



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 #3 September 16, 2025

Important Dates:

Sept 15-19: Spirit Week

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

Sept 17: Leadership Meeting over lunch/ RM 413

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

Sept 18: Medical Hall of Fame Day meeting at lunch/ RM 121

Sept 18: Socks & Sandals

Sept 18: French Challenge meeting at lunch/ RM 119

Sept 19: Fun Shirt Friday

Sept 24: Parent Council Meeting at 6:30 pm/ RM 112

Sept 25: Meet the Teacher Night 6:30 pm-8:00 pm

Sept 26: Orange Shirt Day

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

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.

Tutorial Times: Looking for extra support??

Please see teacher availability at the times listed at the bottom of the bulletin.

Medical Hall of Fame Day: Any high school students interested in the medical profession and would like to attend the Medical Hall of Fame Day on **Wednesday, Oct 22** for a free full day field trip see Ms. Biegler on **Thursday, Sept 18** at lunch for forms and info. Due to limited availability, participation will be granted on a first-come, first-served basis based on completed forms. Remaining applicants may be placed on a waiting list and contacted if additional spots become available.

French Challenge: Calling all former French Immersion or Francophone students. Are you interested in earning up to 15 high school credits? If so, please come to a brief meeting and information session about the French Challenge course in room 119 (Art room) on **Thursday, September 18th, at 11:30 am.**

Leadership: Students will meet every **Wednesday** for leadership in **Room 413** over the lunch hour. All grades are welcome to attend.

Meet the Teacher : "Meet and Greet" format. **Thursday, September 25th** from **6:30 pm - 8:00 pm.** Teacher locations on the first and fourth floor.
Please note: If you have a private topic to discuss with a teacher, set up a separate appointment.

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

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



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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 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!!

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.

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

BCI High Performance Sport Concussion program: Please see information at bottom of the bulletin.

Student Success: Please find at the bottom of the bulletin the Student accomplishments.

Congratulations to Electra P. on her nomination to participate in the Greek Senior National Team Trials for Artistic Swimming, as well as the upcoming Greek Junior Worlds Team Trials.

We love to share your successes with you. Send a written summary with a photo of your successes to nss_main_office@pallisersd.ab.ca



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Upcoming CIHA games:

Thursday, September 18th

U15 Varsity Game vs RINK Winnipeg at 11:30 am @ WinSport

Friday, September 19th

U17 Exi Game vs NW Flames at 3:45 pm @ WinSport

Saturday, September 20th

U15 Prep Game vs Edge at 2:00 pm @ WinSport

U15 Varsity Game vs RINK Winnipeg at 11:30 am @ WinSport

U17 Exi Game vs NW Flames at 9:00 am @ WinSport

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: This week's Garden Café specials for **September 15-19**

Mon: Beef or Veggie Burger & Fries - \$11

Tues: Poutine - \$7

Wed: BLT - \$8

Thurs: Taco in a bag - \$7

September 22-25

Mon: Crispy Chicken Caesar Wrap - \$10

Tues: Chicken Fingers & Fries - \$11

Wed: Grilled Cheese & Bacon - \$8

Thurs: Hot Dog & Fries - \$8

Available every weekday:

Small Chicken Power Bowl - \$10

Please note prices do not include GST.

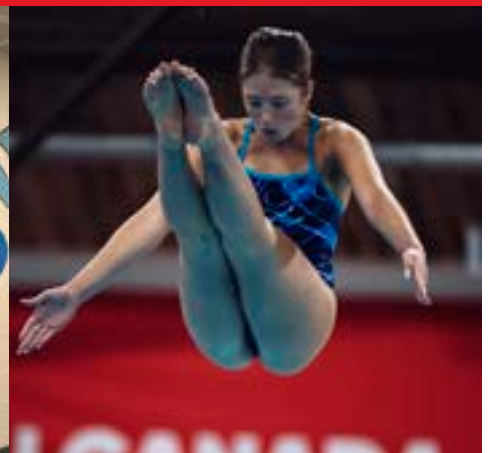
Reminder that students are to use the bench tables down the hall to eat their lunch. Show your studentID to receive your discount.

CANADA SUMMER GAMES REPORT



20 Athletes - **8** Sports - **8** Podiums

A total of 20 National Sport School students represented Alberta at last month's Canada Summer Games, with eight reaching the podium. Earning a silver medal for the women's lacrosse team in St. John's Nfld., were Bronwyn Fischer, Reese McKay, Chloe Vetter, and Ruby Walbridge. Competing for the men's lacrosse team, which took home the bronze, were Reid Davies and Cody Hansen. Other NSS medalists were Paige Stecyk in softball and Electra Papadopoulou in artistic swimming. Baseball, diving, golf, mountain biking, soccer, and tennis also had proud NSS representation. Congratulations to all NSS students whose WinSport roots were on full display at our country's largest sporting event. [Max Campbell|Winsport]



Incredible Accomplishments this Summer by NSS' Fastpitch Athletes

NSS is proud to share an extraordinary achievement by three of our grade 12 National Sport School Athletes: Cali Johnson, Maya Humphries, and Quorra Gukert. They were part of the Calgary Adrenaline U17 Olson team that won the gold medal at the 2025 Canadian National U17 Girls Fastpitch Championships held in Warman, Saskatchewan, from July 31st to August 3rd.

Throughout the championship, these young athletes demonstrated remarkable determination, grit, and positivity. They consistently supported and cheered for one another, showcasing an exceptional team spirit. This victory marks the first National Championship for a minor fastpitch team from Alberta since 1986, making it a historic achievement.

Additionally, just a few weeks prior to the Nationals, the team made it to the finals of the prestigious Canada Cup tournament in Surrey, BC, earning a silver medal. This was the first time an Alberta team had reached the finals in over 20 years.

Their achievements are a testament to their hard work and dedication.



Left to Right: Quorra Gukert, Maya Humphries, Cali Johnson



Cali Johnson



Maya Humphries



Quorra Gukert

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.