



LOUIS-RIEL ATHLETICS

FOR STUDENT-ATHLETES FROM GRADES 9-12



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Conseil des
écoles publiques
de l'Est de l'Ontario

Passion - Excellence - Respect



ABOUT THE PROGRAM



With North America's premiere indoor athletics facility literally in its backyard, Louis-Riel offers a truly unmatched setting for local high school students to develop their abilities and passion for sport.

Dedicated coaches ensure every individual maximizes their experience in the program. While striving to develop the best athletes we can, the Louis-Riel Athletics program thrives on its ability to provide students with valuable life skills through the sport.

The program also has the unique ability to complement and enhance athletes' skills for other sports. Whether it be soccer, football, volleyball or another sport, the opportunity to train in track-and-field has benefitted many of our school's student-athletes.

There are many competition opportunities on-site at the school thanks to the series of meets held each year at the Dome LR, and the Rebels own a strong record of competing amongst the best in the province despite its smaller team numbers.

The program runs throughout the school year, from September to June, and also collaborates hand-in-hand with local community clubs to deliver further athlete development.

PROGRAM FEATURES

Training every weekday

- 2x/week on-track
- 2x/week physical training
- Pre-season: additional physical training session
- In-season: additional on-track technical training
- Team practice after school during season
- On-site at school's world-class indoor Dome

In-house competition opportunities

- 8-10 track-and-field meets hosted by Louis-Riel high school annually
- Dome LR hosts 15-20 total meets (incl. community/university)
- 3 cross-country meets hosted by Louis-Riel

Access to sports professionals

- Sports nutritionist
- Mental skills coach
- Personal trainer
- Athletic/massage therapist
- Workshops with Olympians

Cross-training sessions

- Yoga
- Squash
- Trampoline
- Focus on injury prevention

World-class facilities

- North America's only indoor 400-metre track
- 6 lanes on straightaway
- 4 lanes all around
- Jumps area, pole vault, high jump
- Circle platform for throws practice
- All events on OFSAA program can be practiced at Dome
- High-performance weightroom

Advanced technology

- Live delay video analysis
- World-class timing & meet management systems
- Students trained to operate technology
- Exclusive Nike Team gear



EXPERIENCE THE DOME DIFFERENCE

DÔME LR

The Dome LR is the wintertime hub for many of the region's high-performance athletes across many sports.

Only a handful of universities even have a 200-metre indoor track, but the Dome LR features the only 400 m indoor track in North America – an internationally-recognized Mondo surface – plus infield areas to practice field events.

Add to that the FinishLynx photo-finish timing system – used notably by the Tour de France and the Calgary Olympic Oval – and Hy-Tek Meet Manager software, and the Dome LR is well-equipped to deliver professional quality competitions.

Louis-Riel typically welcomes over 7,500 athletes for its cross-country & track meets each school year, serving as the area's key venue for athlete development.

Just a few strides from the classroom, members of the Louis-Riel Athletics program are able to practice their skills at a world-class facility, with top-notch tools, on a daily basis.



OUR PROUD TRADITION



Louis-Riel's athletics program has a strong record of student-athletes moving on to the next levels in the sport. Meet a few of our grads:

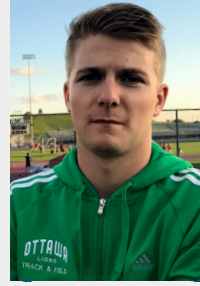
ELIEZER ADJIBI

Won double sprint medals at both OFSAA & Canadian U-20 championships in senior year at Louis-Riel. Ontario open men's 100 metres champ in 2021. Ran 10.23 for fourth in 100 m at 2022 Canadian championships. Won double gold and set new 100 m record for TEAM ONTARIO at Canada Summer Games.



NOAH HOULTON

Middle-distance runner for the Rebels became team manager for UNIVERSITY OF OTTAWA GEE-GEE'S varsity track-and-field team. Earned uOttawa management degree, then law doctorate. Currently works as a lawyer and serves as volunteer club president for the local Ottawa Lions Track-and-Field Club.



"I first started doing track because I wanted to improve my speed for soccer, but I discovered some new talents thanks to the variety of sports offered at the school, and I found out that I love distance running, so I changed sports completely."

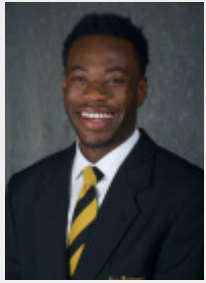


"The sports-study program allowed me to train and practice every day and ultimately improve myself. I've developed mental preparation skills, good work habits and punctuality, I've learned about nutrition, I've worked with experienced coaches for running and physical conditioning – it's really given me everything I need to excel."

– Jonathan Rioux,
University of Windsor Lancers

DAVID NSABUA

A 2-time OFSAA-champion triple jumper for the Rebels and a national youth champion in club competition, graduated on to UNIVERSITY OF IOWA BUCKEYES of the NCAA. Earned a top-10 finish at Big-Ten Championships in his rookie year, recording the 8th-best triple jump mark of all-time for the school.



