



The COAST program is a life-changing, outdoor education experience for Grade 10 students. We aim to help students in learning about themselves and to develop enduring positive character traits. By exploring the natural world through the lens of academics, individual and group leadership, environmental ethics, and outdoor skill development students develop a stronger sense of balance and respect for themselves, and for the world. Upon leaving the program, students can expect to have learned the value of making informed responsible decisions, initiating action, and taking personal responsibility for who they become.

Timetable:

- Semester 1.....Math 10, Science 10, Two Electives (usually one is a language)
- Semester 2.....Social Studies 10 (with integrated Field Studies), English 10, Planning 10 Online, PE 10, PE 11 and Leadership 11

Certifications:

- St. John's First Aid
- The Recreational Canoeing Association of BC – Flatwater Level One
- Rock Climbing Belay

Outdoor Activities:

Most activities will take place locally during regular school hours.

Main Outings:

- February - 3 days Backcountry snowshoeing and camping
1 day cross country skiing
2 days rock climbing
1 day high ropes team building
- March - 3 days mountain biking
- April - 3 days cultural hiking/backpacking trip
5 days ocean kayaking
- May - 9 days canoeing

Other Components:

- 30 Hours Volunteer Service
- 150 Mins/Wk of Daily Physical Education
- "Leave No Trace" ethical training

Application Procedures

Grade 9 students apply in writing for COAST 2014 by January 21, 2013. Students wishing to apply complete an application form.

Candidates will be interviewed at the beginning of semester 2. Suitability will be evaluated by a committee on the following criteria:

- commitment to cooperation and respecting others
- level of motivation and initiative taking
- interest in the program
- responsibility towards academics
- reasonable time management and organizational skills

Funding

Equipment and travel expenses are covered by fundraising projects a \$800 course contribution. Students will be contacted when they are selected and will be required to pay a \$100 deposit at this time. The remainder is due in September 2013. The cost of the program covers all travel, equipment, certifications, and instruction costs. Students must provide their own hiking boots, clothing and food.

More Information:

www.Gleneagle.org >Programs of Choice > COAST

If you would like more information please contact the school (604-438-2222) email: Mr. Hayes (ahayes@sd43.bc.ca) or Ms Bogen (kbogen@sd43.bc.ca)





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