

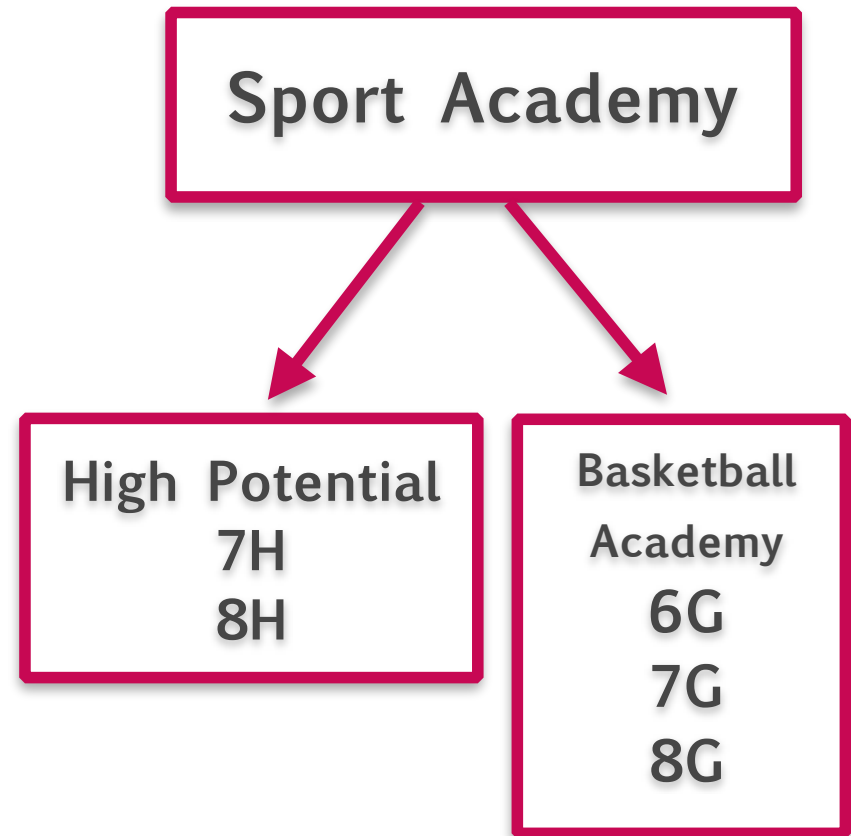
Sport Academy Information Evening

January 2021

Please turn off your camera & microphone
(It helps with bandwidth)

Agenda

- ▶ Welcome
- ▶ About R.A. Riddell
- ▶ ‘A Look Inside’
- ▶ Getting to Know our Programs
- ▶ Application Process
- ▶ If You Are Accepted



Questions can be placed in the chat throughout the presentation



About R.A Riddell

- ▶ K-8 School
- ▶ 740 Students
- ▶ Diverse Student Population
- ▶ Culture of High Expectations
- ▶ Athletic Focus Across the School
- ▶ Many opportunities for student involvement and leadership (RAR Points, Intramurals, Inter-Scholastic Athletics)
- ▶ Focus on developing through Character Education, True Sport Principles
- ▶ Rotary Model in Middle School (Allows teachers to specialize in subjects that they are passionate about)

*“A very positive environment”
- Sport Academy Parent*



Getting to Know our Programs

Sport Academy Overview & High Potential Athletes

▶ Mrs. Henry

Basketball Program

▶ Mr. Baillie

Academic Program

▶ Ms. Dunnett



Strength & Conditioning Program (Monitoring the chat)

▶ Mrs. Christie



What is the RA Riddell Sport Academy?

