

SCHOOL PAGES

SIR ALLAN MACNAB
 145 Magnolia Drive, Hamilton ON, L9C 5P4
 Principal: Mr. Ted Kocznur
 (905) 383-3337
 email: macnab@hwdsb.on.ca
www.hwdsb.on.ca/macnab



Sir Allan MacNab is a composite secondary school located on the west mountain of Hamilton. Built in 1969, MacNab enjoys a rich heritage of excellence in academics and co-curricular activities with courses and programs that support all pathways.

PROGRAMS OF CHOICE

Fitness and Wellness - The Fitness and Wellness program uses advanced tracking equipment to monitor and report on a variety of fitness measures (heart rate, BMI) and encourages students to consistently train in their “optimal zone” in all areas.

HWDSB Football Academy - The Football Academy emphasizes football fundamentals, skill development, goal setting, rules, team concepts, fitness, healthy living and mentoring/coaching; partnered with Football Canada & the Ontario Football Alliance. Students receive coaching and refereeing certificates.

HWDSB Basketball Academy - The Basketball Academy emphasizes basketball fundamentals, skills, goal setting, rules, team concepts, fitness, healthy living and mentoring/coaching; partnered with Basketball Canada.

SPECIALIST HIGH SKILLS MAJOR (SHSM)

Health and Wellness - In the Health and Wellness program students customize their school program with health care related career interests through this 2-credit Grade 11 & 4-credit Grade 12 program. Students receive sector recognized certification & training, Standard First Aid, CPR, WHMIS, Experiential and co-op education, apprenticeship opportunities, a special seal on OSSD and a listing of SHSM courses/certifications earned on transcript.

FOCUS COURSES

- Grade 11 Animation (focusing on studio work including drawing and computer-generated animation)
- Grades 9 - 12 Co-ed Aquatics (an entire semester, for one period in our MacNab Recreation Centre pool, adjacent to MacNab school)
- Grades 9 - 12 “Recreational” Basketball, Grades 9 - 12 “experienced” basketball
- Grades 9 and 10 Crafts (focusing on scrap-booking)
- Grade 11 Designing Your Future: “Athletics and Academics” (focusing on Canadian and American post-secondary process, sports scholarships, and sports careers)
- Grades 10 - 12 Co-ed Fitness (strength and aerobic individualized and “team” training)
- Grades 10 - 12 females only Fitness
- Grades 9 - 12 “Experienced” Football (includes classroom, gym and field instruction)
- Grades 9 - 12 “Recreational” Football
- Grades 10 - 12 Guitar (instruments provided by MacNab)
- Grades 9 - 12 co-ed hockey (at Chedoke rinks)
- Grades 10 - 12 Keyboard Music
- Grades 9 - 12 Music and Computers
- Grades 9 - 12 Repertoire Music
- Grades 9 - 12 “Experienced” Soccer
- Grades 9 - 12 “Recreational” Soccer
- Grade 11 Transportation Technology: Vehicle Ownership - “females only”
- Grade 11 Construction Technology: Home Repairs - “females only”.

SPECIALIZED PATHWAY PROGRAMS

ADVANCED PLACEMENT (AP) & AP PREPARATION courses allow students to study specific grade 12 courses leading to advanced placement in US, International & Canadian university; students qualify for university credits based on their AP exams. Grade 9 - 11 students take AP Prep courses to prepare for rigorous Grade 12 AP programs & world-wide exams. AP Preparation Courses for 2011 - 2012: Gr 9 & 10 ENGLISH, MATH, & SCIENCE; Gr 10 HISTORY; GR 11 UNIVERSITY ENGLISH, FUNCTIONS, BIOLOGY, CHEMISTRY, PHYSICS, & HISTORY. MacNab AP Courses for 2011 - 2012: GR 12 ENGLISH, CALCULUS & VECTORS, BIOLOGY, CHEMISTRY, & HISTORY.