



LOUIS-RIEL ALPINE SKIING

FOR STUDENT-ATHLETES FROM GRADES 9-12



PROGRAM FEATURES

Training every weekday

- 5x/week physical training in Fall/Spring
- Winter schedule:**
- 2-3x/week on-snow
- 1-2x/week physical training
- Fridays with athletes' community ski club

Quality on-snow training environment

- Video analysis sessions at ski hill
- Course equipment (gates, timing) provided
- Mont-Cascades, Mont-Ste.-Marie & more

Access to sports professionals

- Sports nutritionist
- Mental skills coach
- Personal trainer
- Athletic therapist

Program plusses

- Can compete in high school events (OFSAA)
- Opportunity to obtain instructor certification
- Transportation provided to/from ski hill with Louis-Riel's own fleet of buses

ABOUT THE PROGRAM

The Louis-Riel Alpine Skiing program allows students to best integrate their studies with greater opportunities for physical preparation and more time on snow than they'd otherwise get to experience.

Running throughout the school year, the program supplements the typical 3-day-weekend environment in the club setting with more ski-focused training on and off the hill.

All members of Louis-Riel's Alpine Skiing program are typically associated with a ski club, with which they also train and compete outside of school.

Skiers will work with certified FIS Level 3-4 coaches when they're at local hills during the week, while the school's strength coach guides them during training at the world-class Dome LR on-site at Louis-Riel.

The Louis-Riel Alpine Skiing program strives to develop the best student-athletes possible while helping them achieve their provincial, national or international ski goals.

Though scholastic competition is not a primary focus, our skiers have captured a number of provincial medals and championships, including OFSAA team and individual titles. The Louis-Riel Alpine Skiing program also owns a strong history of athletes moving on to compete at the next level on the university or international circuits. Many more have gone on to coaching careers as well. Meet a few of our grads:

Thomas McKinlay



"Louis-Riel was really one of the only schools that was willing to get behind my skiing, and were comfortable with me missing a lot of school for training."

"I never had conflicts about missing tests, I never got bad marks, and I was able keep up with all my classes online thanks to my teachers' support. It really allowed me to focus on skiing when I'm away skiing, and to be less stressed."

"I loved the Sports-Study program. I don't think I would have been able to do what I've done without the program. It sure would have been a lot more difficult at another school."

— Thomas McKinlay, Nor-Am Cup circuit racer, Quebec alpine ski team member

"Even though French is my second language, I went to Louis-Riel because I wanted to get the most training I possibly could for skiing."

"There, I could train every day at school, and get on snow in the afternoon. It really helped me prepare for my race season, and it gave me the edge I was looking for."

"It also really helped that it's a sports school. All the teachers and staff are supportive of what I do and understand the commitments involved."

"During race season, I'd be away from school a lot, but everyone was very accommodating and they'd all help me out with my schoolwork. It's a really great program."

— Sierra Smith,

> 2018 Louis-Riel graduate

> 2017 U19 Canadian champion (women's downhill)

> 2015 OFSAA quadruple-gold medallist

> Represented Canada at Trofeo Topolino & Whistler Cup



"The Louis-Riel Sports-Study program gave me the flexibility I needed to chase my athletic dreams without sacrificing my academic objectives."

— Rebecca Nadler

> Graduate of Harvard University

> 3x All-American

> First inductee into Harvard Skiing Hall of Fame

> 2012 NCAA women's giant slalom individual champion



HOW TO REGISTER

Contact the Louis-Riel school administration (louis-riel@cepeo.on.ca) with any inquiries and to sign up.



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