Ms. Henry

- ▶ Specialized Learning Program
- ▶ Partnership with McMaster
- ▶ Program Expectations and Features
- ▶ Student Expectations and Commitment
- ▶ Enhancement Fee - \$150
 - ▶ 2 Shirts/Reversible & 1 Short
 - ▶ Bussing to McMaster
 - ▶ Enhanced Equipment - Facility & S+C Equipment
 - ▶ Enhanced Programming - Guest Coaches & Speakers



"Favourite school experience so far"



High Potential

Ms. Henry

“She loves the teachers and the feeling of belonging to a team”

- ▶ The program:
- ▶ Focus on developing Fundamental movement skills
- ▶ Continuum from elementary-high school-university
- ▶ "regular" Physical Education Classes are enhanced
- ▶ Learning with "like minded" students
- ▶ Leadership opportunities within school community



- ▶ Who is a good fit:
- ▶ Self motivated athlete
- ▶ Striving to be better athletically and academically
- ▶ Good teammate





~Conditioning~

v#	Exercises	Tempo	Rest	Week 1		Week 2		Week 3		Week 4	
				Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
1	300 meter Shuttle		3 mn	3		4		5		5	
2	Pro Agility										

~Strength~

#	Exercises	Tempo	Rest	Week 1		Week 2		Week 3		Week 4	
				Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
1a	Bear Crawl to Crab Walk			2	5m	3	5m	3	7m	3	7m
1b	BW Squats	3-1-1		2	8	3	10	3	10	3	12
2a	Pause Push Up	3e		2	5	3	5	3	6	3	8
2b	Horizontal Pull up	2-1-2		2	AMAP	3	AMAP	3	AMAP	3	AMAP
3a	Clock Lunges			2	3a	3	3a	3	4a	3	4a
3b	Rolling Plank			2	20s e	3	20s e	3	30s e	3	30s e
4a	1/2 Kneeling MB Chop			2	5a	3	5a	3	6a	3	5a
4b	Banded March			2	10m	3	10m	3	10m	3	10m

~Movement~

#	Exercises
1	Ankling
2	A Steps
3	Line Hops
4	Linear Deceleration



Advanced Fitness ~Warm up~



Prehab	Notes	Time/Reps
SL Glute Bridge	Knees bent, squeeze glutes, push hips up	8 (2-2-2)
Prone Ys	Thumbs to sky	10 pulses
Dynamic Stretching/ Mobility		
Tiger Crawl	Foot by hands, push hips towards ground	6 each side
3 P Squat	Touch toes, squats, hands up, stand up	6
Lunge with Rotation	Rotate towards forward knee	6 each side
Down Dog to Pigeon	Control leg when bringing towards hands	6 each side

Basketball Academy

- ▶ Misconceptions

- ▶ 5 Days of Phys Ed but NOT all basketball
- ▶ Goal is lifelong athletes
- ▶ Not only for basketball players
- ▶ Not a focused pathway for post-secondary

- ▶ Mission is to connect students to...

- ▶ what they love, basketball & athletics, to what's important, academics
- ▶ other like minded students
- ▶ healthy competitive mindset
- ▶ overall school culture through extracurriculars

Mr. Baillie

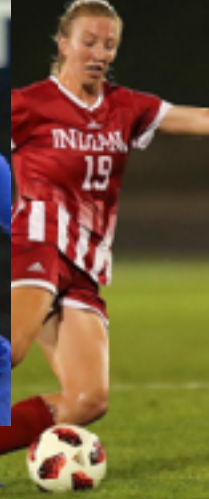
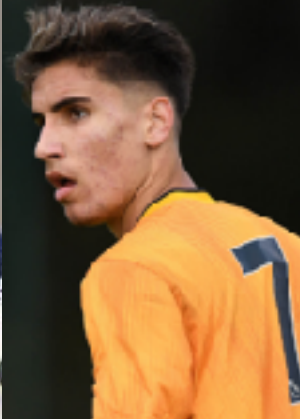


"I love how excited they were to go to school everyday!"



