



winSPORT™



Palliser  
Regional Schools

## National Sport School

Suite 110, 151 Canada Olympic Road S.W.,  
Calgary AB T3B 6B7 | 403-777-7329

[michelle.cressy@pallisersd.ab.ca](mailto:michelle.cressy@pallisersd.ab.ca)

## Bulletin #31- May 10, 2022

### Important Dates:

May 11 - Track meet

May 13 - Grad photos due

May 15 - Documents due/returning students

May 19 - Meet 2022 Olympians

May 20- PD Day- No School

May 23- Victoria Day- No School

May 30 - Here to Tell Forms due

[Palliser & N.S.S. Calendar Link](#)

### Dual Credit:

Applications are now being accepted for 4 summer dual credit courses and 40 dual credit courses. Applications are due next Friday, May 20. Course information sheets and the online application are available at [palliseroffcampus.ca](http://palliseroffcampus.ca). Summer courses are open to students who have completed the required prerequisites, including graduating grade 12 students.

### Track & Field:

The next track meet will be Wednesday, May 11, 2022 at Foothills. Please aim to be there 1 hour before your event. You can see the track coaches or Google classroom for your times. There will be no practice this week due to TA planning afterschool this week.

### Grad Photos

Only **18 out of 66** graduates have submitted their photos for the Graduation presentation to Maddy and Ashley. They are due by Friday, May 13th. Please submit a baby photo and sport photo to [madison.quinton@prs26.ca](mailto:madison.quinton@prs26.ca) or [ashley.shypitka@prs26.ca](mailto:ashley.shypitka@prs26.ca)

### Here to Tell:

#### Faces of Holocaust Survivors Field Trip

Friday, June 3rd 9:30 am - 12:15 pm

Here to Tell: Faces of Holocaust Survivors is a commemorative and educational photography exhibit featuring both living and deceased Holocaust survivors with a connection to Calgary. The exhibit sheds light on each of the survivors' Holocaust experiences, while also providing a glimpse into their lives lived post-war. **Open to Grades 11, 12, and select Art Students. Please return your forms to Ms. Sharda by May 30th. Limited space - First come, first serve.** See Ms. Sharda for more details.

### 2022/2023 Returning Students

As we prepare for the upcoming school year, we ask all returning parents to log into School Cash <https://www.schoolcashionline.com/> and complete the three forms assigned to your child. The forms assigned are the NSS Consent to share information with WinSport, the NSS Student Code of Conduct and the NSS Alternative Program Fee Agreement. Please have these documents completed by **May 15, 2022**. Program fees will be due July 15<sup>th</sup>, as well the monthly payment option is also available with payments starting August 1, 2022.



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## CSI CALGARY INVITES YOU TO MEET 2022 OLYMPIANS

JOIN YOUR LOCAL OLYMPIC ATHLETES FOR A FIRESIDE CHAT ON  
MENTAL AND PHYSICAL HEALTH, RESILIENCE, GRIT, AND STICKING  
TO YOUR GOALS IN SPORT AND IN LIFE.

### WHEN

THURSDAY MAY 19TH - 11:00AM - 12:00PM

### WHERE

MULTIPURPOSE ROOM AT WINSPORT

**CLICK [HERE](#) TO SUBMIT YOUR QUESTIONS AHEAD  
OF TIME AND ENGAGE WITH THE ATHLETES**

Markin MacPhail Centre, #250, 151 Canada Olympic Road SW, Calgary, AB T3B 6B7



**RACHAEL KARKER**  
FREESTYLE SKIING - HALFPIPE  
BEIJING 2022 BRONZE  
MEDALLIST



**MAKENA HODGSON**  
LUGE  
BEIJING 2022



**NOAH BOWMAN**  
FREESTYLE SKIING - HALFPIPE  
3-TIME OLYMPIAN (SOCHI 5TH,  
PYEONGCHANG 5TH,  
BEIJING 4TH)



**BROOKE D'HONDT**  
SNOWBOARD - HALFPIPE  
BEIJING 2022

Thank you to our sponsors



Parents and students are welcome!

[Link](#) to submit questions.

