



LOUIS-RIEL INDIVIDUAL SPORTS

FOR STUDENT-ATHLETES FROM GRADES 7-12



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

Passion - Excellence - Respect



ABOUT THE PROGRAM



The Louis-Riel Individual Sports program welcomes student-athletes from just about every sport under the sun, providing the optimal setup and support needed throughout the school year for them to excel up to the highest levels in sport.

Home to an innovative Sports-Study program since 2005, the school fully embraces athletes' pursuits, and understands the commitments involved to reach for the top. Student-athletes are granted the flexibility and individual attention required to shine both in sport and in the classroom.

Included during regular school hours is a period for students to train in their sport (for which they receive a physical education academic credit). Many individual sport athletes spend that time at their respective community sport clubs. The afternoon period generally comes at a quieter period for most clubs, thus providing higher quality and more focused training. The school often provides free transportation to those clubs' facilities. With training complete in the afternoon, students (and parents') evenings are freed up for time with family, friends, homework or proper rest.

With its world-class Dome LR as the centrepiece, Louis-Riel also offers a top-notch training setting itself on-site at the school. The Dome LR includes a weightroom with a full set of high-performance equipment, a private physiotherapy clinic, a full-size soccer field, track and volleyball/basketball courts – all indoors.

Part of the school's fabric, coaches and staff are all geared towards accommodating and supporting student-athletes' needs as best they can. Most of the school's courses are available online, making Louis-Riel a leader in this domain amongst high schools as well.

Unique to the region, the program allows athletes to pursue sport to levels that otherwise would not be possible while in school. Louis-Riel is simply the place to be for student-athletes driven to succeed in their academic and athletic careers.

PROGRAM FEATURES

Training every weekday

- Daily training at school or community sports club
- Flexibility for schedule/format to accommodate each individual situation

Ingrained philosophy to support athletes' pursuits

- School fully comprehends requirements to excel in high-level sport
- Teachers flexible to accommodate athletes away for training/competitions
- Electronic class summaries & assignments
- Courses available online
- Exams & assignment due dates can be adjusted
- Homework club offered

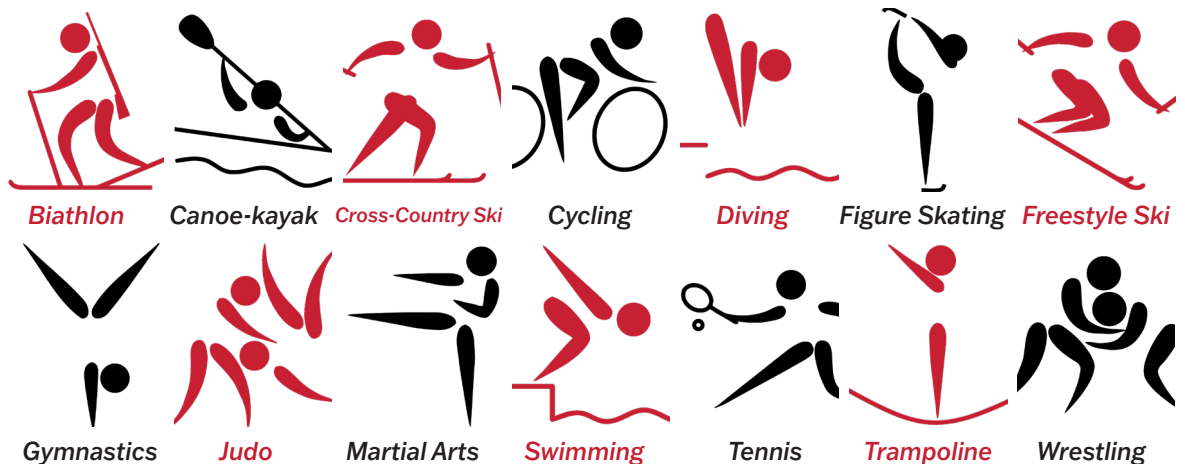
Access sports professionals

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

Transportation included

- School's fleet of buses bring athletes to area clubs
- Students from outside school's boundaries receive free transportation by yellow school bus or OC Transpo pass

ACCOMMODATING ATHLETES FROM ALL INDIVIDUAL SPORTS



Did we miss your sport? Don't worry. All of the relationships with the above sports started somewhere, and Louis-Riel is always open to new collaborations.

Partnerships can emerge in a variety of ways. Sometimes individual sport athletes are already connected with a community club and it's a matter of creating the proper schedule, support system, and integration with their studies.

A group of parents, a coach or a community club representative may approach the school with ideas for new programs or how to link existing initiatives to Louis-Riel Sports-Study.

Or often it is the school that seeks out a partner because it has prioritized a given sport based on demand at the school, where students might be interested in joining a new sport, or to increase participation in sport and physical activity for certain populations (cultural, gender, etc.), for example.

