

Birchmount Exceptional Athlete Program

Information and Application

2020-2021

**Birchmount Exceptional Athlete Program**

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Application (All of the following must be included for consideration of the 2020-2021 application)

* Application for Admission (2 pages)
* Confirmation Letter from Coach of Declared Sport of Specialization
* Final Grade 7 June Report Card
* Optional Attendance TDSB application

If you have any inquires please call our Guidance Department at: 416-396-6704 ext. 20040.

Please note: entry into B.E.A.P. is in Grade 9.

Completed applications are to be handed in to Birchmount Park C.I.’s Guidance Department by: Friday, November 29, 2019 at 4:00 pm.

**Birchmount Exceptional Athlete Program History**

**A Brief History of the BEAP Program**

In 1982, Ivan Pintaric, a former Olympic discus thrower and Canada’s throwing coach for four Olympic Games, envisioned a high school that would physically train young talented and motivated athletes, while providing strong academic challenges. After seven years of planning, presenting and debating the concept, the Scarborough Board of Education implemented the program here at Birchmount Park Collegiate.

In September 1988, Birchmount Park began programming for thirty-eight athletes. Throughout the years, over 30 different sports have been represented by students in the program.

The program currently has over 200 students.

**Eligibility**

Interested students who meet the following criteria are eligible to apply.

* Students must be self-motivated and willing to participate in all components of the physical and academic programming needed to excel in sport and educational pursuits
* Students must be competing at a high level, outside of school, individually or as a member of a team.
* Students should have a minimum average of 60% in the previous academic year, as reported on their Grade 7 June Report Card.
* Students must have Learning Skills on their most recent Report Card marked as ‘S’ or above. A student with multiple ‘N’s will not be considered.

**Eligibility & Special Circumstances -** Students with special circumstances regarding eligibility are asked to speak with their current Principal. The Elementary school Principal will then contact the Birchmount Park C.I. Principal for discussion of eligibility.

**FREQUENTLY ASKED QUESTIONS**

|  |  |
| --- | --- |
| **HOW DO I QUALIFY FOR THE PROGRAM?** • Student athletes who are currently working with a coach outside of regular school athletic programs are eligible to apply. Athletes must be working towards a provincial championship or higher. • Student athletes should have a 60% average in the following subjects: English, French, Geography, History, Math and Science, as well as consistent S’s in their Learning Skills on their June Grade 7 Report Card. **MUST AN ATHLETE BE CARDED BY SPORT CANADA OR THE MINISTRY OF SPORT & RECREATION?** • No – some of our athletes are funded by these sports bodies, but the majority are individuals working towards provincial or national championships independently. • The reason we selected the term: “Exceptional” rather than “Elite” when referring to student athletes in the program is because the program is designed to expose athletes to the quality and quantity of fundamental training needed to reach their full potential. **HOW DO I APPLY TO THE PROGRAM?** • The B.E.A.P. application package is available on the school website in mid-October. <http://schoolweb.tdsb.on.ca/birchmountpark/>;• The B.E.A.P. application package is also available to pick up at the Grade 8 to 9 Information Evening as well as in the BPCI Guidance Office after November 4, 2019. • Applications are reviewed. All qualified applicants will be invited to attend the Physical Testing Day. **WHAT IS A TYPICAL TIMETABLE FOR A STUDENT ATHLETE?** • Birchmount Park C.I. is similar to all other high schools in Toronto. A student athlete will attend their academic classes with the general school population, but will be timetabled with the BEAP teachers for their physical education class. **HOW DO I STAY IN THE PROGRAM?** You do not need to reapply each year. • Once you are in the program you must continue to obtain 70% or greater in your B.E.A.P. course(s), maintain an overall average of 60% and be a positive student ambassador of both the B.E.A.P. program and the Birchmount Park Collegiate Community.• B.E.A.P. review meetings are held at the end of each Ministry reporting period. The B.E.A.P. Review Committee will review academic progress, attendance, and student behaviour. **B.E.A.P. FOCUS COURSES** • Each student athlete is attached to a coach outside of school who instructs in the technical portion of their specific sport. • B.E.A.P. courses focus on fundamental training that supports the development of overall strength and fitness. Courses are not sport specific; they focus on developing the well-rounded athlete. • Students can chose to take 2 B.E.A.P. courses in each school year. This format supports the student athlete with fundamental training designed to enhance sport performance.  | **CAN I COMPETE ON A BIRCHMOUNT TEAM?** **For all students entering an exceptional/elite athlete program, the following regulations shall apply, as per the TDSSAA Constitution (June 2009):**1. Any student who lives in the designated school area and is enrolled in the exceptional/elite athlete program at their home school will be eligible to compete in all sports at their home school.
	1. Any student who lives outside the designated school area and is enrolled in the exceptional/elite athlete program will be eligible to compete in any sport, except their declared or designated area of specialty with the exception of the following individual sports – Alpine Skiing, Archery, Badminton, Cross-Country, Golf, Nordic skiing, Snowboarding, Swimming, Table Tennis, Tennis, Track & Field, and Wrestling. The period of ineligibility will continue as long as the student attends the school where the sport program exists.
	2. The declared or designated area of specialty will be the sport or sport of similar nature played at the highest level as determined on the student’s Exceptional/Elite Athlete Tracking Form, and with verification by the Regional Executive.
2. Any student transferring into an exceptional/elite athlete program from another school will be ineligible for one (1) year, subject to the transfer policy.
3. In the individual sports listed in Section 5 b) exceptional/elite program athletes from outside the designated school area can compete and win individual awards, but will not score points for their school toward team standings in these events.

