



BIRCHMOUNT EXCEPTIONAL ATHLETE PROGRAM

Information

2017-2018

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Information

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Application (All of the following must be included for consideration of the 2016-17 application)

- Completed online survey (link can be found on the BEAP page of our website or at: <https://www.surveymonkey.com/r/FHGJTNQ>)**
- Application for Admission (2 pages)**
- Confirmation Letter from Coach of Declared Sport of Specialization**
- Final Grade 7 Report Card (or previous grade report if applying after grade 9 entry)**
- IEP (if applicable)**
- Optional Attendance TDSB application**

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

Completed Applications are to be handed in to Birchmount Park C.I.'s Guidance Department by: Friday November 25th, 2016 @ 4:00pm

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.

- ✓ Student 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
- ✓ Student must be competing at a high level, outside of school, individually or as a member of a team.
- ✓ Student must have a minimum average of 60% in the previous academic year, as reported on their Provincial Report Card.
- ✓ Student 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.

Students applying from another High school for entry after Grade 9 must also fill out a V.P. referral form. (Not included in Package but available from Guidance and online on our website)

FREQUENTLY ASKED QUESTIONS HOW DO I QUALIFY FOR THE PROGRAM

HOW DO I QUALIFY FOR THE PROGRAM?

- Student athletes that are currently working with a coach outside of the regular elementary school athletic programs are eligible to apply. Athletes must be working towards a provincial championship or higher.
- Student athletes must have a 60% average in the following subjects: English, Math, Science, History or Geography and Physical Education, and no multiple N's in the learning skills category of the final 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 DOES ONE APPLY TO THE PROGRAM?

- Attend Grade 8 Parents' Night or simply call Birchmount Park C.I. Guidance Department at 396-6704 Ext.20040 to arrange a time to pick up an application, or download it from our website www.schools.tdsb.on.ca/birchmount
- After an application is submitted all applicants will receive a letter. Qualifying applicants will be invited to testing (Phase II).

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 his/her academic classes with the general school population, but will be timetabled with the BEAP teachers for their physical education class.
- BEAP teachers are responsible for the design and implementation of the physical education program.

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 BEAP course(s), maintain an overall average of 60% and be a good ambassador of both the BEAP program and in all other subject areas and activities.
- A Committee will review the status of all BEAP students at the end of each Ministry reporting period. This Committee will review academic progress, attendance, and student behaviour.

WHEN DO STUDENT ATHLETES PERFORM THEIR SPORT?

- Each student athlete is attached to a coach outside of school who instructs in the technical portion of their specific sport.
- The student athlete performs his/her dryland training at school in the BEAP class.
- This format allows the student athlete 110 additional hours of fundamental training designed to enhance sport performance.

CAN I COMPETE ON A BIRCHMOUNT TEAM?

- Eligibility for Students in Exceptional/Elite Athlete Programs (TDSSAA Constitution, June 2009) For all students entering an exceptional/elite athlete program, the following regulations shall apply:
 - a) Any student who lives in the designated school area and is enrolled in the exceptional/elite athlete program at his or her home school will be eligible to compete in all sports at his or her home school.
 - b)
 - i. 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.
 - ii. 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.
 - c) Any student transferring into an exceptional/elite athlete program from another school will be ineligible for one (1) year, subject to the transfer policy.
 - d) In the individual sports listed in Section 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.

• 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 weight room, three gymnasiums, 2 ball diamonds, tennis courts, soccer pitch, and 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 weight room. BEAP students are required to purchase a Variety Village membership. This membership can be used outside of school time

Selection Process for BEAP

The selection process has three Phases.

PHASE I APPLICATION

- Submit a completed application.
- Submit a Letter of Confirmation from your declared sport coach (sport which is played at the highest level).
- Submit a copy of your final Grade 7 (June) report card.
- Submit IEP if applicable.

Any students with an average below 60% in English, Math, Science, History or Geography and Physical Education or multiple N's in the learning skills category will not be considered in the application process.

The completed application is due by **Friday, November 25th, 2016 – 4:00 p.m.** to the Birchmount Park C.I. Guidance Office.

All applications must be dropped off in person and a receipt will be issued at this time.

Applications will not be accepted after the deadline.

PHASE II FITNESS PERFORMANCE TEST

Qualifying students from Phase I will be contacted **by email on or before December 5th, 2016** and invited to Birchmount Park C.I. to complete a series of fitness performance tests. These seven tests will be weighted equally (10%) making up 70% of the admission requirement. The testing will take place Wednesday, December 14th, 2015 either in the morning or afternoon.

The groups of students being tested will be divided into three 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. Test scores will be combined with their final Grade 7 academic average to obtain a mark out of 100.

Assessment Criteria

Current Academic Average	30%
B.E.E.P. 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%
TOTAL	100%

PHASE III ACCEPTANCE AND CONFIRMATION

The top students from Phase II will be mailed an acceptance package. In order to secure a spot in BEAP, students must complete all forms and meet all the deadlines as outlined in the acceptance package. The Birchmount Exceptional Athlete Program is both a challenging academic and physical program. We feel that the selection process will ensure success for all students selected and provide a positive incentive for those not selected at this time.

TIMELINE for 2017-2018 Application

<p>Tuesday November 1st , 2016</p>	<p>Parent/Guardian Information Session 6:30-for students entering Grade 9 (7:30 for students entering into program grade 10 and above)</p>
<p>Friday November 25th , 2016 No later than 4:00pm</p>	<p>PHASE 1 application due to Birchmount Park's Guidance Department</p>
<p>First week in December, 2016</p>	<p>Applicants that qualify for Phase II of the selection process (physical testing) will be notified by mail/email.</p>
<p>Wednesday December 14th, 2016</p>	<p>PHASE II – Physical Testing at B.P.C.I.</p>
<p><i>T.B.D.</i></p>	<p><i>Alternate Date for PHASE II – Physical Testing at B.P.C.I.</i></p>
<p>Week of February 6th , 2017</p>	<p>Students will be informed of BEAP application status by mail/email.</p>
<p>Friday February 24th , 2017</p>	<p>Phase III - Final Confirmation from students on acceptance into the program. Failure to meet this deadline will terminate your application.</p>

References

Letter of Confirmation is the only required reference.

I 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:

- i) the team and league name you participate in.
- ii) the length of time you have participated in the sport, team and league.
- iii) the length of time the coach has known you in a coach/athlete relationship and a contact number the coach can be reached at.
- iv) your present performance level.
- v) your future potential.
- vi) your coachability and attitude.
- vii) any other characteristics which would give insight into your athletic talent.

Please note any additional Letters of Recommendation or Reference Letters that are enclosed will not be used in the selection process.

Cost

Variety Village Membership: \$343.00*

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.

Additional Cost: \$50.00*

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 Physical Fitness 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.

B.E.E.P. Test (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 B.E.E.P. Test will be used.

Test	Top Score Male	Median Score Male	Top Score Female	Median Score Female
BEEP Test	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 Fitness 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 yd 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

Academic Results

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