

# 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 “advanced development” (ADP) athletes who participate in 100 hours of training 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.



free to email Mrs. Darrell Thomas at:  
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More information is available at:  
[rvs.sd38.bc.ca/programs/athlete-program](https://rvs.sd38.bc.ca/programs/athlete-program)

## How to Register

Scan this QR Code  
to learn more



Register Today for RVS

## Program Details

This program is for all athletes 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 monthly declaration of hours, and a series of assignments which consist of coach evaluations, goal setting and a few more. Students enrolled in HP PE 10 will have additional health related assignments to meet expected BC Ministry learning standards. These courses are self-paced so athletes can complete them as soon as they have completed their hours.