



National Sport School
Suite 110, 151 Canada Olympic Road S.W.
Calgary AB T3B 6B7
t | 403-777-7329 nss_main_office@pallisersd.ab.ca

Bulletin #2 September 9, 2025

Important Dates:

Sept 10: First Leadership meeting at lunch in **Rm 413**

Sept 11: NSS Cross Country Meeting over lunch in **Rm 412**

Sept 15-19: Spirit Week

Sept 15: Hat Day

Sept 16: Terry Fox Run & BBQ (Jersey Day)

Sept 17: Dynamic Duo Day (Anything that goes together eg. Salt & Pepper, PB&J)

Sept 18: Socks & Sandals

Sept 19: Fun Shirt Friday

Sept 25: Meet the Teacher Day

Sept 26: Orange Shirt Day

Student/Drop off and Pick up: Requested by WinSport Security for parents who are dropping off and picking up students from NSS.

The loop in front of the Markin MacPhail Centre is a drop off and pick up location. Parents are asked to not park and wait for your student in this location. If parents arrive early, please park in an alternate location while you wait for your student. The traffic in the loop is meant to be free flowing and parking for service/emergency vehicles. Please abide by these rules.

Student Parking Passes: If you have not registered for a parking pass and are planning on driving to school please [click here](#) to register. You may pick up your pass during free time at the main office.

Attendance: Please report absences using any of the following methods:

1. Via the EDSBY app
2. Via email nss_attendance@pallisersd.ab.ca
3. Call main office 403-777-7329
4. Students that will be away for more than 3 school days will need to complete a Travel Form. Forms are also available at the front desk (or your TA teacher can email one to you).

Sign In/Out Sheets: If you are leaving early or arriving late please make sure to use the SIGN IN/OUT sheets at the front office. If you do not, you will be marked absent!!

Elevator: Students may not use the elevator to access the 4th floor unless approved.

Cross Country: First meeting for Cross Country **Tuesday, September 11** at lunch in room **412**.

Locker information: Please see the main office for locker assignment during your free time. Grade 10-12 lockers are located on the main floor. Grade 8-9 are located on the 4th floor. You will need to buddy up.

SchoolCash Information: SchoolCash is a software system we use for *online payments* for extracurricular activities, field trips, etc. Please register or sign in by clicking [here](#). If you prefer, you can also pay by cash or cheque in the office.



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Red Gym Shirts: Each student should have received a red gym shirt from their TA Class this week. You can purchase extra shirts for \$15.00 at the main office.

Carpooling: Any parents willing to carpool in the SW area of Shawnessy please reach out to Michelle Tolley [email](#)

BCI High performance sport concussion program: Please see information at bottom of the bulletin.

Terry Fox Run & BBQ: Tuesday, September 16th. Bring a toonie (or more to donate). [Click here](#) to donate through an online link.

Period 1: 8:30-9:50

Period 2: 9:52-11:12

Terry Fox Run/TA: 11:14-11:44

BBQ Lunch: 11:44-12:18

Period 3: 12:18-1:38

Period 4: 1:40-3:00

Orange Shirt Day: Please wear an orange shirt in support of **National Day for Truth and Reconciliation** on **Friday, September 26.**

Practice SAT: NSS offers a practice SAT. We will be holding the test on **Wednesday, October 15**, in the morning. We have limited spots available. Please see Ms. Kilbreath in the main student area to sign up.

Message from WinSport: The open area in front of the Paskapoo Rooms on the 2nd floor of the Markin MacPhail Centre is NOT for student lounging! Please use the picnic tables by the Garden Cafe.

Students are NOT permitted on the ice level unless they have scheduled practice sessions.

Garden Café: The Garden Café will be running weekly specials for students. Stay tuned for more details. Please be reminded that students are to use the bench tables down the hall to eat their lunch. Show your studentID to receive your 10% discount.

Tutorial Times: Looking for extra support?? Please see teacher availability at the times listed at the bottom of the bulletin.

Yearbook: If you ordered a yearbook, they are now available for pick up in the main office.



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Student Success: Congratulations to the following students that competed in the Canada Summer Games.

