



LOUIS-RIEL

BASKETBALL PROGRAM

FOR STUDENT-ATHLETES IN GRADES 9-12



LOUIS-RIEL.CEPEO.ON.CA

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Conseil des
écoles publiques
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Passion - Excellence - Respect



ABOUT THE PROGRAM



The Louis-Riel Basketball sports-study program offers a premiere outlet for player-focused development. Integrated into the scholastic setting, the program features a daily training environment that best prepares high school age student-athletes for the demands of university/college basketball.

Basketball has always been a big part of Louis-Riel. Led by an experienced provincial and national team coach, the basketball program has steadily grown since it became part of the school's innovative sports-study program, founded in 2005.

The program features daytime training under experienced director André Desjardins, more of the best coaching in town with the school's teams, practices and seminars with varsity coaches, visits from past Louis-Riel stars who have gone on to play at the next level – collectively, it includes all the tools needed to excel on the court and in the classroom.

PROGRAM FEATURES

Training every weekday

- Daily practice or physical conditioning (alternating) during regular school hours
- Team practices before or after school

Top-notch facilities

- Standard full-size high school gym
- Additional FIBA regulation court in Dome LR
- High-performance weight-room & training equipment

Access sports professionals

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

Athlete development focus

- Yoga & running cross-training sessions
- Offseason “mini-Olympics”
- Encouraged to develop athletic abilities by playing other sports
- Periodized training
- Alignment with community club or outside basketball demands
- Focus on injury prevention

Advanced technology

- Krossover (video scouting and breakdown platform)
- Coach's Eye (video slow-down for technique analysis)
- Polar heart rate monitor
- Exclusive Nike Team partnership provides world-class uniforms & gear
- Visiting university coaches often run program practices



“I decided to join the sports-study program at Louis-Riel when basketball started getting serious for me in Grade 9.

“It was great being able to train during school hours, and the physical training was crucial for me to get ready to take on men.

“It was also a big help having teachers who go the extra mile to connect with students and make sure we're succeeding in our studies too.

“And I learned a tonne working with André Desjardins. I learned how to play here, really. The program opened doors for me to the university level, and it made me better for wherever I was playing.”

**– David Quinn, Nipissing University Lakers Centre
Ontario Champion with Ottawa Elite club
Canadian U-17 Championships Silver Medallist with Team Ontario**





MEET THE COACHES



COACH'S CLIPBOARD

- ☒ 25+ years coaching experience, First began coaching at Louis-Riel in 1998
- ☒ Past Assistant Coach with Team Canada Cadette Women's National Team
- ☒ Bronze medallist at 2012 FIBA U-17 Women's World Championships
- ☒ Coach Mentor with Canadian Women's & Junior National Teams
- ☒ Certified Canada Basketball Targeted Athlete Strategy Coach & Master Coach Developer
- ☒ Ontario Centre for Performance Coach
- ☒ Coached National-Champion Teams (Ontario)
- ☒ Coached OFSAA-Champion Teams (Louis-Riel)
- ☒ Past uOttawa Gee-Gees Men's Assistant Coach
- ☒ Owner of Fastbreak Basketball Programs
- ☒ NCCP Level 4 Coaching Certification

Linked in See André's resumé on linkedin:
<https://ca.linkedin.com/in/andre-desjardins-55460b7b>

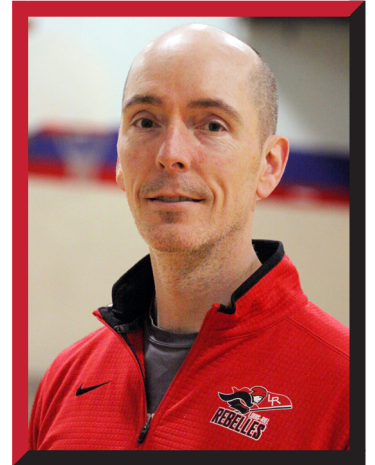
Read an Ottawa Sports Pages Profile on André:
<https://ottawasportspages.ca/andre-desjardins-brings-team-canada-coaching-experience-to-louis-riel-girls-basketball-academy/>

ANDRÉ DESJARDINS

Head Coach,
Louis-Riel
Basketball Program

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 @CoachAndre



"There isn't a better bond, where you can really influence kids, than between a player and a coach. For me, the best part is being able to guide them and help them make good decisions – the life lessons through sport.

