



Frequently Asked Questions

Durham

What is ASAD?

The Academy for Student Athlete Development (ASAD) is the only sports academy in the world for student athletes on able-bodied, Para Sport or Special Olympic pathways, with a focus on supporting the holistic development of each student athlete in a dedicated training environment. The program fosters the opportunity for individuals to achieve their personal goals in athletic performance, sport performance, academics and life.

To learn more about the ASAD program, please review the video link below.

<https://youtu.be/xOJcgVaywbM>

What is the schedule of ASAD?

Student athletes will attend the Abilities Centre for half of their school day and the other half is spent at their home school. The half day at the Abilities Centre includes two 75 min periods. One period will be academic, and one period will be physical education/ athletic training period. The Athletic Training period includes sport specific strength and conditioning, technical training, sport psychology, sports nutrition and mental health seminars.

How do I get school credits at ASAD?

ASAD has partnered with the Durham District School Board and the Durham Catholic School Board to provide the academic component of ASAD. While attending ASAD, student athletes may be working toward achieving credits for health & physical education, E-learning courses, or academic credits delivered by the ASAD Program Teachers onsite. Each student athlete has the opportunity to graduate with 30 credits in four years to qualify them for post-secondary destination.

What sports are offered?

Currently, ASAD offers four technical sports streams: soccer, rugby, volleyball, and hockey. Technical sessions are delivered by coaches who have been nominated and evaluated by the respective Provincial and National Sport Organizations. The focus is on individual skill

development and enhance tactical game play and understanding in order to build self-reliant athletes. ASAD is continually exploring opportunities to add additional technical sport streams to our program.

ASAD also offers an Individual Athlete Development stream (IAD), Paralympic and Special Olympic Stream. These streams are intended for high-performance athletes from any sport. The sessions are delivered by ASAD staff and coaches in concert with external coaches. The focus is on establishing periodized training plans with each athlete's coach and supporting them with necessary accommodation for individual athlete training as well as their competitive schedule.

Are Strength and Conditioning sessions tailored to the student's sport?

Not necessarily. Programs are designed in accordance with the student's needs, goals and competence level. The priority at this level of long-term athletic development is to develop quality movement and lifting technique and foundational strength by progressing their loading in a safe and thoughtful manner. All programs are created based on the overall needs of athletes and do include some sport specific movement tasks and exercises throughout the year. By developing a sound foundation, we can prepare students for sport specific training programs in the future.

Where is ASAD located?

ASAD Campus is located at the Abilities Centre in Whitby, ON. The Abilities Centre is a 125,000-square-foot, state-of-the-art facility that offers sports, fitness, arts and life skills programming, as well as research and education opportunities for people of all ages and abilities. The building is located directly across the street from Whitby GO Station. ASAD also utilizes off-site facilities for technical training such as Iroquois Sports Centre and the Whitby Soccer Dome. ASAD also has a site in London, ON.

How do students get to ASAD Campus and back to their home school?

It is expected that families arrange transportation in the morning to drop off their students at the Abilities Centre. Transportation back to the student's home school can be arranged at an additional cost (Ex. School bus or taxi service).

How much does it cost?

For two semesters of academic and athletic programming, the fee for enrollment ranges from \$6000 - \$8000 per year, depending on the sport stream. ASAD is a fee for service model and all costs are to recover program expenses. Included in the costs: facilities rentals, equipment, research and development, staffing, transportation to training facilities, team kit, guest speakers and events. The final cost of the program will be released with the offer letter.

Is there financial support available?

We recognize that some families face serious financial challenges to enroll their child in sports and recreation programs, and we believe that every student athlete should have the opportunity to pursue their academic and athletic goals. We created the Academy Assistance Program to provide additional financial support to reduce program fees for eligible student athletes who have the greatest financial need and who, without this support, would not be afforded the chance to take part in ASAD. Assistance will be awarded based on criteria outlined in the application process.

What are the requirements to attend the program?

ASAD is a high-performance high school program. It is expected that athletes are on a performance pathway that has the student continuing sport at higher level in the near future (Ex. U SPORTS, NCAA, Semi Professional, Professional, Olympic, Paralympic or Special Olympic). Academic eligibility is reviewed by the student's home school guidance counselor.

Does ASAD offer French Immersion?

ASAD is currently exploring the opportunity to include French Immersion with the Durham District and Durham Catholic School Boards. If your student is in the French Immersion program, we suggest connecting with your home school guidance counselor to see if ASAD is compatible.

What if I go to school in another school board?

Currently, ASAD is partnered with Durham District and Durham Catholic District School. However, we are open to explore new opportunities with local school boards to see if ASAD is the right fit for the student and their school.

How do I apply or get more information?

We would love to hear from you! Please contact asadadmissions@abilitiescente.org for more information and details on the application process.