



NSWC Peak Performance Hockey Program: Combining Academics & Athletics

Peak Performance sports programs are a different way for students to go to school. So different, in fact, that their attendants are referred to as student-athletes - the basic definition of their daily experience at school is altered. Joining a Peak Performance program is an important decision no matter what sport you call your own. Let's look at typical sports Peak program for any sport that requires a great deal of extra training:

- **Core subjects in the morning**
- **Electives mixed in (in high school)**
- **Sport-specific training in the afternoon**
- **Homework after school**
- **Evenings free for practice, games or for rest**

Sport places a gigantic demand on the physical and emotional states of our children. Peak Performance academies can go a long way toward easing that burden.

A common myth of hockey academies (and a reality at some) is that once the lunch bell rings it's a free-for-all. The best sports academies are run like a university - afternoon training is treated like a class. Student-athletes are expected to be punctual, hit achievements and finish assignments just like any other class.

The biggest benefit: working on game-specific skills during the day that you otherwise wouldn't have time to work on at night. Afternoon sports programs are all about building habits. Shooting a hundred pucks every day, building stamina; skill development learned during the day is taught in a steady progression of simple steps.

Spending more time on the ice means less time spent in the classroom. This means that in order to maintain grades, the student must focus when he or she is in the classroom. If schoolwork falls behind, it's up to the student (at the behest of the student's support group of teachers, coaches and parents) to put in the work after school.

Different areas of life require different types of energy. Attending sport-specific skills programs highlights this for student-athletes every day. Fatigue or a lack of motivation doesn't fly; it's a student's responsibility to complete their daily routine to the best of their abilities. This is the way the real world works, and, increasingly, this is how sports at an elite level work.

Peak Performance Programs aren't for everybody. They're only for anybody who wants to improve their skills in an academic environment amongst athletes of similar age and ability. The academy lifestyle is unique and challenging, an achievement both for the mind and the body on a daily basis.