ASHA MOHIDDIN

OFSAA champion for long jump (& OFSAA medallist every year with Rebels girls' soccer team), leapt on to LONG ISLAND UNIVERSITY BROOKLYN BLACKBIRDS NCAA women's soccer team. Defender started every game throughout varsity career and led Blackbirds in minutes played in final 2 seasons.



CREATING CHAMPIONS

Louis-Riel placed 3rd overall in the OFSAA provincial high school aggregate team standings, and best out of schools that scored points for both genders, in 2018 (despite being an 'A'-size school, the smallest of 3 OFSAA classifications), earning 5 medals and a dozen top-10 finishes.

Four 17-year-olds then went on to win national under-20 silver medals later that season. Each one entered Louis-Riel focused on different sports – soccer for sprinter Eliezer Adjibi and 1,500 m runner Jonathan Rioux, volleyball for sprinter Kayla Vieux, and gymnastics for pole vaulter Caroline Poirier.

"How many schools are there where you can you finish your soccer practice in the middle of winter and then try out pole vaulting?" coach Sébastien Lalonde commented at the time. "We're really blessed to have the facility and the program that we have."

NEXT GENERATION READY TO CARRY THE TORCH

The new generation is poised to continue the strong Louis-Riel Rebels track tradition. At the 2023 OFSAA Championships in Ottawa, Zachary Jeggo beat the province's best by comfortable margins to win gold medals in both the junior boys' 400 metres and 300 m hurdles. Daniel Cova was another medallist among the half-dozen Rebels OFSAA participants, with his bronze in the junior boys' 1,500 m.

Jeggo went on to win national silver medals in the U18 boys' 400 m, 400 m hurdles and 4x400 m relay and was an Athletics Ontario U18 Male Athlete of the Year Award Finalist. He says a big key to his success is the training he's able to do year-round at the Louis-Riel Dome.

"It's so great to have it. It gives us extra training and a competitive edge," says Jeggo, also a member of the Ottawa Lions Track and Field Club, which makes its winter home at the Dome.

That was a big attraction for Jorai Oppong-Nketiah to transfer to Louis-Riel this school year. The Athletics Ontario U16 Female Athlete of the Year is keen to build on her exceptional success from 2023 when she went undefeated in high school competition en route to double OFSAA sprints gold. She was also national U16 girls' champion in the 100 m and 200 m and set a new Ontario U16 girls' 100 m record time of 11.78.





MEET THE COACHES



MAUDE CARRIER-LAFORTE

Program Director,
Louis-Riel Athletics

maude.carrier-laforte@cepeo.on.ca



LEEWINCHELL JEAN

Assistant Coach,
Louis-Riel Athletics



COACH'S CLIPBOARD

- ✓ Coach with deep multi-sport background in athletics, badminton, gymnastics & ultimate
- ✓ University of Ottawa human kinetics & education degrees
- ✓ Team Quebec player was Jeux de la francophonie canadienne badminton champion & RSEQ team champion with Outaouais Griffons
- ✓ Ran intervals & cross-country as badminton off-season training
- ✓ Won provincial/national titles after taking up ultimate at uOttawa
- ✓ Became coach with Cirrus Outaouais track and field club & Chelsea Nordiq ski team
- ✓ Athletics in the blood: father was track athlete and became coach for Université Laval Rouge et Or, mother was Rouge et Or athlete

COACH'S CLIPBOARD

- ✓ National U20 men's 400-metre hurdles champion in 2019
- ✓ Team Canada member for 2019 Pan American U20 Championships
- ✓ OFSAA champ in senior boys' 400 m hurdles, 5 career OFSAA medals
- ✓ National senior men's 4x400 m bronze medallist
- ✓ Past Windsor Lancer and current University of Ottawa Gee-Gee
- ✓ uOttawa psychology student

HOW TO REGISTER

Contact the Louis-Riel school administration team (louis-riel@cepeo.on.ca). Prospective student-athletes can request a visit and to participate in a day of training with the current team. Athletes of all ability levels are welcome.



"The track-and-field program at Louis-Riel high school has helped me accomplish many goals thanks to its structure and flexibility, but more importantly thanks to the coaches who are dedicated and passionate about the improvement of each and every athlete that walk through its doors.

"I can't thank the Louis-Riel track and field sports-study program enough for providing me with a platform to succeed both on the field and in the classroom. The program exemplifies values like effort, accountability and teamwork but also helps athletes balance sport and education.

"Looking back, choosing Louis-Riel truly helped me grow and excel as both an athlete and a person. I recommend the Louis-Riel track-and-field program for any athlete looking to excel at the next level."

—Dimitri Pronko,

University of Western Ontario Mustangs Vanier Cup football champion
Offensive lineman was LR thrower/sprinter

credits Athletics program for developing running technique/speed for football

ACADEMICS
ATHLETICS
EXCELLENCE

REBELLES

LEADERSHIP
INNOVATION
PASSION