

Student-Athlete Welcome Message

Hello,

You are receiving this message because you are officially part of SCIDES 'Competitive Athlete Program' for the upcoming 2026/2027 school year. This is the second official year of the program, and I am extremely excited for another one! The past year saw the success of many athletes in school and sport, from accepting spots in the NCAA to being selected in the NHL draft. Overall, last year was very successful and represented a strong starting point for us. The aim this year is to build off this success and make year two even better!

As a member of this program, you can expect hands on support from me as your academic advisor and grad path builder as well as course teacher for specific subjects. I will be checking in regularly with you and your parents to ensure we are all meeting your program goals and staying on a strong track. Please do not hesitate to reach out to me with questions or concerns. I am here to support you as you navigate online school and the student athlete life. As a former student athlete myself, I understand the unique life you find yourself in.

As a student athlete, you are a part of a long tradition of driven individuals striving for success and elite performance. The student athlete experience is old and has a deep and storied history. It has produced professional athletes, Olympic champions, and successful workplace professionals. The foundational skills necessary to navigate this life, including dedication, perseverance, time management, and structure, are skills that apply to success in any field. Mastering them will benefit you now and in the future.

In taking on this life and becoming a part of SCIDES program, you have assumed responsibility for commitment to both athletics and schooling. As you progress through this year, keep the skills mentioned above at the front of your mind. Through dedication, perseverance, time management, and structure, you will be successful in sport and academics. In both these areas, have your end goals in mind and create a process that leads to your goals. Throughout this year, stick to your process and you will find yourself in

a good position at year's end. With the process in mind, here are a couple tips for success in online school:

1. Build a school schedule every week. On Sunday evening, map out your training schedule and plan your schooling around that. Dedicating time in a day specifically for school means it stays on your mind and helps you stay on track. Making this visual in a schedule is a memory tool and helps keep you accountable. You need to work on school at least 12 hours per week, though more is likely needed.
2. If you get stuck, reach out! Don't go silent. If you have questions or are uncertain about the content or how to proceed, contact your teachers or me. The worst thing you can do in online school is go silent. We are here to help and want you to keep progressing!
3. Approach school like you approach athletics. You know where you want to be in your sport, and you work with those around you to put a plan in place to get there. Do the same with your courses. Ask yourself, what do I NEED to do this year in school? Once you answer that honestly, work with those around you to map out how you can get there- including myself, your parents, and any others academic advisors you may have. Remember, everyone's path is different, but it is critical for everyone to identify their path and reach the end.
4. DO NOT USE Artificial Intelligence content generators. This is critical. Using AI to generate your assignments is plagiarism and will result in zeros on your work. SCIDES teachers are very good at recognizing AI and will call you on it. We had many students last year in serious trouble for AI use, which affected the graduation of a few. This is simple, do not use AI.
5. Hold yourself accountable! You know where you need to be, so get there! In the process, lean on your support system to help you.

So, welcome, all, to SCIDES Competitive Athlete Program. I look forward to working with you this year. As we move forward, look for more email updates from me with important/relevant information.

Sincerely,

Corey Hermiston