



Unique training opportunities

Flexible learning pathways

Lower tuition costs

Northern Lights College— Speed Skating Team

About the program

Northern Lights College is proud to be the only post-secondary institution with a collegiate speed skating team in Canada. As home to one of three indoor long track ovals, Fort St John is uniquely positioned to become home to a high-performance training program for students from across the country.

NLC skaters will be encouraged to participate and support speed skating through the Fort St John Recreation and Speed Skating Club. This can include participation in monthly time trials or supporting club events through volunteering.

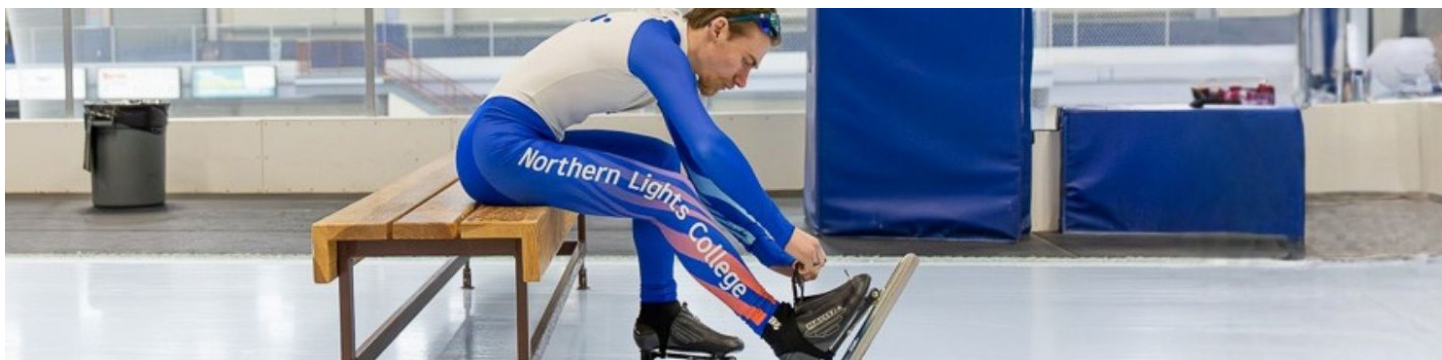
Practices

Skaters will be training in the Pomeroy Sports Centre and will be supported by an NLC coach, a local physiotherapy clinic, and a health and wellness specialist. There will be 4-5 on-ice sessions weekly in addition to 1-2 dry land training sessions.



Northern Lights
College





Strength and conditioning

NLC's Speed Skating Team strength and conditioning requirements will align with Speed Skate BC and Speed Skate Canada requirements under the supervision of coaches, trainers, and nutritionists.

Housing:

NLC offers student housing at our Fort St. John campus. Living on campus is a great way to connect with other students. It's affordable and convenient. Our campus housing has dedicated areas for studying and socializing and all suites are furnished and move-in ready.

Housing Costs:

Three-bedroom and four-bedroom unit:\$560 per month
Two-bedroom unit:.....\$630 per month
One-bedroom unit:\$1,190 per month

Scholarships and Awards:

Skaters must be registered in programming at Northern Lights College. Dual-credit students may be eligible for the program but will be determined on a case-by-case basis. There are significant scholarship funds available for prospective student athletes. Scholarship funds can be accessed through an application process.

More information:

If you have questions or would like more information, please contact:

NLC Recruitment

info@nlc.bc.ca

or

Karen Mason-Bennett, Campus Administrator

kmasonbennett@nlc.bc.ca

250-787-6240