



# Active Living 11/12 – HP Sport Specific - Course Application Form 2023/24

Name: \_\_\_\_\_ Grade in 2023/24: \_\_\_\_\_

R.E. Mountain Secondary offers some PHE courses that run before the regular school day. These courses are not a club or extra-curricular activity; they are 4 credit BC Ministry courses. These courses run for the entire year following the schedule beside the course name. Courses running before school have the same expectations as courses scheduled during the regular school day including regular attendance and demonstrated understanding of the curricular competencies. By choosing this learning option and completing the application form, you acknowledge the expectations of the course and the commitment required to be successful.

Please select which class(es) you are applying for:

Are you a motivated athlete? Do you enjoy competition and the elements of being on a team? Then this is a class for you! This class is designed for students who want to focus on sport-specific skills, with an emphasis on team concepts, sportsmanship, and participation. Students will be immersed in a team environment designed to encourage teamwork, communication skills, and leadership qualities. Training and skill development at a competitive level will also challenge athletes and provide opportunities to compete at higher levels of play

- Active Living 11/12 – High Performance Basketball – Monday & Wednesday 7:30-8:40am
- Active Living 11/12 – High Performance Volleyball – Tuesday & Thursday 7:30-8:40am

I am motivated to apply for the above course because....

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If selected, please drop this course from my course selection (mandatory):

Please check the following that apply to you:

- I have no attendance concerns and arrive to class on time and ready to learn
- If, for some reason, this course is not for me, I realize that the last day to remove this course from my schedule at RE Mountain is Friday October 27, 2023

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_