Note: As of the date of entry into the school, all students registered in exceptional/elite athletic programs are required to submit a completed “Exceptional/Elite Athlete Program” tracking form to the regional registrar and athletic director to become eligible for TDSSAA competition.• **Eligibility to compete in individual sports according to the OFSAA By-law:** Effective September 2013 any **out of area** student entering into a specialized sport program can play their declared sport in TDSSAA league play, regional championships and non OFSAA sanctioned tournaments/ meets. They cannot compete at OFSAA, OFSAA sanctioned tournaments or OFSAA Qualifiers. *Note: As of the date of entry into the school, all students registered in exceptional/elite athletic programs are required to submit a completed “Exceptional/Elite Athlete Program” tracking form to become eligible for TDSSAA competition.* **WHAT TRAINING FACILITIES ARE AVAILABLE?** • Birchmount Park C.I. has a well-equipped Fitness Centre, 3 gymnasiums, 2 ball diamonds, tennis courts, soccer pitch, and access to a stadium for soccer, football and track and field. • The exceptional athlete program also has access to Variety Village during class time. This allows us to train on a 200 metre indoor track, and enjoy a large swimming pool, cardio room, Olympic Lifting Platforms and fully equipped Fitness Centre. B.E.A.P. students are required to purchase a Variety Village membership. This membership can be used outside of school time. |

**Selection Process for BEAP Applicants**

**Application Process**

1. Submit a completed application.
2. Submit a Letter of Confirmation from your declared sport coach (sport which is played at the highest level).
3. Submit a copy of your final Grade 7 June Report Card. The B.E.A.P. benchmark is an average of 60 % in English, French, History, Geography, Math and Science. Report Card comments and learning skills will be reviewed.
4. Students out of the Birchmount Park C.I. school area must submit a completed TDSB Optional Attendance Form. (This form is available at your elementary school, at BPCI, & on the TDSB Website)
5. The completed application is due by **Friday, November 29. 2019 by 4:00 p.m.** to the Birchmount Park C.I. Guidance Office.
6. All applications must be dropped off in person to the school guidance office and a receipt will be issued at this time.

**Applications will not be accepted after the deadline**.

**Performance Test**

Qualifying students will be contacted by email and invited to Birchmount Park C.I. to complete a series of fitness performance tests. Testing will take place **Thursday, December 12, 2019** either in the morning or afternoon.

