A·S·A·D

Academy for Student Athlete Development

Exclusive Invitation

Academy for Student Athlete Development (A.S.A.D.)
Open Evening & Information Session

November 15, November 22 & December 11 | 6:00pm-8:00pm
55 Gordon Street, Whitby ON L1N 0J2

The Abilities Centre, the Durham Catholic District School Board and the Durham District School Board are delighted to invite you to attend an exclusive information session about the Academy for Student Athlete Development (A.S.A.D). This exclusive preview will provide you with an insight into how the Academy functions, as well as providing key dates and enrolment information.

The Academy for Student Athlete Development (A.S.A.D.) is a unique high performance athletic program that is designed for student athletes in grades 9-12 in conjunction with Durham Catholic District School Board (DCDSB) and Durham District School Board (DDSB), Provincial and National Sport Organizations, Neurochangers and Elite Training Systems. Each Student athlete enrolled in A.S.A.D. is considered full time equivalency, which ensures eligibility and effective preparation for the next level placement in Canada, United States, and internationally. Student Athletes will spend half their day at the world class Abilities Centre campus, and the other half at a school within the DCDSB or DDSB. Academically, student athletes will be provided with individualized learning programs which will align with their individual pathway plans. The individualized learning plans will be designed in collaboration with A.S.A.D. staff, school guidance counsellors, students and parents/guardians. Athletically, student athletes will be provided with targeted athletic development plans consisting of:

- **LONG TERM ATHLETE DEVELOPMENT AND SPORT SPECIFIC COACHING • STRENGTH AND CONDITIONING**
- **SPORTS MEDICINE • SPORTS NUTRITION • SPORTS PSYCHOLOGY**
- **MENTAL SKILLS TRAINING AND LIFESTYLE MANAGEMENT**

To confirm your attendance please RSVP to:
Chad Larabie, Supervisor, Academy for Student Athlete Development
clarabie@abilitiescentre.org | www.asaddurham.com

Abilities Centre TutorBright ETS Elite Training Systems RUGBY ONTARIO DDSB Ignite Learning DURHAM CATHOLIC DISTRICT SCHOOL BOARD HTH ONTARIO BASKETBALL AIM&WALK'S NeuroChangers