



National Sport School

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Bulletin #39 June 25, 2024

Important Dates:

June 25: Grad Rehearsal 1 p.m.

June 26: Graduation/ Appeals Day

Sept 3: First Day of School (staggered entry)

Sept 5: Picture Day!

Edsembli re-registration: Returning students need to re-register their demographic information in Edsembli. **These forms need to be submitted ASAP!!** If you have not received a link, [click here](#). Please see attachment in email for instructions. We understand there have been technical difficulties in accessing these forms. We appreciate your patience and perseverance in getting these completed.

Please reach out to rebecca.biever@pallisersd.ab.ca if you require assistance.

Alexander Rutherford Scholarship: Attention Grade 12 students entering post secondary in the fall, remember to submit your applications for the Alexander Rutherford Scholarship when it becomes available in early August. [Click here for link](#).

Outstanding Fees on SchoolCash: As the year winds up please take a moment to check your SchoolCash accounts for outstanding fees.

Yearbooks: The 2024 yearbooks will be available for pick up at the end of September. If you have ordered one and are not returning to NSS we will contact you when they are ready.

Gym Strip Loaners: Students that have signed out shorts and or shirts, please return them to the main office or there will be a fee for unreturned items.

Return School Supplies: Please return any textbooks, chromebooks and/or novels to your teachers or the front office.

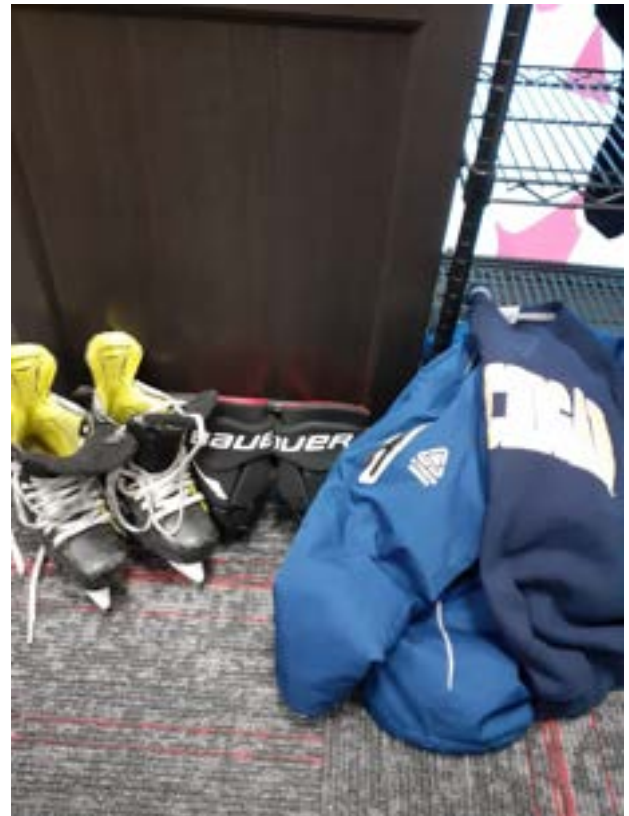
2023-2024 Back to school information: Please check the [NSS school website](#) mid August for back to school information. First day back will be September 3 with a staggered entry.

PTC Summer Student Memberships

(updated): Please be advised that current PTC memberships expire June 30th. You can purchase PTC memberships for July & August at a discounted rate of \$30/month. More information at bottom of bulletin.

On behalf of the PTC team, we want to thank you for a great 2023/24 year and we look forward to seeing you all next Fall. Have a great summer!

Lost and Found Items: Please see new items in lost and found. Pick up in the main office before the end of day June 27th.



myPass is an Alberta Education self-service website for students to:

- ✓ Order high school transcripts in English and French
- ✓ View diploma exam marks
- ✓ Register to write or rewrite diploma exams with online payment
- ✓ View and print Detailed Academic Reports (DAR)
- ✓ View progress towards a credential (diploma or certificate)
- ✓ Order additional copies of an awarded credential in English or French
- ✓ Receive notifications for important messages

[Click here](#) to log into myPass

If you are having trouble logging into myPass, please see the main office for help.

Your personal email has to be linked.



National Sport School 2023-2024 WinSport Training Offerings





Welcome back to both new and returning National Sport School students for the 2023-2024 school year. Our Strength & Conditioning Team here at the Performance Training Centre is excited to support all National Sport School student athletes in a variety of ways along your athletic journey!

National Sport School Student Memberships

All students will receive a Performance Training Centre membership for the school year beginning September 5th until June 30th.

- To sign up, please complete the following steps:
 - Membership Contract & Training Facilities Waiver (completion by parent/guardian)
 - Student ID

Customized Programming Offer

As part of the National Sport School, students who want to take their training to the next level can sign up to receive a customized strength and conditioning program designed to optimize key components of sport-specific fitness to help athletes achieve sustainable peak performance.

Package Includes

- Initial consultation and movement screen with a strength & conditioning coach
- Customized training program
- Up to three (3) 60-minute training session(s) with your assigned coach every month (4 weeks)
- Ongoing support in a semi-supervised training environment by our strength & conditioning team or through the WinSport Performance App

Access to the WinSport Performance App will be provided to active Performance Training Centre memberships where athletes will receive:

- Standardized, sport-specific training programs created by WinSport's Strength & Conditioning Team-
- Lifestyle and Performance Data Collection
- Progress Reporting

Once your individual profile has been created, please visit the Apple (iPhone) or Google Play (Android) store to download the app, log in and wait for your assigned program!

[SIGN UP AND CREATE YOUR APP PROFILE HERE](#)

National Sport School Parent & Student Summer Memberships

In July and August, National Sport School students (and new grads) will be provided an exclusive, discounted membership price of only \$30/month

Parents of National Sport School students are offered a 20% discount on an Annual Lifestyle Membership (valued at \$99/month).

[FILL CUSTOMIZED TRAINING REQUEST FORM HERE](#)

[FILL MEMBERSHIP CONTRACT & WAIVER HERE](#)



PERFORMANCE TRAINING CENTRE | CODE OF CONDUCT

NSS students are expected to respect themselves, other members, and staff at all times. This includes respectful language, proper clothing and footwear, proper use of equipment and respect of other people's surroundings and space.

Students should be aware that all WinSport training facilities are a privilege to use – train with plan, a purpose, and intent.

Students should respect the locker rooms and the patrons within. This includes keeping gear locked, no use of cell phones within the locker rooms, keeping areas clean as well as return of towels and spray bottles and use respectful language at all times.

Students attending the PTC should be coming in with the sole purpose of training. This is not a place to hang out with friends and catch up. Training in pairs or small groups is acceptable, but large groups should be split up to ensure proper and timely use of equipment and space. No loitering will be tolerated in both the locker rooms and the training floor.

Students found using disrespectful language, improper use of phones (including taking video of other patrons or coaches) or purposeful improper use of equipment will immediately be removed by the facility and suspended indefinitely.

Towel and spray bottles must be used to clean equipment. This is proper gym etiquette and an important part of keeping the gym safe and clean for all guests.

Hours of Operation

- Monday – Friday: 6:00 a.m. – 9:00 p.m.
- Saturday – Sunday: 9:00 a.m. – 3:00 p.m.
- Closed statutory holidays