



# NLPS Softball Academy

Located at Dover Bay Secondary.

Dover Bay is teaming with the ideals of Softball Canada who has taken [Sport for Life's](#) generic LTAD model and created a softball-specific version called Softball's Long-Term Player Development (LTPD) model using a combination of recent sport-science research and best practices.

The eight stage LTPD model identifies the optimal training, competition and recovery principles and practices for our players through sequential stages from childhood through to adulthood. It recognizes there are two distinct streams in softball – the lifelong recreational sport and the elite competitive arena – and it is designed to promote and support players in both.

## Intent of The Program

Promoting excellence alongside recreation is important. The model ensures players develop the physical literacy necessary to enjoy softball, and sport in general, for a lifetime as well as identifies the pathway and skills for players to reach their potential and excel at the international level through a systematic and logical development. It addresses the physical, technical/tactical, mental, emotional, cognitive and social needs of the player as they pass through each stage of development.

## Timeline

This is a half-year program. 1 class per semester

## Fundraising

No Fundraising Requirements

## Travel

No Travel

**Please Note:** Transportation to and from the Academy is the responsibility of the Parent/Guardian.

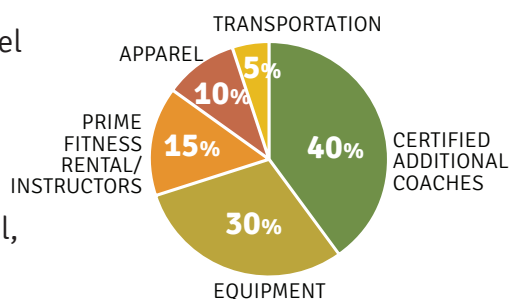
Applications must be completed and received by Central Registration by March 1/2019. Applications that are not fully completed will not be considered for entrance to the program.

## Fees and Breakdown:

- ▶ All Players – \$750/semester

The fee covers all costs associated with facility rental, instructor honoraria, equipment, training aids, and other costs incurred to operate the program.

The fee does not cover the salary of the teacher associated with the program.



## Academy Player Statement Form



**NANAIMO LADYSMITH  
PUBLIC SCHOOLS**

FOR MORE INFORMATION  
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