



THE SPORTS-STUDY PROGRAM AT ÉCOLE SECONDAIRE PUBLIQUE **LOUIS-RIEL**

BASEBALL • BASKETBALL • DANCE • GOLF • HOCKEY • INDIVIDUAL



RACQUET SPORTS • SKI • SOCCER • TRACK & FIELD • VOLLEYBALL



LOUIS-RIEL.CEPEO.ON.CA

613-590-2233

louis-riel@cepeo.on.ca



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

Passion - Excellence - Respect



ABOUT THE PROGRAM



Founded in 2005, the Louis-Riel Sports-Study program has quickly become a leader and innovator in fostering excellence both in the classrooms and in sports. It is the premiere destination for high school student-athletes driven to succeed in their athletic and academic pursuits.

THE SPORTS-STUDY FORMULA

Ideal balance between school and sports

- Enables athletes to perform at optimal levels
- Support to maintain high level of scholastic achievement

Sports-Study students have 4 classes each day

- School day begins at 8:45 am, ends at 3 pm
- 3 x 75-minute periods in traditional academic classes
- Daily sports training year-round in their 4th period
- Sport-specific training one day
- Physical conditioning the next day
- Receive a phys ed credit each semester while LIVING A NEXT-LEVEL EXPERIENCE.



GRADE A COACHES

Each sports stream is led by a specialized coach

- All provide above-and-beyond experience, expertise and support
- Numerous staff are provincial/national team coaches outside school
- Help coordinate students' busy schedules and implement scholastic & sports success plan

Sessions with sports professionals

- School's own full-time strength coach
- Nutritionist
- Mental performance coach
- Athletic therapist
- Sports medicine doctor
- Elite guest athletes/coaches

BEST PREP FOR VARSITY SPORT

Environment promotes pursuit of post-secondary studies/scholarships

- Sports-Study demands similar to what student-athletes will experience in university or college varsity sport programs
- 4 years experience managing schedule facilitates smooth transition
- Information & university readiness sessions
- Students able to obtain all university prerequisites within regular class time
- Like-minded students fuel one another's ambitions



"The Sports-Study program helped me a lot to prepare for university.

"I learned how to manage my time so that I could handle all of my commitments for school and sports.

"The coaches really helped with my development, and the facilities are unreal.

"For me, it's just the best thing in the world."

— Abdou Samaké, University of Michigan Wolverines



A SPECIAL SETUP



EMBRACING ELITE ATHLETES

Ingrained philosophy to support athletes

- 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



FREE TRANSPORT INCLUDED

- School's own buses bring students to off-site sports
- Daytime access to arenas, ski hills, community sport clubs, etc.
- Program attracts students from across the region
- Students can take advantage of free transport by yellow school bus or OC Transpo public transit

NIKE TEAM PARTNERSHIP

- Louis-Riel a partner in exclusive Nike Team program generally reserved for universities
- Student-athletes receive set of world-class uniforms, clothing & gear

FRENCH-LANGUAGE EDUCATION

- Dynamic, welcoming & nurturing Francophone learning environment
- Devoted to personal, academic & social success
- Diversity is recognized, appreciated & desired
- Providing skills & knowledge required to thrive in an ever-changing world
- Louis-Riel Sports-Study attracts many Anglo-phone students studying in their second language
- Invaluable language skills for employment & life in a bilingual country



"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 a bunch of new friends and I've really applied myself academically.
"I've really exceeded what I thought I would ever do."

—Kristina Bechthold,
*Anglophone Student, Louis-Riel Soccer Academy, Junior Athlete of the Year
Academic Excellence Awards in Math, Science, English & French*

UNMATCHED VALUE

- Fees vary according to the sports stream
- All programs provide extensive value unseen in other sports settings
- Assistance available to help students in financial need

"ONCE A REBELLE, ALWAYS A REBELLE."

- Family feel at smaller school
- Strong bonds among students/staff – no one lost in the numbers
- Exceptional school spirit
- Community involvement opportunities



"I don't have to worry about anything now. It's stress-free getting to the arena on the school's bus, and I can organize my schedule with my teachers and the resource personnel. The Sports-Study program's allowed me to flourish in my sport and my studies."

— Mila Marleau, Figure Skater



DOMELR – A GAME-CHANGER



WORLD-CLASS YEAR-ROUND SPORTS DOME NEXT TO SCHOOL

- Large onsite weightroom
- Fully-stocked set of 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 physiotherapy clinic at discounted rates
- School has exclusive access to Dome from 8:30 a.m.-5 p.m. Monday to Friday
- Olympians/professional athletes train at the Dome

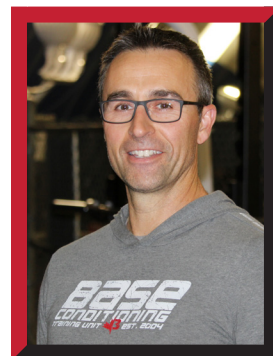


PERSONALIZED TRAINING

JEAN-ROBERT LÉGER

Louis-Riel Sports-Study Program Strength Coach

- Highly-certified University of Ottawa kinesiology graduate
- Trains numerous professional athletes
- Teaches proper physical training mechanics
- Plans tailored to improve each athlete individually in their chosen sport
- Periodized training enables peak performances & proper recovery



A CULTURE OF DEDICATION

"The coaching staff we have here is just mind-blowing. It's really impressive to see the expertise the coaches have to share with their students, and the dedication they have to their athletes.

"They'll take a lot of their own time – lunch, after or before school – to give them extra reps, to sit down 1-on-1 to see where they are and where they want to go, and develop a program tailored to their needs. That's a big part of the culture here: the coaches are very dedicated to making them the best people they can be."

–Ken Levesque, Sports-Study Program Coordinator

