



OVAL ADP

EARN HIGH SCHOOL CREDITS WHILE TRAINING WITH OVALADP

**AN INTEGRATED SCHOOL MODEL OFFERED IN PARTNERSHIP WITH
RICHMOND SCHOOL DISTRICT 38**

FEATURES

- Receive up to 8 school credits in Fitness & Conditioning 11-12 toward graduation Fitness & Conditioning 11-12.
- Individualized programming and support from coaches and teachers.
- Group instruction on mental training, sport nutrition and yoga sessions.

BENEFITS

- Free up blocks of time in your school day to train, practice, complete school work and rest.
- Regular face to face meetings with your teacher.
- Conveniently submit and track online coursework from anywhere with WIFI.
- Credits recognized for early acceptance to UBC and other post-secondary institutions.

✉ highperformance@richmondoval.ca
☎ 778.296.1421

Enhancing performance in life through sport

@OvalADP

