



# EDGE SCHOOL GUIDEBOOK

Academics | Athletics | Character

[edgeschool.com](http://edgeschool.com)





# DISCOVER THE **EDGE ADVANTAGE**

**MISSION:** To build a culture of personal excellence in academics, athletics and character.

**VISION:** To make the world better by graduating students who aspire to achieve their personal best.

**It's actually about graduating awesome humans.**

Ask many people what makes for a life well lived, and the answer will likely include some combination of an enduring passion for something; a commitment to physical health and mental wellness; work-life balance; strong relationships; caring for others; and a visceral sense of right and wrong.

However, cultivating and nurturing that kind of well-roundedness in young people is easier said than done. There are schools that specialize in athletic excellence and others that focus on academic greatness. Some even profess to instill higher values in their students.

But finding a school that offers all three of these spheres while not diminishing any one of them? That can be a tall order. All too often, students, and their parents, are forced to choose between them.

Fortunately, it's a choice that Edge School families never have to make. We are certainly acknowledged for fully developing our students' athletic potential, but don't be fooled by the hype and the trophies. The real reason we get up every morning is to leverage our students' passion for sport into an equally compelling passion for learning, leading and personal integrity. Our balanced approach to developing the pursuit of personal excellence in academics, athletics, and character is how we create well-rounded individuals who are uncommonly equipped to succeed in all aspects of their lives.

To ensure that this happens, we have cultivated a truly one-of-a-kind school. One where teachers, coaches and support staff are highly accomplished in, and fully dedicated to, their chosen fields. However, they are even more devoted to the holistic development of each student. Our small class sizes, access to best-in-class facilities, and unique collegiate feel provide the atmosphere and individual attention so vital to unlocking the full potential of every Edge student—no matter what path they choose to take in life.

We wholeheartedly believe that our student-athletes should strive for their 'personal best' every day, in all aspects of their lives. As students, athletes and community members now, and as partners, parents, business leaders, sports figures, and global citizens in the future. As a result, Edge graduates are primed to lead vital, fulfilling lives. They are ready to make the world a better place by being the best humans they can be.

**Edge School. Where a passion for sport drives a passion for learning and leading.**



# ACADEMICS

Active, healthy children are better learners. Movement serves to energize and activate the body, improve focus, and develop the brain. Physical activities develop fundamental movement skills and promote positive social interactions, increasing students' competency and self-esteem. This leads to overall improved academic achievement.

We are committed to individual attention and small class sizes to ensure that our unique programs remain focused on the holistic development of each Edge student. Edge School faculty and staff work closely together to help each student-athlete reach their personal goals. To support these goals, we take into account students' academic workloads and deadlines, as well as their training, performance and competition schedules. Because we understand how student-athletes think and learn, we employ a variety of tools such as LEAD, Personal Learning Plans (PLPs), study hall and scheduled tutorial time, to help students succeed.

We follow the curriculum as prescribed by Alberta Education for Grades 4 through 12.

## GRADES 4 – 9

The academic focus at these grade levels is on the core courses, with daily classes in English Language Arts, Social Studies, Math, and Science. In Grade 6, students begin regularly scheduled Spanish classes. Students continue to have daily activity built into their schedules, with an increasing sport-specific focus.

## GRADES 10 – 12

We offer a university preparatory program, with a focus on the core courses. Fueled by their passion for sport, our students also enhance their academic understanding of nutrition, sport psychology, and strength and flexibility training. Optional courses are offered in Sport Medicine and Spanish.

We help our student-athletes evaluate the universities, leagues, and career paths that best fit their goals and needs – both academically and athletically. Through Career and Life Management, SAT preparation support, and university application and scholarship guidance, student-athletes are led and encouraged by Edge staff.

## POSTGRAD

Our postgrad program offers student-athletes the opportunity to take up to two Alberta Education classes, helping them build their academic portfolio and maximize their opportunity to attend their desired post-secondary institution. These student-athletes have the ability to get the full Edge experience.