Canada Summer Games -
[https://www.2025canadagames.ca/](https://www.2025canadagames.ca/AB Results Page)
[AB Results Page](#)

Women's LAX - Result: Silver Medal

Ruby Walbridge
Chloe Vetter
Reese McKay
Bronwyn Fisher
(Marissa Short -Alternate)

Men's LAX - Result: Bronze Medal

Reid Davies
Cody Hansen
(Jack Morhart; Conner Ried - Alternate)

Golf Result: Golf Individual Women's - 5th; Golf Team Mix 4th

Kali Yeske

Mountain Bike

Nyah White - Result - 14th Cycling Mountain Bike - Cross Country Women's; 16th Cycling Mountain Bike - Sprint Women's; 17th Cycling Mountain Bike - Cross Country Women's; 4th Cycling Mountain Bike - Relay Women's

Softball - Result: Bronze Medal

Paige Stecyk

Baseball - Result: 5th

Cohen Miller

Artistic Swimming Result: Bronze Medal -Artistic Swimming Team Mix

Electra Papadopoulos

Soccer Result - 4th

Ivy Kunn

Diving

Chase Shaw
Kaia Abbadi-MacIntosh- Result: 11th Diving Team Mix and Diving Artistic Women's; 13th Diving Platform Women's; 14th Diving 3m Springboard Women's and Diving 1m Springboard Women's Sofia Driscoll - 16th Diving Platform Women's; 23rd Diving 3m Springboard Women's and Diving 1m Springboard Women's

Swimming

No NSS students?

Tennis - Result: 4th Tennis Team Mix

David Horvath
Morgan Lee
Masha Kostic
Elicia Lin
Enoch Lin
Andreas Mjedic

Tutorial Times at NSS ~ Semester 1

Morning - 8:00 to 8:30 A.M.

Lunch

After School - 3:00 to 3:30 P.M.

Alm	Monday P.M.	Wednesday P.M.
Anderson	Tuesday at Lunch	Wednesday P.M.
Barthel	Tuesday at Lunch	Thursday at Lunch
Beaudin	Tuesday at Lunch	Thursday P.M.
Biegler	Tuesday P.M.	Thursday P.M.
Blake	Monday P.M.	Wednesday at Lunch
Boughton	Tuesday at Lunch	Wednesday P.M.
Brzezinski	Monday P.M.	Friday A.M.
Burkart	Tuesday P.M.	Thursday P.M.
Cook	Tuesday P.M.	Thursday P.M.
Forsyth	Monday P.M.	Thursday at Lunch
Howell	Tuesday at Lunch	Thursday P.M.
Kehler	Monday at Lunch	Thursday A.M.
Larsen	Wednesday at Lunch	Thursday A.M.
Makay	Wednesday at Lunch	Thursday A.M.
Pentney	Tuesday at Lunch	Wednesday P.M.
Pratt	Wednesday A.M.	Thursday P.M.
Prince	Monday P.M.	Thursday at Lunch
Sceviour	Monday at Lunch	Wednesday P.M.

Tutorial Times at NSS ~ Semester 1

Morning - 8:00 to 8:30 A.M.

Lunch

After School - 3:00 to 3:30 P.M.

Sharda	Tuesday P.M.	Thursday at Lunch
Spencer	Tuesday at Lunch	N.A.
Tarney	Monday Lunch	Tuesday P.M.
Taven	Thursday at Lunch	N.A.
Thom	Tuesday at Lunch	Thursday P.M.
Thomson	Thursday at Lunch	Tuesday P.M.
Toy	Monday at Lunch	Wednesday P.M.
Tritter	Tuesday A.M.	Thursday P.M.
Willoughby	Tuesday A.M.	Thursday P.M.
Zado	Tuesday P.M.	Thursday P.M.

NATIONAL SPORT SCHOOL

2025-2026 ATHLETIC SEASON

BCI is an innovative, physician-led, performance medicine program founded on over two decades of research and clinical experience. We use cutting-edge technology and advanced techniques to objectively assess and rehabilitate multiple neurological systems and brain processes typically impacted by concussion (i.e., sensory, motor, cognitive, visual, vestibular, balance, neck strength, autonomic nervous system, etc.). We are revolutionizing the way concussion is assessed, managed, and prevented using data-driven outcomes from our innovative applied research stream.

