



ST. THOMAS AQUINAS REGIONAL SECONDARY SCHOOL

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Fighting Saints Sports Academy

In the spirit of excellence, the Fighting Saints Sports Academy is a key contributor to student-athletes success at STA. We are proud to prepare student-athletes to compete with dedication, commitment, and passion, and to assist them in becoming leaders in and out of their athletic pursuits.

We offer three (3) Fighting Saints Sports Academies:

1. Grade 8 Sports Academy (girls and boys)
2. Girls Sports Academy (grades 9-12)
3. Boys Sports Academy (grades 9-12)

The Fighting Saints Sports Academies replace a student's regular Physical and Health Education (PHE) course and fall within the student's course timetable. They do not take place outside of school hours.

The Grade 8 Fighting Saints Sports Academy Primary

- Boys- Basketball, Conditioning
- Girls- Volleyball, Basketball, and conditioning (at the grade 8 level student-athletes do both volleyball and basketball)

Secondary

- Cross Training- Mini units of soccer, badminton, pickleball, wrestling
- Cross Training- Jiu jitsu, table tennis, golfing, kayaking, bowling

The Girls Fighting Saints Sports Academy

Students choose one of the following options:

- Basketball and Volleyball (known as the Cross Training Group and the one we strongly encourage for every girl)
- Basketball only
- Volleyball only

There is a conditioning component for all three options. The cross training exposure includes: jiu jitsu, table tennis, golf, kayaking, bowling and swimming.

"Under the supervision of coaches who pushed us to become stronger, smarter, and more well-rounded competitors, I developed as an athlete in the Sports Academy. Each class was an opportunity to reach our full physical potential. However, the Sports Academy taught me more than athletics. Coaches worked to make us better people. The program taught discipline, responsibility, and self-respect. The lessons I have learned from this program translate profoundly into my life. There is a holistic approach to every student. The Fight Saints Sports Academy Program produces spectacular athletes while also producing confident individuals equipped with the resources to take on any challenge."

STA student athlete

The Boys Fighting Saint Sports Academy

1. Focuses on basketball and conditioning.
2. Also provides cross-training exposure to: jiu jitsu, table tennis, golf, kayaking, bowling and swimming.

Process for Registration

Please fill out the Google Form Application below. Do this well in advance of regular course selection. Previous enrolment in the Academy will also assist your application. A panel of coaches, teachers, and the Athletic Director will assist in selection. We do our best to take as many as possible.

<https://forms.gle/kBaN94czEoZaTrBL8>

Costs

The program costs \$250.00 for the academic year. Payment can be submitted in September.

Priority Placement of Students and Wait-List Priorities

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|-----------------------|--|
| Priority One | <ul style="list-style-type: none">• Demonstrated a high engagement level on the Fighting Saints teams. For incoming grade 8 students, a high level of engagement on your elementary school team. |
| Priority Two | <ul style="list-style-type: none">• Student's experience with basketball AND/OR volleyball on provincial, school, or club teams |
| Priority Three | <ul style="list-style-type: none">• Students with limited or no basketball or volleyball team experience. |

Contact

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Fighting Saints Sports Academy - FAQs

Some helpful information to answer those **frequently asked questions**.

1. Students are selected based on their Google Form application. The top applicants are accepted and others are placed on a waiting list. Please provide detailed responses on the Google Form Application.
2. The Sports Academy is not a team. It is a course that the student takes instead of regular PE 8.
3. The Sports Academy is an opportunity to focus on certain sports and is a key ingredient in the success of STA sports teams. Most players on the school teams are in the various Sports Academies.
4. Students in the Sports Academies try out for spots on the various sports teams at STA. Being in the Sports Academy does not guarantee a spot on the team. These school teams train before and after school.
5. You can be in the Sports Academy and not on a sports team at the school.