



LOUIS-RIEL HOCKEY PROGRAM

FOR STUDENT-ATHLETES FROM GRADES 9-12



LOUIS-RIEL.CEPEO.ON.CA

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

Passion - Excellence - Respect



ABOUT THE PROGRAM



Student-athletes in Louis-Riel's Hockey program get the opportunity to be on the ice and train for their sport during regular school hours, while receiving an academic physical education credit and getting a leg up on their counterparts and opponents in the hockey world.

There is a strong hockey tradition at Louis-Riel, one of the core streams offered in the innovative Sports-Study program since it was created in 2005. It has helped produce a pile of top-tier alumni, including junior, university/college and professional players. The program offers a high-performance stream for players competing at the 'AA' level or above, plus other groups for players of similar ages and abilities.

The program sets itself apart with its distinct emphasis on individual hockey skills and physical preparation. Louis-Riel's hockey program places its focus squarely on individual skill development to enhance their abilities for other competition settings.

The program runs throughout the school year, from September to June. Under the daily guidance of experienced and dedicated coaches, trainers, teachers and support staff, the atmosphere of the Louis-Riel Hockey program provides a window into what's required for high school-age players to reach the highest levels of hockey.

PROGRAM FEATURES

Training every weekday

- Alternate between on-ice and physical training sessions
- Arena close by to school
- State-of-the-art athletic facilities at school

Build skills on the ice

- 80+ hours of on-ice training throughout the season
- Each practice under watch of experienced/high-performance hockey coaches
- Focus on individual skill development
- High-intensity practices with driven competitors in program

Access to sports professionals

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

Improve physical conditioning

- Individualized off-ice training with strength & conditioning coach
- Experienced trainer who's helped dozens of athletes to the pros
- High-performance weightroom & facilities at Dome LR
- Staff provide counselling for nutrition, sleep & recovery

Integration with studies

- Daily training takes place during regular school hours
- Players gain additional practice time without overtaxing evenings
- Receive academic phys ed credit for their period with hockey program
- Online classroom to share assignments, schedules, videos, etc.
- Players can stay connected to school if away for tournaments/training

Transportation included

- Louis-Riel's own busses bring participants to/from arena
- Equipment storage room at school



INDIVIDUALIZED APPROACH FOR DEVELOPING HOCKEY SKILLS

The unique Louis-Riel Hockey program specializes in developing players' individual skills. It offers them an opportunity to fine-tune parts of their game they don't have time to practice with their community teams, such as receiving passes on the backhand, in skates, or tipping pucks, for example.

Outside of an optional tournament or two per year, program participants do not play for the school, ensuring the focus remains on individual skill development instead of team concepts like defensive positioning systems or the powerplay.

This approach allows players to increase their performance abilities for out-of-school hockey – like a summer skill camp, but for the entire year. Players are divided into several groups to best accommodate each athlete's needs/skill levels so all can progress at their own pace with well-matched counterparts.

The off-ice conditioning component is nonetheless perhaps the greatest tool provided by the program. It takes place under the watch of the Louis-Riel strength coach Jean-Robert Léger, who has worked with just about every east-end hockey player who's made it to the pros in recent years, including LR grads Erik and Alex Gudbranson.

Thanks to the world-class Dome LR and its high-performance weightroom on-site at the school, the physical training ensures players can maintain their muscle mass throughout the season, develop proper weightlifting techniques, and work on mobility/flexibility – abilities that can also often be overlooked in other settings.



OUR PROUD TRADITION



Louis-Riel Rebels teams have amassed numerous Franco-Ontario and OFSAA provincial championship titles and medals in the past decade, though the focus of the school's hockey program has always been on individual player development. Louis-Riel owns a strong record of players moving on to the next levels in the sport. Meet a few of our grads:



ERIK GUDBRANSON

Among Louis-Riel's most famous grads, **KINGSTON FRONTENACS OHL** player was drafted third overall by **FLORIDA PANTHERS** in 2010 out of high school. Regarded as reliable, physical NHL blue liner. Current **COLUMBUS BLUE JACKET** has played 750+ career NHL games. Younger brother Alex (2012 Louis-Riel grad) played pro in AHL & ECHL. Younger sister Chantal (LR '17) was a defender for Guelph University Gryphons.



GRACE OUTWATER

Honours student was Female Athlete of the Year at Louis-Riel. Won a U18 national title with **TEAM ONTARIO** in 2023. Won provincial silver medal with **OTTAWA LADY SENS** in 2022. Scored 50 goals in 39 games with in her final Ontario Women's Hockey U22 Elite League season while serving as Lady Sens assistant captain. Went on to join **PENN STATE UNIVERSITY NITTANY LIONS** NCAA Div. 1 program, studies kinesiology.

