# RICHMONDVIRTUALSCHOOL.CA

# **ATHLETE PROGRAM**

Knowing the demands placed on student athletes, the Richmond Virtual School (RVS) has created an online, full credit high school program. Available for High Performance (HP) or personalized development (ADP) athletes who participate in 100 hours of training over the course of one school year in a *recognized* program and is currently in grade 9-12.

#### **Course Options**

The following courses are available and will count towards graduation elective credits:

- HP/ADP Fitness & Conditioning 10, 11, 12
- PE 10, PE Active Living 11, 12

**Note:** To register you **must** live in Richmond.

### **How to Register**

Scan this QR Code to learn more



Register Today for RVS®







If you have questions, please feel free to email Mrs. Darrell Thomas at: dathomas@sd38.bc.ca

More information is available at: rvs.sd38.bc.ca/programs/athlete-program

## **Program Details**

This program is for all athlete who train a minimum of 100 hours over the course of a school year. If they train 200+ hours they qualify to take two courses. PE and Fitness & Conditioning courses will require students to complete online weekly journal entries, and a series of assignments each term. These assignments consist of reflections, self/teacher evaluations, a coach performance assignment and a few more. Students enrolled in HP PE 10 will have additional health related assignments to meet expected BC Ministry learning standards.