"We're always motivated to provide new opportunities that give kids the best chance possible to train, to study, and to go as far as possible in their sport," signals Louis-Riel Sports-Study coordinator Ken Levesque. "We're very open to new partnerships. The fact that we were pioneers in this field when we first started in 2005 gives us wind behind our sails to keep growing, innovating, and trying new things."



OUR PROUD TRADITION



The Louis-Riel Individual Sports program works collaboratively with community clubs and coaches across a wide range of sports. Always open to new and innovative partnerships, the list of sports offered is limitless and always evolving based on student-athletes' pursuits and interests. Below are a handful of the student-athletes who have taken part in the program and excelled in the sports world:

**DANIKA ETHIER
(SWIMMING)**



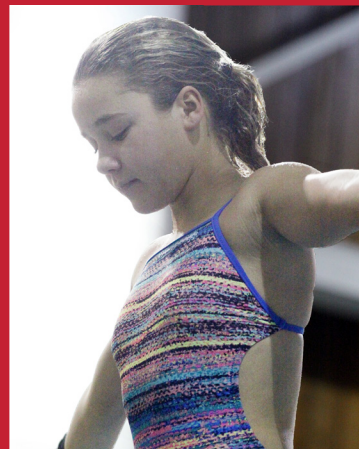
Université Laval Rouge
et Or / Team Canada

**ZACH CONNELLY
(BIATHLON)**



Team Canada World
Youth Championships

**CATHERINE BOYER
(DIVING)**



Ontario junior champion
& national medallist

**AVERY ROSALES
(GYMNASTICS)**



Team Canada international
meet (Marseille)

**CORINA SPASOJEVIC
(TENNIS)**

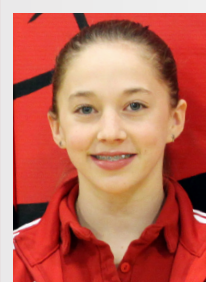


University of South
Carolina player

**KATHERINE PETRUT
(FIGURE SKATING)**



Skate Canada
Challenge competitor



"It's perfect.
The school
busses me to
my club, so
my parents
don't need to
come get me
and bring me
to gymnas-

tics every day.

"And my teachers know I have
to leave early, so they give me
the academic support I need."

— Avery Rosales, gymnast



SPORTS-STUDY STUDENT SPOTLIGHT



Ben Kendrick began attending Louis-Riel in Grade 7. At the time, he was playing 'AAA' hockey, with practices often taking place across Eastern Ontario. Later, he turned his full attention to judo – his parents' passion (his mother, a 1996 Olympian, and his father a Team Canada judoka as well).

For several years, Ottawa remained his home base. He enjoyed the individualized physical training he could do at the Dome LR right at school to help his packed schedule. As he moved up the ranks, Kendrick also appreciated the flexibility offered by the Louis-Riel Sports-Study program to accommodate his training and competition commitments.

The perennial Canadian junior champion would spend Mondays to Thursdays in Ottawa, then head off to the national team's centre in Montreal to get in six 1.5-hour practices by the end of Saturday alongside the country's top senior athletes and Olympians.

Come his senior year, he relocated to Montreal full-time and followed courses online in order to complete his high school studies.

The dedication paid off. Kendrick won the Cadet Pan American Championships, went on to win a bronze medal at the Cadet World Championships, and a Junior European Cup gold. He frequently represents Canada in international competition, and was selected by AthletesCAN for funding to help athletes rise onto the Olympic stage in the future.



"The Sports-Study program at Louis-Riel is very, very good. I have so many great memories from my time there."

"I'd train hard, but really, there was nowhere else I'd rather be. It really helped make me the person I am today."

—Ben Kendrick, judoka

KEN LEVESQUE

Louis-Riel Sports-Study Program Coordinator



"We're really proud of the success we've had in the program, and I think it shows that what we've developed is really beneficial for the most important person – the student-athlete."

"A lot of individual sports are very demanding – often, our athletes are training between 16-20 hours per week – so this makes it possible. They get to train during the day and do their schooling at the same time. There are no other programs that can offer that to them."

"Not to mention that the coaches and staff really go above and beyond to make ensure each student is successful. It's a part of the culture here. We'll sit down 1-on-1 and develop a program tailored to their needs."

"We're flexible. We'll offer you a timetable that's adapted to your training regiment. Really, any individual sport we can probably tailor to."

"I think that students, parents and the community see the benefits of what we're doing, and they've become very open-minded to try new things too."

"The parents like that they get their kids can get their training done in the afternoon so that after dinner they can have their evenings for their family life, friends, homework, a job, to rest, or whatever else."

"I think the setup we've got in the Sports-Study program is really getting to be more of a trend in our community."

HOW TO REGISTER

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