We have a state-of-the-art 3,500 square-foot inter-disciplinary **Performance Medicine & Neuro-Rehabilitation Clinic** at WinSport's Markin MacPhail Centre. Our high-performance team members are leaders in their respective fields servicing Canadian Olympic, National, Provincial and several elite community sport associations (i.e., sport-medicine physicians, athletic therapists, exercise physiologists, kinesiologists, neuro-optometrists, physiotherapists, registered sport psychologist, sport dietitians, sport scientists, vestibular therapists, vision therapists, experienced clinical technicians). We are also a proud member of the NHL-NHLPA second medical opinion list.

Our comprehensive multi-modal neurological assessment services include:

- Traditional Sport-Related Concussion Clinical assessment tools
- Sensorimotor function using Robotic Technology
- Cognitive function
- Balance / Postural Stability
- Autonomic Nervous System function
- Vestibular, Visual Acuity and Dynamic Vision Function
- Isometric and Dynamic Neck Strength

Our comprehensive performance & neuro-rehabilitation services include:

- Cervical (neck) rehabilitation
- Craniosacral therapy
- Individualized Post-Concussion Exercise Prescription
- Performance Physiotherapy for other targeted sport-related injuries
- Broad range of psychology related services
- Photobiomodulation
- Sport Nutrition
- Vision therapy and sport vision training
- Vestibular therapy

<http://bciconcussion.ca>

Precision. Performance. Prevention.

- Proactive multi-modal neuro-performance enhancement / prevention programs

Performance Medicine Clinic Attributes

- Affordable comprehensive pricing for an entire athletic season
- All-inclusive **baseline and post-concussion** neurological assessments using cutting-edge technology and novel techniques that are not covered under basic Alberta Healthcare Service plans
- On-line, password protected baseline appointment scheduling with "help-line" telephone support
- Direct timely access to our physicians, performance medicine clinical team and services without a referral
- Regular clinical follow-up throughout the athlete's return to health and performance journey
- Written clinical updates for coaches and/or team therapists
- Form filling & physician medical clearance letter to return to unrestricted sport participation
- Assessment & management of any suspected concussion ***as well as other acute sport-related injuries*** sustained during the season quarter-backed by an experienced sport medicine physician and leading team of high-performance rehabilitation specialists.
- Opportunity to participate in BCI's cutting-edge research projects

2025-2026 Pre-season Supplementary Training Opportunity

- if you are 15+ years of age and a skier / snowboarder looking to improve your athletic performance and reduce your risk of sustaining a concussion and/or lower body injury, you have the opportunity to participate in a two-month, pre-season high-performance training program.
- if you are interested, please contact us at 587-391-9840 and we'll get you set up.

Subscription Program Information

- 2025-2026 Athletic Season
- Our insight tells us that no two athletes are the same. BCI's pre-season baseline multi-modal neurologic assessment fosters a ***precision medicine*** paradigm by assisting our clinical team to tailor medical decisions and management strategies to the unique characteristics of each athlete.
- If an acute sport-related concussion or other sport-related injury is suspected/sustained, your athlete (or parent/team therapist/coach) merely calls the BCI Performance Medicine Clinic where they will be triaged and expeditiously booked to see a Sport Medicine Physician. Athletes will be comprehensively assessed, managed, and followed regularly in clinic through recovery and return to sport.

Cost:

- \$250 per athlete
 - includes all the above baseline, post-concussion, and other acute sport-related injury assessments for an entire athletic season at no additional cost
 - if an athlete has coexisting and/or confounding factors that may or may not reflect ongoing

<http://bciconcussion.ca>

Precision. Performance. Prevention.

physiological injury to the brain (e.g., neck injury, oculovestibular injury, exercise intolerance, anxiety, depression, etc.), the consulting physician may recommend targeted management strategies to specifically address the primary and secondary factors contributing to their symptoms (e.g., neck rehab, vestibular therapy, vision therapy, exercise prescription, psychology services, etc.).

- many of these rehabilitation services are **not covered** under basic Alberta Healthcare Service plans, nor the BCI Subscription Program, and thus additional costs may apply if the athlete / family chooses to utilize such services.

Location & Telephone

- BCI's Performance Medicine and Rehabilitation Clinic is located at WinSport's Markin MacPhail Centre, #150, 147 Canada Olympic Road SW, Calgary, AB, T3B 6B7; Telephone: 587-391-9840, Website: www.bciconcussion.ca.