

# HOLY TRINITY

*Catholic High School*

# SWIM ACADEMY



## Aquatic Leadership

In partnership with Macdonald Island Aquatics, students will receive swim instruction while improving fitness and training to become a lifeguard.

## Competitive Swimmers

Competitive swimmers will train individually or in a group every morning with a professionally trained coach.

### Full Year Schedule

Full Year Schedule		Half Year Schedule	
Middle School	High School	Middle School	High School
Core (ELA, SS, Sci, Math) Health/Religion 4 Electives Academy	<u>10 academy credits</u> 5 - Physical Education 5 - Sports Performance	Core (ELA, SS, Sci, Math) Health/Religion 2 Electives Academy	<u>5 academy credits</u> 5 - Physical Education
<b>\$1400</b>		<b>\$700</b>	

### Daily Schedule

7:10 am	Depart HT for Mac Island
7:30 am - 8:30 am	Academy Programming @ MI
8:30 am - 9:05 am	Change and return to HT
9:10 am	Middle school students start Block 2
9:05 am - 9:35 am	High School students join Sports Performance in Fitness Room

### INFORMATION NIGHT

May 23, 2017

6 pm - 7 pm

THEATRE

*Hear more about the BuiltToPerform philosophy, enjoy a Q&A on academy programming, and meet the coaches.*

### REGISTRATION NIGHT

May 29, 2017

6 pm - 8 pm

Main Office

### PLF FRIDAY CLINICS AND TRAINING

Available to all Academy students

#### Training Skills

SMART Goal Setting, Team-building games, nutrition, physical testing, injury prevention, sport physiology, portfolio development.

#### Extra Fitness Opportunities

Yoga, speed, balance, flexibility, muscular strength, muscular endurance.

# #HTBuiltToPerform

#KnightKnation

#WeAreFMCS