



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.

The Grade 8 Fighting Saints Sports Academy

1. Major Focus
 - a. Boys- Basketball and Conditioning.
 - b. Girls- Volleyball, Basketball, and conditioning (at the grade 8 level student athletes do both volleyball and basketball)

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

The Boys Fighting Saint Sports Academy

1. focuses on Basketball and conditioning.

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 academy. Each class was an opportunity to reach our full physical potential. However, the 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.
https://docs.google.com/forms/d/1yt2UZkqR84TdJo8nSKJ_BJ-_4l9oilzypunCtddFfUA/edit?ts=616889c7
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

Priority One	● Demonstrated a high engagement level on the Fighting Saints teams.
Priority Two	● Student’s experience with basketball AND/OR volleyball on provincial, school, or club teams
Priority Three	● Students with limited or no basketball or volleyball team experience

- 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.

Questions? Please contact Mr. John Prescott at prescott@aquinas.org