

W.E.A.T.

Walkerton Exceptional Athlete Training

The Walkerton Exceptional Athlete Training (WEAT) program has been a successful initiative at Walkerton District Community School. WEAT is an enrichment program for student-athletes who demonstrate exceptional athletic potential. Applicants to the program must also possess strong academic commitment and be positive contributors to the WDCS community.

It is our hope that this enrichment opportunity will enhance a student-athlete's current training program while working toward a provincial/ national/ international championship.

Training is not 'sport-specific', rather the WEAT program will focus on developing essential transferable skills including speed, agility, endurance, power, and flexibility.



What is it?

- WEAT is an enrichment program for student-athletes who demonstrate exceptional athletic potential in a given sport.
- The student athlete performs his/her cross-training at school in the WEAT program. This format allows the student athlete 110 additional hours of fundamental training designed to enhance sport performance.

Who is it for?

The WEAT program is open to incoming Grade 8 students, as well as current WDCS students. Basic criteria for application to the WEAT program are listed below:

- Is **self motivated** and willing to do the extra physical and academic work needed to excel in sport and educational pursuits.
- Is competing towards a provincial championship or higher, outside of school, individually or as a member of a school team.
- Has a minimum average of 60% in all courses. Grades will only be considered for the current academic year.
- Has no multiple N's in the learning skills category of the report card.
- Will re-apply to the program every year.
- Has exemplary attendance in ALL classes. An attendance profile will be collected for each applicant.

Speak to your
Guidance department
to find out if W.E.A.T. is for you!