



Vanier Collegiate introduces *Flex Scheduling* for 2019-20

RYAN GOTSELIG

B.Sc (Kin), B.Ed, CPT



After 10 years of running Ignite Athletic Conditioning, Ryan has moved on to become Head Programmer and Strength Coach for Forged Athletic Performance.

Ryan is one of only three players in UofS Huskie football history to be named an All-Canadian three times. He was drafted by the Saskatchewan Roughriders in 2005. He is currently a teacher at Vanier Collegiate and has been involved in coaching and training athletes from the minor to professional ranks for over a decade.

Flex Scheduling is designed for high school-aged students who are involved in a high-performance community program. Beginning in September, 2019, Vanier Collegiate will offer afternoon academic blocks each semester designed to accommodate community programs' demanding training schedules. On alternate days (Mon/Wed or Tues/Thurs) we will offer specialized personal training for academic credit taught by Vanier teacher, Ryan Gottselig.

Core academic requirements will be scheduled using a combination of morning classes at Vanier Collegiate, online and/or independent study courses. Students will be required on Friday afternoons to be at Vanier Collegiate to receive support to ensure academic success. Graduation plans will be monitored and reviewed on a regular basis.

Each semester we will offer the following schedules:

Option A	Mon	Tues	Wed	Thurs	Fri
P.M. Schedule	Comm. Based Program	Personal Training Credit	Comm. Based Program	Personal Training Credit	Academic Support

Option B	Mon	Tues	Wed	Thurs	Fri
P.M. Schedule	Personal Training Credit	Comm. Based Program	Personal Training Credit	Comm. Based Program	Academic Support

A limited number of applications will be accepted for "Flex Scheduling" for each option in both semesters. Please complete application on next page and submit with Vanier Registration form by April 18, 2019.



Vanier Collegiate

Flex Scheduling Application

2019-20 School Year

This application is for the following Flex Schedules:
(check all that apply)

Semester 1
Sept 2019-Jan 2020

Option A - T/Th
(Mon/Wed Community Based Program)

Option B - M/W
(Tues/Thurs Community Based Program)

Semester 2
Feb-June 2020

Option A - T/Th
(Mon/Wed Community Based Program)

Option B - M/W
(Tues/Thurs Community Based Program)

Due to costs associated with Flex Scheduling, there is a \$200 per semester fee payable to Vanier Collegiate.

There are minimum and maximum enrolment requirements for this scheduling option as determined by HTCSD and Vanier Collegiate.

Student Name:	
Birthdate:	
Grade Entering:	9 10 11 12
2018-19 School:	
Parent or Guardian Name(s):	
Parent or Guardian Contact Info:	
High Performance Community Program:	
Head Coach or Lead Trainer Name:	
Coach Contact Info:	

Date of Application: _____

Student Signature: _____

Parent/Guardian Signature(s):

