

Porter Creek Secondary Grade 10-12 **LEAD** Program

Student Application Form (2017/2018)

Please hand in this application to the office or Ms. Vermeulen. Applications are due **March 15th /2017**.

A complete LEAD application package must include the following:

- ☐ Application Form with Parent/Guardian Permission
- ☐ Reference Form (This can also be dropped off by the reference)
- ☐ 3 LEAD Questions

Note:

SPACE IS LIMITED! Please get your application in ASAP

Student Information

Name: _____ Age: _____ Grade Next Year: _____

Parent Guardian Name (s): _____

Parent Guardian Email (s): _____ Phone: _____

LEAD Questions

Please attach a separate sheet of paper answering the following questions:

1. Why do you want to be in the LEAD program?
2. What strengths and skills do you have to offer the LEAD program?
3. What are three goals you hope to meet by the end of this program?

Student Signature

Parent/Guardian Signature

Contact: Amy Vermeulen, PCSS
Amy.Vermeulen@yesnet.yk.ca

LEAD

Leadership Education and Athlete Development

The purpose of the **LEAD** program is to offer Porter Creek Secondary School students an opportunity to participate in a combination of **active living, wellness, leadership**, and to learn about the essential streams of **strength and conditioning**. Along with the physical aspect, this program will also offer modern, interactive, educational seminars on topics necessary for them to be life-long learners in the field of health and physical education, and guest speakers specific to those topics. Aspects of **First Nations traditional games and culture** will also be examined in relation to the strength and conditioning component. The program will primarily take place in the Canada Games Center Fitness Rooms, Flexihall, Fieldhouse, and PCSS. Students will also be given a membership pass to the Canada Games Center for the semester.

Credits

This is a 10-credit course, and takes place all morning.

- PE 10, PE 11 or PE 12 <4 credits>
- Leadership Performance 10/11 (Health and Fitness 10A/11A YRA) <4 credits>
- Applied skills 11a (First Aid/CPR) <2 credits>

Program Components:



1. Active Living/Movement:

- a) Strength and Conditioning** - Introduction to fundamental resistance training exercises, focusing on technique, injury prevention, and training efficiency. Introduction to basic movement patterns to improve technical efficiency; speed, reaction time, co-ordination, running, balance, jumping.
- b) Gymnastics**- Develop kinesthetic awareness of the body through an introduction to basic gymnastics.

2. Personal and Social Responsibility/Leadership:

Seminar Examples:

Health and Nutrition, Public Speaking, Resistance Training Theory and Anatomy, Exercise Physiology, Injury prevention, Mental Training Preparation, Sport Psychology.

3. First Nations Traditional Games/Sports

Examine the physical aspects and cultural values of First Nations traditional sports in relation to strength and conditioning.

PCSS LEAD Program: Student Reference Form

Please distribute to 1 of the following to complete:

- ☐ Coach
- ☐ Community Leader (ie. Supervisor, Program Coordinator)
- ☐ Community Member
- ☐ Employer
- ☐ Teacher

Dear Reference:

Thank you for taking the time to complete this form. The student whose name appears below has applied for admission to LEAD (Leadership Education and Athlete Development Program). This reference is an important part of the application and your cooperation in providing a full and candid report will be greatly appreciated.

Please return the completed form to the student or school office in a sealed envelope (sign across seal).

Name of Student: _____

Name of Person completing this reference: _____

Position: _____

Length of time acquainted with Student: _____

When completing this form, please rate the student in the following areas using a scale of 0 to 10 with 0 being very poor and 10 being outstanding. Any score below 5 will be considered a negative reference.

	1	2	3	4	5	6	7	8	9	10
Shows courtesy/respect										
Works well in group activities										
Works independently										
Participates in class										
Demonstrates self discipline										
Responds positively to challenges										
Listens/follows directions										
Could benefit from LEAD										
Is deserving of the opportunity										

All completed forms will be kept confidential.

Contact: Amy Vermeulen, PCSS
Amy.Vermeulen@yesnet.yk.ca

☐

Contact Number: _____

Based on your experience with _____ (applicant's name) please indicate why you feel this applicant is a suitable candidate for this program, and any other additional comments you wish to mention.

[illegible]

Signature: _____ Date: _____