



THE EXPLORATORY SPORTS PROGRAM AT
ÉCOLE SECONDAIRE PUBLIQUE

LOUIS-RIEL

FOR STUDENT-ATHLETES IN GRADE 7-8



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

Passion - Excellence - Respect



ABOUT THE PROGRAM



The Exploratory Sports program exposes middle school students to a wide range of sports and activities (adhering to long-term athlete development principles). The fundamentals to lead an active, healthy lifestyle are taught, enabling student-athletes to participate in physical activities with confidence, and build the foundation to pursue high-level training.

Like in the school's renowned Sports-Study program (for Grade 9-12), the Exploratory Sports program has the built-in psychology to accommodate student-athletes' needs, including adapted academic schedules to facilitate sports commitments.

EARLY-YEAR OUTDOORS & LEADERSHIP CAMP

- 7th grade students visit Bonnenfant Y Outdoor Centre
- Builds teamwork, friendships & camaraderie from the start



"We're always trying new sports, it changes all the time. Badminton was a sport I didn't want anything to do with



before I got to Louis-Riel, but I discovered that it's actually a sport that I really like."

-Buuma Maisha

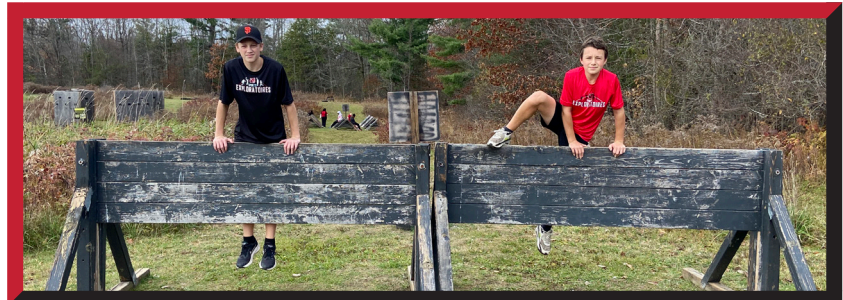


OUTINGS TO EXPLORE LESS COMMON SPORTS

- Fencing
- Cycling
- Climbing
- Curling
- Obstacles
- Trampoline
- Snowshoe
- And more!

ONGOING SKILL DEVELOPMENT & EDUCATION

- Stretching (yoga) & muscle training (with strength coach)
- Visits from specialists (nutrition, mental skills, etc.)



SPORT-SPECIFIC TRAINING

- Students select a favourite sport to practice twice a week with qualified coaches
- Opportunity for individual sport athletes to train with their community clubs during the school day





A SPECIAL SETUP



EMBRACING ELITE ATHLETES

Ingrained philosophy to support athletes' pursuits

- School fully comprehends the requirements to excel in high-level sport
- Teachers flexible to accommodate athletes who need to miss school while they are away for training camps or competitions
- Electronic class summaries & assignments
- Academic support & homework club offered at various times throughout the school week



TRANSPORTATION INCLUDED

- High-level athletes can train during the afternoon with their community clubs
- Louis-Riel's Sports-Study Program busses transport students to their various training sites
- Daytime access to sports centres
- Yellow busses from rural areas
- Free OC Transpo pass for students who live in the city

"A GREAT CLIMATE FOR STUDENTS TO FLOURISH"

"A school classroom is like a family. The students are here with us for six years, so we need to create a good atmosphere for them to enjoy themselves and to grow, and the Exploratory Sports program provides that big-time."



Sherry Polomark
Exploratory Sports program organizers

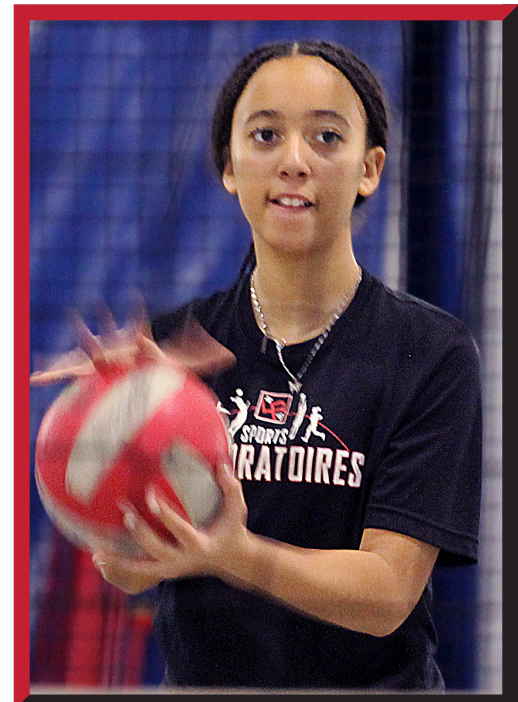


Jason Bélanger
Exploratory Sports program organizers

"The kids are all smiles during our outings. We have a lot of fun. And at the same time, everyone is building their confidence to participate in physical activities and to develop an active lifestyle."

"It's a really wonderful program. For me, it's a dream job. I have as much fun as they do."

— **Sherry Polomark**





DOME LR – A GAME-CHANGER



WORLD-CLASS YEAR-ROUND SPORTS DOME NEXT TO SCHOOL

- Large onsite weightroom, fully-stocked high-performance training equipment
- Canada's only 400-metre indoor track, with top-of-the-line Mondo surface
- Multi-sport turf playing field, full-size indoor FIFA soccer pitch
- Gym floor for regulation volleyball & basketball courts
- Priority access to private on-site physiotherapy clinic at discounted rates
- School has exclusive access to Dome from 8:30 a.m.-5 p.m. Monday to Friday
- Olympians/pros train at the Dome




“Speaking French has really opened new doors for me.
“I was really shy at first, but all my coaches and teachers helped me through it and have really pushed me to do my best.
“Now I’ve made lots of new friends and I’ve really applied myself academicaly. I’ve exceeded what I thought I’d ever do.”

–Kristina Bechthold,
Anglophone Student, Louis-Riel Soccer Academy grad, LR Math, Science, English & French Academic Excellence Awards, Hawaii Pacific University marine biology student, Sharks soccer

HIGH-QUALITY FRENCH-LANGUAGE EDUCATION

- Dynamic, welcoming & nurturing learning environment
- Devoted to personal, academic & social success
- Providing skills & knowledge required to thrive in an ever-changing world
- Louis-Riel’s Sports-Study program attracts many Anglophone students to study in their second language
- Invaluable language skills for employment & life in a bilingual country

“ONCE A REBELLE, ALWAYS A REBELLE.”

- Family feel at school
- Strong bonds amongst students/staff
- Exceptional school spirit
- Community involvement opportunities

See our video at: youtu.be/cucp00B7R78

