



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD



Laval Junior Academy

SPORT-ÉTUDES

Laval Senior Academy

What is Sport-Études?

An elite program designed for student-athletes who aim to pursue high-level athletic training while maintaining academic excellence. This program provides a structured environment where students can balance their rigorous training schedules with their educational commitments, ensuring they thrive both as athletes and as a student. The program is recognized and certified by the MEQ.

Eligibility Criteria

- **Athletic Talent:** Candidates must demonstrate significant ability and commitment in their sport. Student athletes must be recognized by their affiliated sports organization.
- **Academic Standing:** Applicants must have a strong academic record and a commitment to maintaining it. A 70% overall average is required, but we recommend 75% to 80% as this is an accelerated academic program.
- **Dedication:** A strong dedication to balancing the demands of both academics and athletics.
- **Core Courses:** Students are required to complete all essential academic subjects needed for graduation.



For information regarding registration and questions, please contact:

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Program Structure

- **Integrated Schedule:** The program features a harmonized timetable that accommodates both academic classes and sports training.
- **Flexible Timetable:** Academic and training schedules are arranged to prevent conflicts, enabling students to excel in both areas.
- **Dedicated Team:** A collaborative team of coaches, teachers, and program coordinators supports the dual goals of students.
- **Continuous Monitoring:** Regular evaluations ensure students meet academic and athletic benchmarks.

Academic Support

- **Tutoring:** Access to tutoring services for additional help in challenging subjects.
- **Study Hall:** Designated study periods to ensure academic work completion with Sport-Études teachers.

Athletic Support

- **Coaching:** Professional coaching to enhance skills and performance.
- **Facilities:** Access to state-of-the-art training facilities and equipment.
- **Athletic Care:** Services offered on-site or by affiliated sports organization (weight training, physiotherapy and nutritional advice).

Personal Development

- **Time Management Training:** Workshops and resources to help students manage their time effectively. Organizational strategies offered by our support staff.
- **Counselling Services:** Access to academic and personal counselling.

Difference Between Sport-Études and Concentration

Sport-Études Programs

- Designed for student athletes with significant time dedicated to training and competition.
- Five training sessions per week in the afternoon.
- High integration of sports and academics with support for high-performance athletics.

Concentration Programs

- Typically offer enhanced training in a particular sport or activity.
- Taught by a Physical Education teacher in a particular sport; five classes out of nine days included in their daily schedule.
- No athletic or academic prerequisites needed.

Sample Schedule for Secondary 1 Students

- **8:30 - 9:45 a.m.** Academic Classes (e.g., Mathematics, Science)
- **9:55 - 11:10 a.m.** Academic Classes (e.g., Language Arts)
- **11:30 a.m. - 12:45 p.m.** Academic Classes (e.g., Geography, English Language Arts)
- **12:45 p.m. - 13:35 p.m.** Lunch Break
- **12:45 - 4:45 p.m.** Sports Training Session (includes transport to the training facility)
- **1:42 - 2:57 p.m.** Remediation period or study hall, if the student is not training

A Day in the Life of a Sport-Études Student

Morning

- Arrive at school and prepare for the day.
- Attend morning academic classes focusing on core subjects.

Afternoon

- Enjoy a lunch break with peers if training permits.
- Participate in the sport's training session, focusing on teamwork, skills development and strategic play.

Late Afternoon

- Engage in a study hall session or have free time for relaxation.
- Complete homework or receive tutoring if needed.

Evening

- At home, manage time effectively to balance rest, recovery, and preparation for the next day.

Sport-études offers a unique opportunity for student-athletes to pursue their passion for sports while achieving academic success. With a robust support system and dedicated resources, our program is designed to develop well-rounded individuals prepared for future challenges. Join us and become part of our Sport-études community that values dedication, hard work and excellence.

Offered sports: Baseball, Basketball, Cheerleading, Dance, Diving, Figure skating, Gymnastics, Hockey, Judo, Karate, Skiing, Soccer, Swimming, Taekwondo, Tennis, and more.