryland training: Fitness & Movement Program	CASE	Level 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to 15:30 Return to UNISUS by 5pm for parent pick up	Early release.	Level 1 & 2 Skiers leave for APEX with a Packed lunch Ski 13:30 to ~5pm (some night skiing) Return to UNISUS by 6:30pm for parent pick up (time to be confirmed closer to the season)	
			Buses depart at 1640		Buses depart at 1640		End of school.		

1. Dryland - one day multisport, one day yoga and flexibility, two days strength and conditioning, along with special guest coaches and personal branding sessions
2. Academic Standards - All scholar-athletes are required to maintain academic competence consistent with their grade level. Teachers will monitor academic progress and reassign off-ice and on-ice training time to ensure academic progress is met.





SNOWSPORTS PROGRAM COACHES

UNISUS brings together both on-ice and off-ice coaching and capabilities to deliver our program, both as permanent UNISUS staff members, outside coaching, as well as one off experts that we draw on for capability development throughout the year for athletic development as well as specialized skill and performance coaching.

Snowsports Academy Freestyle Coaches - KRA Academy

Kristi Richards (Lead Coach Freestyle Skiing and Snowsports Program Athletic Lead)

- The athletic component of our UNISUS SnowSports Academy program will be led by hometown hero and 2X Olympian, Kristi Richards.
- She is an NCCP Advanced Coach, with Air 4 and doubles certifications. She is a Freestyle Canada Learning Facilitator for mentoring and teaching coach candidates. Her Olympic experience gives her the first hand knowledge to guide and develop customized programs to meet each athlete where they are at in their athletic pathway. She brings a professional platform, and a skilled team together for the support network of each athlete.
- Apex is her home hill, and this community is behind her vision to elevate the sport, attract high level athletes and teams to the Resort, connect the community, and support the athletes to give them a chance for their own athletic goals.

Jessie Broster (Lead Coach Snowboarding)

- Jessie brings over 20 years of experience in snowboarding to the UNISUS Snowsports Program
- She is a certified coach and has been the snowboarding head coach at Big White Freestyle until joining the KR Academy, and will be lead snowboarding coach, as well as gymnastics and aerials coach for all freestyle athletes in our scholar athlete program
- She is a former competitive gymnast as part of team BC, and has been coaching the performance snowboarding team at Big White, she is an air doubles certified trampoline coach, as well as level 2 trampoline gymnastics certified.
- She runs the high performance trampoline programs at Airhouse Sports Academy and advanced freestyle classes at West Kelowna Gymnastix, coaching athletes from all over the Okanagan/ BC

Snowsports Academy Staff Members

Delano Ducheck (Athletic Director)

- Delano is the Athletic Director at UNISUS, coordinates the overall drylands program, and enables the multi-sport components of the program
- He is the head coach of the local swim team while also teaching Middle School. He is a nationally-ranked Canadian Intercollegiate Athletic Union all-Canadian swimmer, and brings his love of teaching and mentoring into both athletic coaching and the classroom.

Sabrina Bergamorto (Strength and Condition Training)

- She holds a Bachelor of Arts and Bachelor of Education degree from the University of British Columbia. She is a certified Group Fitness Instructor, and will be supporting the conditioning aspect of the dry-land training

External Experts

Terry McKaig (Actuate Agency - Personal Brand development)

- Head coach, director and lead architect of the UBC Baseball program over 23 years. The UBC Baseball brand is now one of the most recognized college baseball programs in North America. 26 of his former players were drafted in the MLB draft. He launched the Actuate Agency to assisting athletes in Canada understand how to build their brand and use NIL to their advantage.

Derick Pariag (Total Athlete Development System - Expert Advisor and Specialized Sessions)

- Derick Pariag is an expert in Neuro-Musculoskeletal Movement, Injury Prevention, Assessment, and Treatment, and Physical and Sports Injury Rehabilitation.
- He is also an Applied Exercise and Sports Scientist, a Strength and Conditioning Coach, and a certified coach with the Canadian National Coaching Certification Program (NCCP)



Our Pricing Schedule reflects the UNISUS commitment to and investment into the development of scholar-athletes. The pricing is structured to make the skills program accessible to parents while maintaining a high level of capabilities on the coaching team. These prices reflect the 2023-2024 costs.

	Tuition	Snowsports	
Snowsports Skills: Grades K-3 *	\$14,800	\$1,500	Includes: <ul style="list-style-type: none"> - Dryland development ~3-4 hrs/wk whole academic year incl. shoulder season, and Apex training 5hrs/wk (2 hrs/wk Snowsport Skills level) 10 weeks per year - Athlete personal branding & individualized athlete development - Bus transport to & from school (Kelowna/Penticton buses) and to Apex for skills program - Nutritional program (includes hot lunch, packed lunch and snacks) Excludes: <ul style="list-style-type: none"> - KR Academy weekend program (optional) - KRA & Freestyle BC memberships (\$100+\$110) (required for insurance) - Competition registration, transport to competition, meals (optional) - Specialized gymnastics and offsite dryland development training
Junior Performance: Grades 4-7 *	\$16,100	\$3,330	
High Performance: Grades 10-12 *	\$17,980	Up to \$5,000	
Specialized gymnastics & offsite development		\$2,000	Specialized gymnastics and offsite dryland development training (Fridays during shoulder season)
UNISUS Giants Snowsports Apparel		\$500	UNISUS Giants Snowsports team apparel including training suite, branded racing shirts and ski apparel
Sept 2023 founding family bursary	-up to \$5,000		Founding family bursaries applied upon successful application. This annual bursary is granted for students new to UNISUS, or current families paying full tuition, for all the years that the student is enrolled at UNISUS in the founding year of 2023 ONLY





SNOWSPORTS **ADDITIONAL INFORMATION**

Our program is in the launch year, and we are committed to demonstrating the outcomes of the program over the year, both in terms of athletic advancement of participants, but also academic progress. If you have questions on the program please email snowsports@unisus.ca.

Program launch dates

- Soft launch September 11th for dry-lands training
- Program introduction September 15th 3pm, with parent Q&A session

Equipment storage

A storage locker will be provided for keeping equipment onsite. All student participants and parents will be provided with the access code for the equipment for retrieval

Transportation

All transportation to and from Apex will be provided by UNISUS buses, as well as to the specialist gymnastic training facility in West Kelowna (pick up will be the responsibility of the parents).

Communications

All communication will be via both the UNISUS website parent portal news feeds, as well as via email as required for specialized instructions.

