HIGH PERFORMANCE INTEGRATED SCHOOL MODEL



Knowing the demands placed on student athletes, the Oval High Performance team has partnered with the Richmond Virtual School and the Richmond School District to



provide athletes the opportunity to earn high school credits for their training completed at the Oval.

The goal of the Integrated School Model is to move afternoon and evening training sessions to occur during school daytime hours. The model frees up time during normal school hours, time that can now be spent training for their sport, completing homework, resting and/or spending time with family. The model is designed to help provide greater balance in an athlete's day. Academic credits are obtained through the following activities:

- Sport Specific Training Sessions
- Competition Hours
- Integrated Service Sessions Nutrition, Sport Psychology, yoga
- Online Course Work

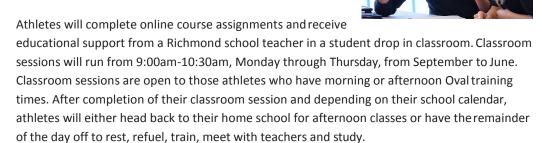






PROGRAM DETAILS

Athletes will complete their technical training and strength and conditioning at the Oval. Training times will depend on the athlete's team schedule or the registered program they are enrolled in. Athletes will then be eligible to register in up to 4 online courses through the Richmond Virtual School. These courses will provide a total of 16 credits.



COURSE OPTIONS

The following online courses are recommended to athletes in the High Performance Credit Program:

- Physical Education (10-12)
- Strength and Conditioning (10-12)
- Planning (10-12)
- Peer Coaching/Tutoring/Leadership
- Choice of Social Studies or English
- SKY Program Guided Studies

HOW TO REGISTER

The application process for fall is now open. Interested athletes must verify participation in an Oval High Performance program and supply completed registration forms and supporting documentation to the RVS offices. The Oval's High Performance Integrated School Model is open to athletes in and out of district. Richmond Virtual School Office: Palmer Secondary, Room 104 – 8160 St. Albans Road.