# CHARACTER

At Edge School, academic excellence and athletic skill development represent only a portion of the training that student-athletes receive. We integrate character development into everything we do to build confidence, self-esteem, interpersonal skills and positive life-long values. Our four guiding principles – Leadership, Effort, Attitude and Dignity – form the foundation for Edge School and shape our expectations for behaviour at all times.

## LEAD

Our LEAD model is a deliberate integration of the guiding principles which unite our academic, athletic and character development programs. LEAD acts as our compass in the creation and implementation of our character development program which is intentionally intertwined into all that we do.

Every Edge student is part of a LEAD group. This regularly scheduled group meeting provides the opportunity for:

- students and teachers to review and revise personal learning plans;
- character development and leadership projects;
- proactive academic planning and time management;
- collaborative activities, team building and group challenges.

## MOUNTAIN TEAMS

Every Edge student and staff members are part of a Mountain Team, which plays an important part in the Edge philosophy. Through friendly and spirited competition, students and staff members compete against each other to promote team building and community involvement. From the Terry Fox Run, to the annual World Cup, students take pride in their Mountain Teams' progress and strive to win the treasured Mountain Cup!

# WE ARE ALL MOUNTAINERS



# ATHLETICS

In our model, sport is a vehicle for academic excellence and character development. Each program is staffed with specialized, sport-specific directors, instructors and coaches, bringing local, national and international experience to our programs. Coaches highlight fair play, teamwork and integrity in all aspects of training and competition.

For our junior high students, we emphasize fun and variety in sport. They will have multiple activity times strategically placed throughout their school day. Their physical activity programming will include: developing fundamental movement and sport skills; working on social interactions through teamwork and game play; and focusing on developing healthy habits for lifelong participation in activity.

We offer sport academies in basketball, dance, figure skating, fitness, golf, hockey, and soccer (more information on the following program pages). For students training in any other sports, such as swimming, alpine skiing, tennis, luge, equestrian, and gymnastics, our flex program offers a flexible schedule which allows them to pursue their athletic goals while ensuring academic success. Our multi-sport academy allows Grade 4-7 students to train in more than one sport over the course of a year.

In addition, students participate in regular physical education classes and have the opportunity to play other sports as part of our Calgary ISAA interscholastic teams including badminton and track and field.

Our in-house integrated support team is part of all programs and includes:

- **Sport psychology and counseling**
- **Nutrition counseling**
- **High performance training**
- **Sport therapy clinic**







# BASKETBALL

Basketball is part of our multi-sport offering for Grade 4-7 students. We also offer a Skill Academy program for student-athletes in Grade 8-9 who want to work on developing their all-round skills to complement their community/club teams.

For student-athletes in Grades 10-12 & Post Graduates, we have a team program.

## MALE TEAMS

- Junior Varsity (Grade 8-12) – competes domestically, one international trip – competes in Alberta Club Collective league.
- Varsity (Grade 11-12) – competes domestically, one international trip – competes in Alberta Club Collective league.
- National (Grade 11 – Post Grad) – competes in the reputable Grind Session prep league based in the Western US
- Sr Prep (Post Grads only) – competes in the CJBL (Canadian Junior Basketball League) designed to showcase our post-grad students to U SPORTS (Canadian University) and CCAA (Canadian Colleges Athletic Association)

## FEMALE TEAM

- Female Prep Team (Grades 10-12, and post grad) – competes in the Grind Session, similar to the Boys National team. Goal is to move student-athletes to either US or Canadian post-secondary opportunities



# DANCE

Our dance academy exposes student-athletes to a comprehensive and diverse training program.

The curriculum is designed to inspire the young dancer, to improve technique and to cultivate well-rounded performers.

- Three programs (Senior, Intermediate, Junior) – each encompassing multiple levels and genres
- Four professional dance studios on-site
- Regular classes in Ballet, Jazz, Contemporary, Modern, and Lyrical techniques
- Travel opportunities (domestic and international)
- Workshops and Guest Instructors





# FIGURE SKATING

The Edge Figure Skating Program provides recreational and competitive skaters with a complete training program, both on and off the ice.