### June 2022 Final Examinations

Monday, June 6	Tuesday, June 7	Wednesday, June 8	Thursday, June 9	Friday, June 10		
				PD Day - No School for Students		
Monday, June 13	Tuesday, June 14	Wednesday, June 15	Thursday, June 16	Friday, June 17		
ELA 30-1 Part A ELA 30-2 Part A 9:00 – 12:00  Room 114	Social 30-1 30-2 Part A 9:00-12:00  Room 114	Last Day of Classes 10-12	ELA PAT Part B 9:00-10:15  Room 114 Room 118	Eng 20 9:00-12:00 Zado  Room 113  Math 30-1 9:00 – 12:00 Rm117  Math 30-2 9:00 – 12:00 Room 117  Last Day of Classes Grade 9	Math 20-1 9:00-12:00 Room 107  Math 20-2 9:00-12:00 Room 114  Math 31 9:00-12:00 Room 107 Math 10 C 9:00-12:00 Room 114	
Monday, June 20	Tuesday, June 21	Wednesday, June 22	Thursday, June 23	Friday, June 24		
ELA 30-1 Part B ELA 30-2 Part B 9:00 – 12:00 Room 117	National Indigenous Day  Tutorials for all grades	Social 30-1 Social 30-2 Part B 9:00 -11 :30 Room 117	Science 10 Room 114 Room 118 9:00-11:00  Bio 20 9:00-11:00 Room 120  Chem 20 9:00-11:00 121	Bio 30 9:00 – 12:00  Room 117	Social PAT 9:00-10:20  Room 114 Room 118	Chem 30 9:00 – 12:00  Room 117
			Physics 20 1:00-3:00 Room 122			
Monday, June 27	Tuesday, June 28	Wednesday, June 29	Thursday, June 30	Friday, July 1		
Physics 30 9:00 – 12:00 Room 117	Science 30 9:00 – 12:00 Room 117	Appeals Day Graduation Ceremony for 2021-2022 Last Day for staff	Closed			



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### CSI Testing Group:

The CSI Calgary Sport Product Testing group is currently recruiting 20 men to participate in an upcoming research study investigating the training effect of wearing a weighted suit throughout a 4-week training program. This is the first weighted fabric garment that doesn't rely on external weight sources like sand or metal inserts. This comfortable weighted suit is designed to fit like a second skin, providing compression, resistance, and recovery benefits.

### Participants

- 20 males ages 18-45
- Must be physically active and injury free
- Must be willing to adhere to our training program for 4 consecutive weeks (3x/week)

### Testing & Training Protocol

- All participants will be asked to perform two 30m sprints and several repeated jumps on a force plate to measure speed, acceleration, and power during pre & post testing sessions.
- All participants will be asked to perform 3 workout sessions/week for 4 weeks. The workout sessions are simple to follow and involve bodyweight type exercises such as lunges, jumps, squats, sprints, etc.
- 10 participants will wear a weighted suit throughout the 4-week training program. Assignment to the weighted suit group will be based on available sizes at the time of pre-testing.
- No strength, speed, or power workouts permitted outside the designated training program. Further details to be provided.

- Throughout the training program you will be asked to keep a detailed log of your workouts and other daily activities.
- Participants in the weighted suit group will be asked to complete online surveys to gather usability feedback.

### Location

- Pre & post testing and suit fitting will take place in the Biomechanics Laboratory at the CSI Calgary, located in the Markin MacPhail Centre at Winsport (COP)

### Compensation

- A \$ 100 SportChek gift certificate will be given as a thank you for participating

**If you're interested, please email John at [jhorton@csicalgary.ca](mailto:jhorton@csicalgary.ca) and use the subject line: Weighted Suit Study.**

Please include name, DOB, and approximate suit size (XS – 4XL).

### Student Success:

Congratulations to all track athletes for your outstanding effort and results at Saturday's U of C Red Dino event.

Charlotte S 1st 800m

400m Keira H 12th

80m Hurdles Keira 16th

100m Hurdles Leon V 7th

Long Jump Keira 11th 4.00m

High Jump Keira 11th 1.25m

Shot Ava Rose L 8th

Javelin Jolie B 6th

Javelin Cam S 9th

Ava Rose Discus 8th place

High Jump Leon Z, Nate V tied for 5th at 1.50m

Leon Z and Cam S competed in the 100m sprint

Jalen, Ojas, Dan and Leon competed in the relay.

**Zie Nelson:** Placed 2nd in L4 trampoline at Provincials last weekend and in addition she was named to Team Alberta for Trampoline!! Zie also placed 2nd in synchro.

