



CANADIAN SPORT SCHOOL VICTORIA

PiSE

LEADERSHIP . BALANCE . PERFORMANCE EXCELLENCE



LIFE FOR A YOUNG ATHLETE REQUIRES

BALANCE

Elite high school athletes strive to manage their time, commitments and demands of being a teenager along with the expectations of being a high-performance athlete working towards excellence. Life for a young athlete requires balancing entire days at high school with afternoons, evenings and weekends spent training and competing. This often leaves inadequate time for homework completion, rest, recovery and sleep which ultimately leads to a decrease in performance in the classroom, on the playing field or in an athletes' optimal health.

The Canadian Sport School (CSS) helps alleviate the pressures of balancing athletics and academics to ensure the student athletes have all the skills and resources needed to continue to progress as high performance athletes, while excelling both on the playing field and in the classroom. Successful completion of the program delivered at the Canadian Sport School will earn student athletes academic credit for six high school courses during each year. Students must take the full suite of courses.



Canadian Sport School students experience premier weekly seminars in sport, health and leadership. World renowned experts from the Canadian Sport Institute Pacific and business and sport community share their advice and guidance on a range of aspects, including nutrition, mental performance, sleep, leadership and career and sport development. At the end of the program, students prepare a final project, capping off their experience and graduation from Canadian Sport School.

Small cohort sizes and dedicated teaching and coaching staff also contributes to a supportive and encouraging environment for students in developing their confidence and leadership.

"As a past Olympic Coach and parent of two Canadian Sport School graduates, I know first hand the confidence and personal leadership skills that the program helps develop. Both my children loved and thrived being in an environment with classmates who shared similar goals and the commitment required to achieve personal excellence."

Robert Bettauer, PISE CEO and Proud Parent of Two Canadian Sport School Graduates

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PERFORMANCE EXCELLENCE

First class facilities at PISE and the organization's highly qualified and educated high performance coaches offer a superior training environment and experience for students of CSS. Student athletes participate in Ignite Training with a focus on strength and conditioning, sprint and gymnastics. Regardless of their sport, student athletes experience a high level training program that complements their sport and leads to excellence in their performance.



SPORT PERFORMANCE SEMINARS

Weekly seminars in the areas of high performance will support the students' athletic knowledge and development towards success.

IGNITE ATHLETE DEVELOPMENT

Physical training that develops athleticism and new skills in the following areas; Strength & Conditioning, Sprint Training, and Basic Gymnastic movements.

INDEPENDENT STUDY BLOCK

Daily time for homework completion, quiet study or online learning.

SPORT SPECIFIC TRAINING

Delivered outside of Canadian Sport School. Earn academic credits for time spent training in your sport.

The Canadian Sport School provides an opportunity for athletes in grades 10-12 to use school hours to earn academic credit for:

Individual Sport Training 10/11/12 A & B



Sport Performance 10/11/12



Physical and Health Education 10, Active Living 11 & 12



Cross Training 10/11/12 A



Career Life Education 10, Psychology of Sport 12 and Career Life Connections (including Capstone)



The Canadian Sport School facilitates a high performance culture amongst like-minded athletes while providing support, coordination and advocacy between student-athletes and their high school teachers and sport coaches. A teacher is on site for PISE classes and to provide support for students.

By participating in the Canadian Sport School program, student-athletes maximize their daily schedules while earning academic credits toward their graduation requirements. Students attend their regular high school for a half day, taking academic classes which fulfills their core graduation requirements, and the remainder of the day is spent at the Canadian Sport School.

The Canadian Sport School is located at PISE, the Pacific Institute for Sport Education, 4371 Interurban Rd, Victoria, BC.

Student families are responsible for transportation to/from CSS.

The schedule below shows a typical week at the Canadian Sport School. Please visit our website for current and future timetables.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM COHORT	8am to 9:30am	Study Block	IGNITE Program: Strength Training	Study Block on Speed Days	IGNITE Program: Strength Training
	9:30am to 11am	Sport Performance Seminar	Study Block	IGNITE Program: Speed (PISE) or Gymnastics (Inspire Sports)	Study Block
PM COHORT	12:45pm to 2:15pm	Sport Performance Seminar	IGNITE Program: Strength Training	IGNITE Program: Speed (PISE) or Gymnastics (Inspire Sports)	IGNITE Program: Strength Training
	2:15 to 3:30pm	Study Block	Study Block	Study Block on Speed Days	Study Block

The Canadian Sport School runs with the regular school year from September to June.

Did you know....?

Canadian Sport School Students may represent and participate on their home high school sports teams.



ELIGIBILITY: Athletes must meet the eligibility criteria below in order to submit an application. Athletes must be:

- 1. Registered members and in good standing with their Provincial or National Sport Organization (PSO) or (NSO)**
- 2. Part of a club program that provides consistent training and competitive opportunities**
- 3. In grades 10-12 at the beginning of the program**
- 4. While not required, participation in one or more of the following may strengthen an application: BC Summer or Winter Games, Provincial or National Championships, Team BC Program, NextGen Program, or National Team Program**

HOW TO APPLY: All students may apply starting February 18, 2026. Please visit our [website](#) for more information, and to download an application package.

**Information night is February 18th, 2026, 5:30-7:00 pm.
PISE, 4371 Interurban Rd, Victoria B.C.**

TUITION & FEES: 2026/27 tuition \$4500

Early Bird Savings: \$100 off for applications submitted prior to March 31st. PISE is an inclusive organization and welcomes students of all backgrounds and abilities. (No qualified student will be left behind due to financial reasons.) Please contact Stacey Lund at slund@pise.ca for further information on financial assistance.

New Student Application Fee: \$25

Student families are responsible for transportation to/from CSS.



"Canadian Sport School (CSS) helped me develop as an athlete in many ways. The strength and conditioning sessions were fantastic, and I could feel my athleticism improving. I was in a class with other like-minded elite athletes who shared the goal of making a national team and playing beyond high school. I learned time management and what it meant to be mentally fit. Since graduating from CSS, I've played fútbol around the world, from England to Australia, Dubai, and now college soccer in the US. The coaches and teachers were incredibly welcoming and supportive, and that is something I will never forget, regardless of my athletic achievements.

- Arokya Shrestha, 2023 Graduation (fútbol)

The Canadian Sport School played a key role in my accomplishments as a student-athlete in multiple cycling disciplines. Structured training in strength, speed, and gymnastics made me a more well-rounded and "robust" athlete. By my third year, I had a personalized plan and the chance to develop and challenge specific skills during training sessions to make me stronger on the bike. Exposure to sport-related education enhanced my understanding of mental training, physiological testing, injury prevention, recovery, nutrition, and other aspects of high-performance sport. I believe that being in Sports School gave me unique opportunities to develop my skills as an athlete, student, and person, and I am grateful for the support of those behind PISE and the Canadian Sports School. With their help, I competed at Junior Track Cycling World Championships, Canada Summer Games, and other international events.

- Kimberly Chen, 2024 Graduation (Cycling)



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THANK YOU TO OUR PARTNERS



www.pise.ca/canadian-sport-school/