



The Academy for Student Athlete Development (ASAD). Our mission is to deliver a high-performance program that goes beyond the field of play, empowering individuals to achieve personal goals in athletic performance, academics, and life. ASAD works in collaboration with a team of experts and leaders in the Canadian Sport system to create a dedicated training environment where student athletes can elevate their game.

Athletics:

- Over 85+ Strength and Conditioning sessions
- Over 70+ Sport Technical Sessions
- Coached and delivered by experts in the Canadian Sport System

Current Sport Technical Streams:

Hockey, Rugby, Soccer, with possible Volleyball, Baseball, Basketball expansion.

Training locations: Abilities Centre, Iroquois Park and Whitby Dome

Individual Athlete Development (IAD):

Open to all sports and athletes. Ex. Swimming, Track and Field, Ski, Snowboard, Racing, Field hockey, Lacrosse, gymnastics etc.

Integrated Support Teams:

ASAD leverages nationally and globally recognized experts in the delivery of Integrated Support Team sessions, ensuring optimal academic, athletic, and psychosocial benefits for participating athletes.

Nutrition:

- Defining and Measuring Energy
- Pre exercise and pre competition fueling
- Hydration

Mental Performance

- Goal Setting
- Motivation and Intensity
- Self-Awareness

Injury Management

- Prevention and recovery

Academics:

Partnership with the **Durham District and Durham Catholic District school boards**

- Teachers on site at Abilities Centre instructing everyday
- Individualized classroom support and flexible schedule to support competition schedule
- Academic credit and Personal Fitness Credit
- ASAD and Home School Guidance Counsellors collaborate on course selection to build student timetables accordingly
- Pathway to graduate with 30 credits in four years
- Students remain active members of their home school community

EXAMPLE SCHEDULE	Mon	Tues	Wed	Thurs	Fri
P1	ASAD Academic	ASAD Academic	ASAD Academic	ASAD Academic	ASAD Academic
P2	ASAD Strength and Conditioning	ASAD Technical Session	ASAD Strength and Conditioning	ASAD Technical Session	Integrated Sport Session
P3	Home School Academic	Home School Academic	Home School Academic	Home School Academic	Home School Academic
P4	Home School Academic	Home School Academic	Home School Academic	Home School Academic	Home School Academic

Schedule:

Student athletes will attend ASAD for half of their high school day and the other half is spent at their home school. The **half day** at the ASAD includes two 75 min periods. One period will be academic, and one period will be physical education/athletic training period.

Technical sport streams attend in the AM and Individual athletes attend in the PM.

Transportation:

It is expected that families arrange transportation to drop off and pick up their students at the **Abilities Centre** in accordance with their ASAD schedule. The ASAD team will support in connecting families for carpooling options.

Cost:

- **\$5000 - \$7000** per year for two semesters of programming, depending on the sport stream.
- ASAD is a fee for service model and all costs are to recover program expenses
- Financial assistance program is available

Application:

ASAD is a high-performance high school program. It is expected that athletes are on a performance pathway that has the student continuing sport at higher level in the near future (Ex. U SPORTS, NCAA, Semi Professional, Professional, Olympic, Paralympic or Special Olympic). Academic eligibility is reviewed by the student's home school guidance counselor.

Applications and acceptances are required to attend. There is no cost to apply.

To review the full application process, visit our webpage on the Abilities Centre website or contact: asadadmissions@abilitiescentre.org

Contacts:

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<http://abilitiescentre.org/programs/asad>