FH Collins Sport School

Application form

Congratulations for taking the first step towards becoming a better athlete. This program will allow you to reach your full potential as an athlete and as a scholar. You will be doing two periods of academics during the day and two periods of the sport school. The sport school will use a specific program to help you become a more balanced athlete; you will be doing Olympic lifting twice a week, gymnastics once a week, and sprint training once a week. The other classes will be used for tutorials, working on homework and discussions with experts in nutrition, psychology, injury prevention and rehabilitation and other relevant topics for you. Space will be limited to 20 students this coming year. Entrance will be determined by completed registration form with all material handed in and a suitability to the program.

To apply for this program you be going into grade 10, 11 or 12, must complete the following process; a 300-500 word essay about why you would like to be in the program. You must get two reference letters; one from a teacher and one from a coach, if you are not in sports then a letter from an adult in your community. The letters should address your suitability, character and reliability for this program.

Name_____ Grade_____(that you are going into)

Date_____

Essay describing why you want to be in this program.

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Please return this completed application form, with your reference letters to Mr. Thomson ASAP.