



## Fighting Saints Sports Academy

Follow us on Instagram: [@fightingsaintsacademy](https://www.instagram.com/fightingsaintsacademy)

STA sports are an amazing experience for all athletes, and the decades of success reflects the hard work players have invested over the years. In the spirit of excellence, the **Fighting Saints Sports Academy** has become a key contributor to success both on and off the court. We are proud to prepare student-athletes to compete with dedication, commitment, and passion.

We offer 3 **Fighting Saints Sports Academies** here at St. Thomas Aquinas.

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

1. Major Focus
  - a. Boys- Basketball, Conditioning
  - b. Girls- Volleyball, Basketball, and conditioning (at the grade 8 level student athletes do both volleyball and basketball)
2. Minor Focus
  - a. Cross Training- Mini Units of soccer, badminton, pickleball, wrestling
  - b. Cross Training- Jiu jitsu, table tennis, golfing, kayaking, bowling

### The Girls Fighting Saints Sport Academy

1. Student/ Athletes choose one of the following options:
  - a. Basketball and Volleyball (known as the Cross Training group and the one we strongly encourage for every girl)
  - b. Basketball only
  - c. Volleyball only
2. There is a conditioning component for all three options.
3. Cross Training exposure to: Jiu jitsu, table tennis, golf, kayaking, bowling, swimming.

### The Boys Fighting Saint Sports Academy

1. Focuses on Basketball and conditioning.
2. Cross Training exposure to: Jiu jitsu, table tennis, golf, kayaking, bowling, swimming.

One of the many goals for athletics at St. Thomas Aquinas is to provide a solid offering for all athletes. So, whether your focus is volleyball, or basketball, or if you play both; the **Fighting Saints Sports Academy** is for you.



# Fighting Saints Sports Academy

## Student- Athlete Testimonial

*“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 more than athletics. Here, coaches worked to make us better people. The program taught discipline, responsibility, and self-respect. All of the great 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.”*

## Process for Registration

1. Please fill out the Google Form Application. Do this well in advance of regular course selection.
  - Click below to access the Google Form.

<https://forms.gle/kBaN94czEoZaTrBL8>

2. The program costs \$ 250.00 Payment can be submitted in September with your other school fees.

## Priority Placement of Students and Wait-List Priorities

<b>Priority One</b>	<ul style="list-style-type: none"><li>● 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.</li></ul>
<b>Priority Two</b>	<ul style="list-style-type: none"><li>● Student’s experience with basketball AND/OR volleyball on provincial, school, or club teams</li></ul>
<b>Priority Three</b>	<ul style="list-style-type: none"><li>● Students with limited or no basketball or volleyball team experience.</li></ul>

- 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.
- See the next page for more information regarding the Grade 8 Fighting Saints Sports Academy

**Questions? Please contact Mr. John Prescott at [prescott@aquinas.org](mailto:prescott@aquinas.org)**



## Fighting Saints Sports Academy

### Fighting Saints Sports Academy- Grade 8

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 for grade 8's takes place during Block E in the student's block schedule- not after or before school.
3. The Sports Academy for grade 8's is co-ed.
4. There are also Girls and Boys Sports Academies for students in grades 9 through 12 at STA.
5. The Sports Academy is not a team. It is a course that the student takes instead of regular PE 8.
6. 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.
7. Students in the Sports Academies try out for spots on the various sports teams at STA. Being in the Sports Academy does not guarantee you a spot on the team. These school teams train before and after school.
8. You can be in the Sports Academy and not on a sports team at the school.
9. The Grade 8 Sports Academy welcomes girls who are interested in volleyball or basketball, or both. The girls also do strength training, and other minor units.
10. The Grade 8 Sports Academy welcomes boys who are interested in training for basketball. The boys also do strength training, and cross training.
11. Sport teams available to Grade 8 students to try out and join through the STA Athletic Department (Athletic Director is Ms. Purkiss- [purkiss@aquinas.org](mailto:purkiss@aquinas.org) ) include
  - a. Girls
    - i. Fall- Cross Country, Volleyball, Field Hockey
    - ii. Winter- Basketball, Wrestling, Swimming
    - iii. Spring- Track, Badminton, Soccer (jr team but some grade 8's are selected)
  - b. Boys
    - i. Fall- Soccer (jr team but some gr 8's are selected), Cross Country
    - ii. Winter- Basketball, Wrestling, Swimming
    - iii. Spring- Track, Badminton, Ice Hockey