



## Fighting Saints Sports Academy

Is there a reason our athletic teams are so strong? Yes. We are prepared to work harder, and the **Fighting Saints Sports Academy** is a key contributor to success on and off the court. We are proud to prepare student-athletes to compete with dedication, commitment, and passion.

The Fighting Saints Sports Academy is a unique program—open to girls and boys in grades 9 through 12—that replaces a student's regular Physical and Health Education (PHE) course. The **Boys Academy** focuses on Basketball. Participants in the **Girls Academy** can select Basketball only, Volleyball only, or both. The Fighting Saints Sports Academy has an accompanying strength and conditioning program.

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

### Special features:

- The Fighting Saints Sports Academy works in harmony with student-athletes during the seasons of play.
- Allows student-athletes to build a cultural of excellence with like-minded and motivated people.
- Unbelievable value considering the quality of the guest coaches and strength trainers.
- It's fun!!!

### Process for Registration

1. On your Course Selection sheet simply check off the box for PHE- Sports Academy (instead of the regular PE course offered at your grade level)
2. Please fill out the **Fighting Saints Sports Academy Program Registration** (attached) and email it to Mr. John Prescott (prescott@aquinas.org)
3. **The program costs \$ 200.00 (for grade 11 and 12 students) and \$150.00 (for grade 9 and 10 students). Payment can be submitted in September with your other school fees.**

### Priority Placement of Students and Wait-List Priorities

<b>Priority One</b>	• Students who have been previously enrolled in the Sports Academy
<b>Priority Two</b>	• Student's experience with basketball AND/OR volleyball on provincial, school, or club teams
<b>Priority Three</b>	• Students with limited or no basketball or volleyball team experience

\*\* A panel of coaches, teachers, and the Athletic Director will assist in selection. We do our best to take as many as possible.

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## Registration Form



**Please submit to Mr. Prescott ([prescott@aquinas.org](mailto:prescott@aquinas.org))**

<b>Student Information</b>	
Name	
Gender	
Grade	
Parent Email	
Student Email	

  

<b>Basketball Information</b>
Current/ Recent School Team (s):
Current/ Recent Club Team(s):

  

<b>Volleyball Information</b>
Current/ Recent School Team (s):
Current/ Recent Club Team(s):

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