Students being tested will be divided into smaller groups and rotated through three stations. Each of the tests will be completed before moving on to the next station. Each student will receive a ranking compared to other students tested.

|  |  |
| --- | --- |
| 20 Meter Shuttle Run Test (Cardiovascular Fitness) | 10 |
| Flexed Arm-Hang (Muscular Endurance/Upper Body) | 10 |
| Vertical Jump (Muscular Power/Lower Body) | 10 |
| Alternate Wall Ball Toss (Co-ordination of Movement) | 10 |
| Agility Run (Agility, Quickness of Movement) | 10 |
| 40 Yard Dash (Speed) | 10 |
| 2 Kg Medicine Ball Lateral Throw for Distance - (Muscular Power, Proper Sequence of Movement) | 10 |

**Performance Test Breakdown**

**B.E.A.P. Acceptance and Confirmation – please note that there are a limited number of B.E.A.P. spaces available for grade 9 students.**

The students who meet the academic and performance requirements will be mailed an acceptance package. In order to secure a spot in B.E.A.P., students must complete all forms and meet all the deadlines as outlined in the acceptance package. The Birchmount Exceptional Athlete Program is a challenging academic and physical program. We feel that the selection process will ensure success for all students selected.

**Selection Process for BEAP**

**TIMELINE for 2019-2020 Application**

|  |  |
| --- | --- |
| Monday,November 4, 2019 | Parent/Guardian Information Session6:30 p.m. – general presentation for Gr. 8 to 9 7:30 p.m. – special BEAP presentation. |
| Friday,November 29, 2019 | BEAP application due to Birchmount Park’s Guidance Department by 4:00 pm. |
| First week in December 2019 | Applicants will be notified by email regarding next steps in the application process. |
| Thursday, December 12, 2019 | Physical Testing at B.P.C.I.AM Session: 8:30 – 11:30 amPM Session: 12:30 – 3:30 pm |
| *T.B.D. in early* *January 2019* | *Alternate Date for Physical Testing at B.P.C.I.* |
| After February 3, 2020(first week of February) | Students will be informed of their BEAP application status by mail. |
| **Friday** **February 28 , 2020** | Deadline for students to confirm acceptance of BEAP. **Acceptance requires the return of the 2020-2021 Course Selection Sheet to the Birchmount Park Guidance Office. Failure to meet this deadline will terminate your application.** |

**B.E.A.P. Reference**

Letter of Confirmation is the only required reference.

**Letter of Confirmation**

Please submit a Letter of Confirmation, **on official league letterhead**, from the Coach of your Declared Sport of Specialization. Your Declared Sport must be the sport that you play at the highest level for a **minimum of 12 months** prior to the application.

**The letter must indicate the following information:**

1. The team and league name you participate in
2. The length of time you have participated in the sport, team and league
3. The length of time the coach has known you in a coach/athlete relationship and a contact number the coach can be reached at
4. Your present performance level
5. Your future potential
6. Your attitude, commitment and ability to receive coaching feedback
7. Any other characteristics which would give insight into your athletic performance

**Please note any additional Recommendation or Reference Letters that are enclosed**

**with the package, will not be used in the selection process.**

**Variety Village Membership Cost: $338.00\***

All students enrolled in BEAP must be members of Variety Village as it plays an integral role in delivering our diverse program. Variety Village offers a discounted annual membership to all BEAP students. Birchmount Park will submit a list of all BEAP students to Variety Village. Students will deal directly with Variety Village when purchasing a membership (membership will run from September to September). Students must show their membership card when entering or using Variety Village’s facilities. We strongly encourage BEAP students to use Variety Village outside of class time whenever possible.

**BEAP Clothing: Optional Cost: T.B.D.**

All incoming Grade 9 students will have the option to purchase athletic BEAP clothing. The cost will vary depending on the number of items purchased.

**\*subject to change**

Description of B.E.A.P. Physical Performance Tests

Listed below are the descriptions of the seven physical fitness tests students are expected to perform during the physical test day, followed by the average results of our previous BEAP applicants averaged over the past several years.