"What I really hope they learn through basketball is how to be a leader, how to work in an organization, carry their own weight, be autonomous, give positive energy, set a good example to follow, and just to become more committed. That shows the really great influence a program like this can have."

BASKETBALL ACADEMIES & EXPLORATORY SPORTS DEVELOPMENTAL OPPORTUNITIES

> Louis-Riel is also home to high-performance Girls' and Boys' Basketball Academies, which plays in the Ontario Scholastic Basketball Association and National Preparatory Association Senior Circuit. Players who are not yet ready for those levels may join the sports-study basketball stream as a possible steppingstone.

Louis-Riel also offers additional developmental opportunities for boys and girls in Grade 7/8 through its Exploratory Sports program, as well as intermediate scholastic basketball teams.



"(André) has provided me with so many opportunities. He's been there for me throughout my whole journey. He is such an amazing coach and supports us extremely well.

"I miss seeing him every day now that I'm in university, but I know I can still talk to him any time I have a problem or a question.

"I really appreciate all his support. I love him as a coach."

– Taylor Featherstone,
University of Calgary Dinos





OUR PROUD TRADITION



Though the Louis-Riel Basketball program's focus has always been on individual player development, the Louis-Riel Rebels have won their fair share of prizes in scholastic competition:

2018
NCSSAA
Junior Boys'
& Senior Boys'
City Champions



2017
OFSAA 'A' Boys'
Silver Medallists

2010
OFSAA 'AAA'
Girls' Champions

2009
OFSAA 'AAA'
Girls' Champions

2003
OFSAA Boys'
Silver Medallists

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



KATRINA RENON

Katrina was the third (and final) Renon sister to move on to play varsity basketball, following oldest sister Alana (uOttawa Gee-Gees, biochemistry masters), Ava (McGill Martlets, civil engineering). Won a Canadian U17 championship with **TEAM ONTARIO** in summer of 2022. Joined **QUEEN'S UNIVERSITY GAELS** in 2023. Settling in as first-year forward for powerful Gaels team ranked among Canada's best. Averaged 14 minutes, 5 points and 4 rebounds per game, 84% on free throws in fall. Currently studying chemistry with an eye on becoming a teacher in the future.



CATHERINE TRAER

OFSAA champion Rebels player moved on to the **UNIVERSITY OF OTTAWA GEE-GEES**. Later joined the **CARLETON UNIVERSITY RAVENS** while completing a political science masters degree. Led the Ravens to their first U Sports national title in her senior year, was championship game MVP. Represented **TEAM CANADA** on the 2019 FIBA 3x3 Women's Series at various stops across the globe, at the 2018 Commonwealth Games in Australia, the 2017 FISU World Student Games in Taiwan, and Canada-Québec at the 2017 Jeux de la Francophonie in Ivory Coast.

OLIVIER QUESNEL

Guard played 5 years of U Sports varsity basketball for **WATERLOO UNIVERSITY WARRIORS**. Received Don McCrae Award for leadership contributions to Warriors men's basketball program. Now the Vice President and Chief Actuary for Fairfax Financial Holdings Ltd.



MICAËLLA RICHIÉ

After representing **TEAM CANADA** on the U15, U17 & U18 national teams (and also winning OFSAA gold as a Rebelle), played 4 years of NCAA basketball with **UNIVERSITY OF MINNESOTA GOLDEN GOPHERS**. Finished among top-25 NCAA players in field goal percentage and earned All-Big Ten Conference Academic honours. Coached for 3 years at Kansas State University. Played 2 seasons as a **PROFESSIONAL IN GREECE**. Now Director of Basketball Operations for Lay-Up Youth Basketball, a charity providing cost-free programs year-round in Toronto's Neighbourhood Improvements Areas.



HOW TO REGISTER

Contact Louis-Riel Basketball Program Director André Desjardins (andre.desjardins@cepeo.on.ca) or the Louis-Riel school administration (louis-riel@cepeo.on.ca). A tryout will be organized, or a coach's recommendation will be requested. A follow-up interview will be conducted to determine the player's objectives and dedication to playing and learning the sport.