

## Current Areas Utilizing the Flex Academy

### Figure Skating and Gymnastics

Students in this program are in specially designed schedules that support their after school training with elite coaches from their home clubs. By scheduling their PE and optional classes around their skating and gymnastics, these students do not fall behind with their work or athletics. Support is also given to these students academically if competitions create increased days of missed school. We are proud of our partnerships with our local clubs to ensure they get the best out of their athletes and the athletes feel their academics is not hindered by their sport.

### Swimming

Students in this program are either in a schedule that has flexibility for their morning training, or are using their PE and part of their option time to ensure they are caught up on any work missed due to training. These guided work periods allow for the students to be on track with school and still push for excellence in the pool.

### Other Sports

Any sport could fit with the Flex Program. Feel free to call and discuss this program with any of the administrators at the school. We have seen the Flex program in Edmonton and Calgary support everything from Luge, to Cross-Country skiers, to equestrian athletes. Your child's passion for sport is the springboard for our support.

For further information:

Phone: 780-790-1100 or Email:  
scott.barr@fmpsd.ab.ca

## Parent thoughts on the Program

'Our daughter is very happy at your school and feels extremely supported by all staff. Her school schedule has been totally accommodated to support her skating schedule, and she has not at any time felt overwhelmed trying to balance school work with training.'

-Grade 7 Parent

'The Flex Program at École McTavish is the reason we choose to send our daughter to the school. After two years of struggling to accommodate school time, homework and figure skating we were thrilled to hear that the Flex Program would accommodate her needs as an elite athlete. Having a child that loves a sport as much she does and being given the opportunity to train during the day-time makes for a happy child. We know longer struggle with finding time to complete homework and study due to the two periods of Flex programming. This provides opportunities to complete homework, assignments and get extra help if required. We travel out of town for training and competitions and the teachers involved with the Flex Program have made staying on track with homework seamless. We are provided with great instructions from the teachers and they work with our daughter to help her keep up. Having opportunities like this has made the move to École McTavish and the Flex Program a wonderful experience.'

-Grade 8 Parent



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FMPSD

Doing What's Best for Kids

## Flex Academy

at École McTavish Junior  
High Public School



Promoting Academic and  
Athletic Excellence, one  
student at a time.



## What is the Flex Academy?

The Flex program offers students, who are elite athletes in their out-of-school athletics, a chance to work to their potential in their chosen sport and academics at the school. We believe in developing the whole child in École McTavish and this program allows for this to occur for these athletes.

We offer two versions of the Flex Programming:

1. Students are placed in classes that allow for early leaving (or coming late depending on the need) during the day at the school to do their training. This capitalizes on availability of coaches, facilities, and the fact that they will only miss optional curricular time.
2. Students in this stream use their PE time, and possibly option time as well (depending on the circumstances), to do work that they would not normally have time to complete due to extensive training schedules. These students are supervised during their PE time in the library, office, or resource room, but are expected to be self-directed on their work during that time. They check in at the office at the start and end of the block of time to ensure they are working towards their academic excellence.

Both versions offer much to the student athletes and their families. More time with coaches, less stress over workloads, home earlier in the night to complete homework, or a spot to complete work that does not fit into the day are all goals of the program. We also will be offering Sports Nutrition and Sports Psychology sessions for our Flex students when the guest speakers are available. This will be offered during their flex time during the week.

To accomplish this, students will be giving up their Physical Education time as well as other complementary courses in some cases. It is important to have the parents support this process and understand that this is happening for their child.



At École McTavish we firmly believe in developing the whole child and look for ways to enhance their learning experience. Our Flex Program offers students with a passion in a sport to pursue that at a high level, while being supported by the school with their academics. We look forward to adding new sports and athletes as the interest grows!

### Area of Interest for Flex Academy

- ☐ Gymnastics  
☐ Figure Skating  
☐ Swimming  
☐ Other: \_\_\_\_\_  
☐ Other: \_\_\_\_\_



Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Current School: \_\_\_\_\_

*We like the option to catch up on work that we miss due to competitions and training. The Flex Program allows us to have more training time, but still be focused on school as well.*

-Two Grade 7 Flex Athletes

*The Flex Program has really helped me because it gives me time on my busy nights to complete my homework and study during school time. When I miss a day of school for training and competitions my teachers are awesome for giving me work and helping me stay on track. I get to train earlier in the day so my nights are not always as late and I'm not so tired for school the next day. I love skating and now I like school more because its not so overwhelming. I'm glad I chose to come to École McTavish and have the Flex Program.*

-Grade 7 Flex Athlete