**20 Meter Shuttle Run (Cardiovascular Fitness)**

This test covers 20m in length. Students will run 20m at the sound of a recorded beep, wait and proceed back when the next beep sounds. As the test continues, the time between beeps get shorter. This test will be measured in stages. The police use this test for their constables during fitness evaluations. The Australian version of the 20 meter shuttle run will be used.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| 20 Metre Shuttle Run | Stage 13.4 | Stage 10.4 | Stage 11.4 | Stage 7.5 |

**Alternate Wall Ball Toss (Hand-Eye Co-ordination)**

The distance between the wall and the participant is roughly 10 feet. Students will throw a tennis ball from below their waist, alternating hands until the time runs out. They will try to complete as many throws as possible in one minute. Two attempts will be given.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| Wall Ball Toss | 64 | 49 | 58 | 37 |

**Flexed Arm Hang (Muscular Endurance Upper Body)**Students will grasp an overhead bar, with an underhand grip (palms facing), and hold themselves up at

**eye level** for as long as possible. One attempt will be given.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| Flexed Arm Hang | 100 seconds | 53 seconds | 95 seconds | 34 seconds |

**Vertical Jump (Power of Lower Body)**Students will use a two foot take-off and landing for this jump. One stride will be allowed before the two footed

take off. Three attempts will be given.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| Vertical Jump | 31.5 inches | 21 inches | 27.5 inches | 19 inches |

Description of Physical Performance Tests (continued)

**2 Kg Medicine Ball Throw for Distance (Power & Proper Sequence of Movement)**Students will stand sideways on a gym line. Throwing from below the waist, students will throw the

2Kg medicine ball for distance. Two attempts will be given.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| 2 kg Med. Ball Throw | 45.02 feet | 29 feet | 36.01 feet | 25 feet |

**40 Yard Dash (Speed)**Students will run 40 yards as fast as they can. The timer will start on the athlete’s first movement.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| 40 Yard Dash | 4.81 seconds | 5.69 seconds | 5.00 seconds | 6.03 seconds |

**Illinois Agility Run (Agility, Speed)**Students will run an agility course as fast as possible. Students will run around poles that are 10 feet apart.

There will be 4 poles totalling 30 feet.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| Agility Run | 15.47 seconds | 16.78 seconds | 16.15 seconds | 18.28 seconds |

**Results Summary**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Top Score Male | Median Score Male | Top Score Female | Median Score Female |
| Academic Average | 91.70% | 78.10% | 94.70% | 82.80% |

Birchmount Exceptional Athlete Program
Application for Admission 2020-2021

TDSB is committed to creating an equitable school system where the achievement and well-being of every student is fostered through rich, culturally authentic learning experiences in diverse, accepting environments where all are included, every voice is heard, and every experience is honoured.

First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Apt/Unit:\_\_\_\_\_\_\_\_\_\_

Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate: (dd/mm/yyyy): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: 🞎male 🞎female 🞎prefer not say

Student Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Current Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent (s) Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent (s) Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I would prefer that I/We receive application status information by:

* Posted Mail
* E-mail

What is the student’s home school for Sept. 2020 (if applying from out of area) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 Student’s signature Parent/Guardian’s signature

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 Parent/Guardian’s signature (optional)

*Personal information on this form or general information collected on behalf of the Toronto District School Board regarding the student is collected under the authority of the Education Act and in compliance with sections 14, 31 and 32 of the Municipal Freedom of Information and Protection of Privacy Act and will be used for education, transportation and health and safety purposes. For further information please contact*

Ellen Austrom, Principal of Birchmount Park C.I.

For Office Use Only

 🞎 Application for Admission 🞎 Coach’s letter of Confirmation

🞎 Final previous year’s Report Card 🞎 Optional Attendance Form

Birchmount Exceptional Athlete Program
Application for Admission 2020-2021

Athletic Information

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Declared Sport of Specialization(highest level of sport played) | Level of Play(Tier/Division, Regional) | Club Affiliation / Team Name(include name, phone # and email of contact person) |
|  |  |  |
| List all other sports played at club or community level(highest level of sport played) | Level of Play(Tier/Division, Regional) | Club Affiliation / Team Name(include name, phone # and email of contact person) |
|  |  |  |
|  |  |  |
|  |  |  |

To the best of my knowledge all of the above information is true.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 Student’s signature Parent/Guardian’s signature

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 Parent/Guardian’s signature (optional)