

Sport Specific Athletics

GW Graham is extremely proud of our very strong athletics program. We are very pleased that over 50% of our students are involved in the athletics program. Our gyms are one of the busiest in the Lower Mainland with students actively involved from early morning till the evening. There is a culture of students making a strong commitment to athletics as they strive to grow in sports. Our Sport Specific Athletics classes are designed to support the athletes who have a passion and want to grow in certain sports. The Sport Specific Athletics classes use specific sports as the fabric for learning the curricular competencies for Physical Education at the grade 9 – 12 level.

GW Graham's sport specific classes will combine excellent instruction with a unique partnership with university/college coaches and other elite athletics agencies throughout the local and provincial sport community in an attempt to motivate each individual beyond their personal boundaries, to foster individual skill development, and maximize players' potential.

GW Graham sport specific classes will offer student athletes a high performance program focused on developing their total game including: individual fundamental skills, offensive and defensive team strategies, cross training, competitive preparation, and mental toughness. In addition to growing as athletes, students will also have the opportunity to work towards coaching and officiating certifications.

Student athletes will also have the opportunity to grow into leaders and role models within the community working with our middle school and elementary feeder schools.

Senior Athletics - Sport specific students will also be provided with strategies, tools, important information and assistance with post-secondary athletic and educational opportunities.

The ultimate goal for all sport specific student athletes is to strive to become 1% better every day in their chosen sport, in the classroom and throughout their community.