The academy is comprised of three components: on-ice training, off-ice training, and strength and conditioning in the Duckett Performance Centre.

- Technical on-ice skills
- Off-ice jump program
- Comprehensive training model
- Dance classes
- Pilates in our reformer lab
- Skating specific ballet program



# FITNESS

This program is geared towards motivated, passionate student-athletes of any sport, looking to train daily in a first rate sport facility, under the guidance of full-time, professional training staff.

Accomplish all of your dryland training during your school day, and benefit from an organized, regular, daily fitness plan, tailored to your sport specific training needs and training schedule.

- Open to Grade 8-12 student-athletes
- Daily small group and individualized fitness training in the Duckett Performance Centre
- Great complement to non-Edge Programs and Flex Students





# FLEX

Our Flex Program is for student-athletes training in sports requiring a flexible school schedule to help manage training, competition time and studies.

- Flex coordinator to help customize their schedule
- Sport performance training at the Duckett Performance Centre
- Our flex students often represent their region on the local, provincial, national and international stage
- Many sports, including equestrian, gymnastics, tennis, swimming, synchro, volleyball, skiing, BMX, rock climbing



# GOLF

In 2021, we launched a revamped golf team program for student-athletes who are more competitive, tournament level golfers.

Our golf team members compete in many MJT (Maple Leaf Junior Tour) and CJGA (Canadian Junior Golf Association) events throughout the year.

- Two Streams: Development and Competitive
- Year-round golf team programming for competitive golfers
- Tournament and practice round play
- Golf simulator and putting area on-site
- Partnerships with local courses
  - Mickelson National (Launch Pad)
  - Valley Ridge
  - Springbank Links
- Part of junior high Multi-Sport Skill Academy offering





# HOCKEY

The Edge School hockey program is made up of an extensive hockey Skill Academy and a highly sought-after team program. Our teams are proud members of the Canadian Sport School Hockey League (CSSHL).

## SKILL ACADEMY

- Grade 4-7 student-athletes are on the ice three days per week
  - Sport block time on the other two days includes Physical Education, Spanish (starting in Grade 6), DPC workouts, and complimentary course (a short course that is taught by one of our academic teachers in a particular area of interest)
- Grade 8-9 student-athletes are on the ice two days per week
  - The third activity day is multi-sport whereby they will have the opportunity to train in one of our other sports or complete an additional workout in the DPC. Students will have PE, Spanish and complementary course on the other two days

## TEAM PROGRAM

- U18 Female Prep – primarily Grade 10-12 girls (AAA)
- U18 Male Prep – Grade 10-12 boys (AAA)
- U17 Male Prep – Grade 10/11 boys (AAA)
- U16 Male Prep – Grade 10 boys (AA)
- U15 Male Prep – primarily Grade 9 boys (AAA)
- U15 Male – primarily Grade 8 boys (AA)



# SOCCER

Our Soccer Academy consists of a 10-month school season development plan, complemented by multi-sport for Long Term Player Development (LTPD) as outlined by the Canadian Soccer Association. Our curriculum focuses on both the attacking and defending principles laid out by the CSA as well as fundamentals.

- Skill Academy provides individual training
- Training in tactical and technical skills
- Alignment with Club Technical Directors
- High performance training and support
- Guest Instructors
- FIFA 2 Star Field on-site
- Part of Multi-Sport Skill Academy programming
- Travel option





# MULTI-SPORT

Physical activity has a profound impact on students' cognitive abilities and health. The Multi-Sport Academy is designed to incorporate the benefits of sport, education, recreation and health as students explore a variety of athletic opportunities and educational experiences.

This academy is available to Grade 4-7 student-athletes. Upon request, we can look to accommodate Grade 8-9 student-athletes in our Multi-Sport offering.