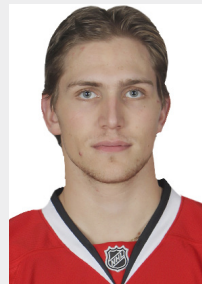
ISABEL MÉNARD

Graduated on to NCAA hockey for **SYRACUSE UNIVERSITY ORANGE**. College Hockey America conference Rookie of the Year in 2010. Finished career with **BOSTON UNIVERSITY TERRIERS**, making it to NCAA championship final. International gold medalist for **TEAM CANADA** U22 women's development team. Represented Canada again at 2018 Women's World Ball Hockey Championships in Moscow, won silver.



SHAWN LALONDE

Played four years in the Ontario Hockey League for the **BELLEVILLE BULLS**. Defender played a key role in Belleville's run to the 2008 Memorial Cup tournament. Appeared in the NHL for the **CHICAGO BLACK-HAWKS**, who chose him in the third round (68th overall) of the 2008 NHL entry draft. Has enjoyed a **15-YEAR PROFESSIONAL HOCKEY CAREER** in the U.S., Germany, Sweden, Russia, Finland and Slovakia.



TAKE IT FROM THE PRO:



"The Louis-Riel Sports-Study hockey program gave me the opportunity to practice and develop the individual skills that were impossible for me to deeply enhance with my club team."

– Erik Gudbranson,
Columbus Blue Jackets defenceman



"I think that the quality of the players and the teaching we receive in the program have helped me reach this height in my hockey and school journey."

"Here, we work on specific skills in more detail. With my club, it's more of a team focus, and here it's more individual, so I'm getting better as a player to be more of a force for my team."

– Mariève Roussel,
Wilfrid Laurier University Golden Hawks
past Ottawa 67's 'AA' OWHL U22 Elite

"I believe this program is what I need to get to the next level. With homework in the evening, I found it hard to work-out, so now I do it during the school day."

"We have very good coaches, they're passionate coaches and they know what they're doing because they've lived it themselves. They push us every day. I call tell that my performance is improving thanks to the program."

– Hugo Boisclair
10th grade student-athlete
Eastern Ontario Wild U16 'AAA' player





MEET THE COACHES



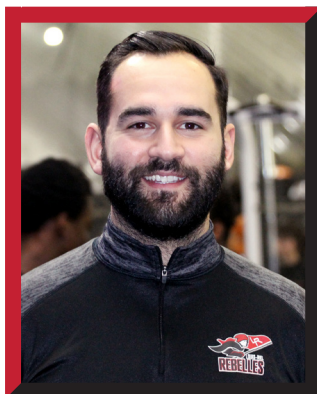
PATRICK WHITE

Coach

● Former player in CCHL (Gloucester Rangers), OHL (Sarnia Sting / Ottawa 67's) and U Sports (University of Ottawa Gee-Gees)

● NCCP Development coaching certification

● Coached Nepean Raiders U18 & uOttawa Gee-Gees



DAN SAUVÉ

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Louis-Riel Hockey

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LAURENCE MORISSETTE

Coach

● University of Ottawa exercise sciences bachelor & education masters degree, former Gee-Gees hockey player

● NCCP Development coaching certification

● Coach for the Intrépide de l'Outaouais 'AAA' program

JEAN-ROBERT LÉGER

Strength & Conditioning
Coach for the Sports-
Study Program at
Louis-Riel high school

● Has worked with innumerable players from the NHL, AHL, QMJHL, OHL, CCHL & all levels.



COACH'S CLIPBOARD

- ✓ Played for the Gatineau Olympiques of the QMJHL
- ✓ NCCP High Performance 1 coaching certification
- ✓ Past Rockland Nationals Jr. 'A' Head Coach & GM
- ✓ Team Canada East coach for World Jr. 'A' Challenge



Read an Ottawa Sports Pages Profile on Coach Dan:

<https://ottawasportspages.ca/2019/02/16/shared-passion-connects-louis-riel-hockey-coaches-from-different-eras/>

"We've got kids that are really good hockey players. We've got kids that are average hockey players. But the key thing for us is that they're all here because they want to get better."

"There are a lot of really, really great kids in the program that are always pushing each other. And what's even more important for us than all that is that we're developing good people."

— Dan Sauvé

HOW TO REGISTER

Contact the Louis-Riel school administration team via email (louis-riel@cepeo.on.ca). All students are welcome provided they are willing to take on both the athletic and academic commitments required in the program.