

## Attention Grade 8 Students and Families: Apply for the Academy for Student Athlete Development 2025-2026 School Year!

We're excited to invite current grade 8 students and their families to learn more about our **ASAD Program** and the opportunities it offers for the 2025-2026 school year. Our program provides a unique blend of academic excellence and athletic development, and we want YOU to be a part of it!

### Upcoming Events:

#### Student/Parent Information Session

**Date:** January 14th at 5:30pm

**Location:** Abilities Centre

Join us for a comprehensive overview of the ASAD program, where we'll discuss everything from the application process to academics, scheduling, financial details, and more! This is also a great chance to ask questions directly.

#### "Day in the Life" Experience

**For student-athletes:** Experience a hands-on technical or strength and conditioning session with current ASAD students and coaches.

**For guardians:** Ask our coaches your burning questions and get a real sense of the program's daily life and athletic focus.

Get a firsthand look at what it's like to be part of ASAD and see if it's the right fit for your student-athlete!

Soccer - Jan. 22 9:00 - 10:30am (technical)

Rugby - Jan. 22 9:00 - 10:30am (technical)

Hockey - Jan. 23 9:00 - 10:30am (technical)

IAD - Jan. 27 2:00 - 3:30pm (Strength and Conditioning)

Volleyball and Baseball Day in the Life sessions coming, dates to be determined.

### Why Choose ASAD?

- **Rigorous Academics:** A program designed to challenge students while nurturing their passion for sports.
- **Athletic Excellence:** Access to elite coaching, training, and facilities.
- **Well-Rounded Development:** Build both academic skills and athletic abilities in a supportive environment.

If you're interested in attending or have any questions, please reach out to us at [asad@abilitiescentre.org](mailto:asad@abilitiescentre.org)

We look forward to meeting you and your family soon!