- Based on Long-Term Athlete Development Model
- Using our sport options
- Goal to achieve physical, mental and emotional fitness
- Mix of different sport academies
- An example of weekly schedule could include:
  - Basketball/Soccer Monday & Wednesdays
  - Golf on Friday



# WORLD CLASS FACILITIES

With our remarkable 170,000 square-foot campus, Edge has become one of **Calgary's premier training and education facilities**. Edge School is one of the very few schools to have all the necessary academic and athletic facilities in one building.

## ACADEMICS

Almost 60,000 square feet of academic space spread over two floors is designed for up to 400 students. These include well-equipped classrooms and science labs, a learning commons, and a full-service cafeteria.

## ATHLETICS

The Jim Davidson Sports Complex is a **world-class** athletic, recreational and community-use facility made possible by the generous contributions of Calgary's community leaders and philanthropists. Inside and outside this 90,000 square foot complex you will find:

- two NHL sized arenas: Kyle Stuart Memorial Arena and Kyle Stuart Alumni Arena
- golf centre with putting green and golf simulator
- gymnasium with two NBA sized courts
- Duckett Performance Centre (DPC), high performance training and fitness centre
- four professional dance studios
- state-of-the-art FIFA 2 Star-certified athletic turf field
- Edge Youth Sports Therapy Clinic





# INTEGRATED SUPPORT TEAM

## DUCKETT PERFORMANCE CENTRE

The DPC has earned a reputation as the premier training centre for high performance athletes in Calgary.

Located adjacent to Edge's gymnasium, the DPC offers teams, small groups and individuals cutting edge technology and equipment and highly qualified and experienced coaches.

The DPC contains the latest in athlete assessment and performance technology, and has been designed with an acute attention to detail. The treadmills, Keiser functional trainers, medicine balls, free weights, Mondo track and flooring, combined with the DPC staff's meticulous training programs, ensure that each student-athlete benefits to his or her maximum potential.

## SPORT PSYCHOLOGY AND COUNSELING

Sport psychology and mental performance training has become a pivotal component within training programs for both individual athletes and teams.

Our in-house mental trainer, Dr. Matt Brown, provides many services to our students, parents and staff including one-on-one and group/team mental performance support at home and on the road. Our school counsellor, Diana Fridd, offers students academic and career counselling, as well as post-secondary and scholarship information.

## EDGE YOUTH SPORTS THERAPY CLINIC

Our full-time athletic therapist ensures that Edge students receive the support they need to stay in top shape through education, prevention and rehabilitation. Our fully-equipped sport therapy clinic allows student-athletes to easily access rehabilitation in their busy daily schedules.





# ADMISSION PROCESS

## 1 APPLICATION

We accept applications on a rolling basis through our online system. To start the application process, visit [edgeschool.com/admissions](https://edgeschool.com/admissions). You will need to create an account which will allow you to save your progress as you work through the application and upload the required documents.

- Submission of your completed application form
- Your child's birth certificate or Passport
- A copy of your child's most recent report card and a final report card from the previous year
- \$100 application fee which can be sent by e-transfer to [accounting@edgeschool.com](mailto:accounting@edgeschool.com)

## 2 ASSESSMENTS

Our school counsellor, teachers, sport directors and coaches work together to ensure that our program is the right fit academically and athletically for your student-athlete. Depending on Grade level and sport focus, these assessments can take different forms. Our Admissions office will guide your family through this process.

## 3 MEETING

Once the academic and athletic assessments are completed, families will be contacted to schedule a meeting with a member of our Admissions team. Parent(s) and the prospective student will meet together with the Edge staff member.

## 4 ACCEPTANCE

Parents will be informed, by email, of acceptance. The link to the online tuition contract and other enrollment forms will be forwarded to families at that time.

**Questions or want to book a private tour?** Email [admissions@edgeschool.com](mailto:admissions@edgeschool.com) or call 403-246-6432 ext. 111



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