ERIC E. COY MEMORIAL TROPHY

> JUNIOR ATHLETE
OF THE YEAR

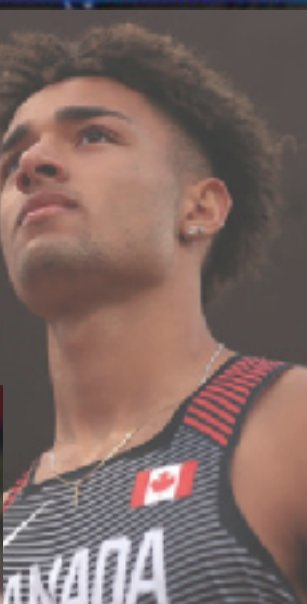


Alumni Success

Over 80 Riddell Graduates
have competed at the
Post Secondary level

Including...
9 having represented
Canada

1 Professional



Parents Survey

- ▶ From close to 60 families of last years Sport Academy ...
 - ▶ 90% are pleased with the academic programming their child is receiving
 - ▶ 79% pleased with athletic programming their child received (Strike year)
 - ▶ 76% have noticed a positive improvement in their child's athletic performance
 - ▶ 90% believe their child is motivated at Riddell when it comes to attendance, academic & athletic performance
 - ▶ 92% believe the academic, athletic and social experience will prepare them to be a successful High School student
 - ▶ 97% would recommend the RA Riddell Sports Academy to another family



Academic Program

Ms. Dunnett

- ▶ Ontario Curriculum
- ▶ Rotary Model and Advisor Teachers
- ▶ The Importance of Teamwork
- ▶ Academic Flexibility for training schedules
- ▶ A Positive Change (64% of parents believe their students experience an academic positive change)

“As a teacher, I have never experienced such support from all staff members who helped my son achieve academic success”



Sport Academy Application

Mrs. Kindt

- ▶ Complete & Return Application - February 24
 - ▶ Applications can be found online
 - ▶ Parents, Coaches, Athlete Response
 - ▶ Enrolment is limited
- ▶ Notification of Acceptance via email - March 10

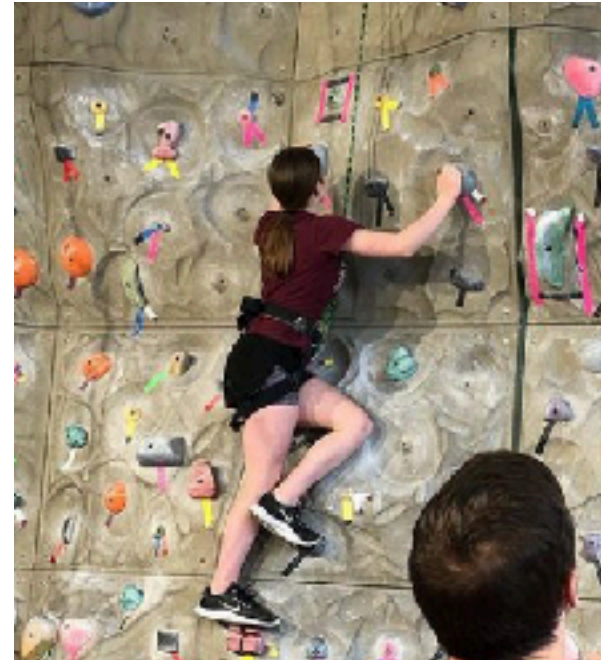


If you are accepted...

Transitioning to R.A. Riddell

- ▶ Prepare your child for the change (rotary, large school, K-8)
- ▶ Consider carpooling and transportation
- ▶ \$150 Enhancement fee collected through school cash online
- ▶ Take advantage of the additional opportunities to meet one another
 - Welcome Night – May 13 6:30
 - Orientation – Last week in August
- ▶ Contact the school if you have questions

Mr. Trimble



Frequently Asked Questions

Mrs. Christie

How do I get my child to school on time? What if I have to drop them off before 8:35?



Playground supervision begins at 8:35 am. In past years, we have run a Club available to students who must get here no earlier than 8am.

Is there any bussing available for out of catchment students?

“Transferring to Riddell has been an overwhelmingly positive experience”

No, bussing is only available to those students who meet the distance requirement within the Riddell catchment area. However, many students and families choose to carpool and also take advantage of the HSR.



Frequently Asked Questions

Mrs. Christie

Can a student who is in a french immersion programme, re-enter the immersion programme at the high school level...

Yes, former students have made arrangements to return to a High School Immersion programme. You make contact with the Immersion Head at the High School to see what needs to happen to re-enter. Also, there are often extension opportunities during French core classes for those students if they are self motivated

If a student is a focus athlete in another sport, can they play on that sport specific school team?



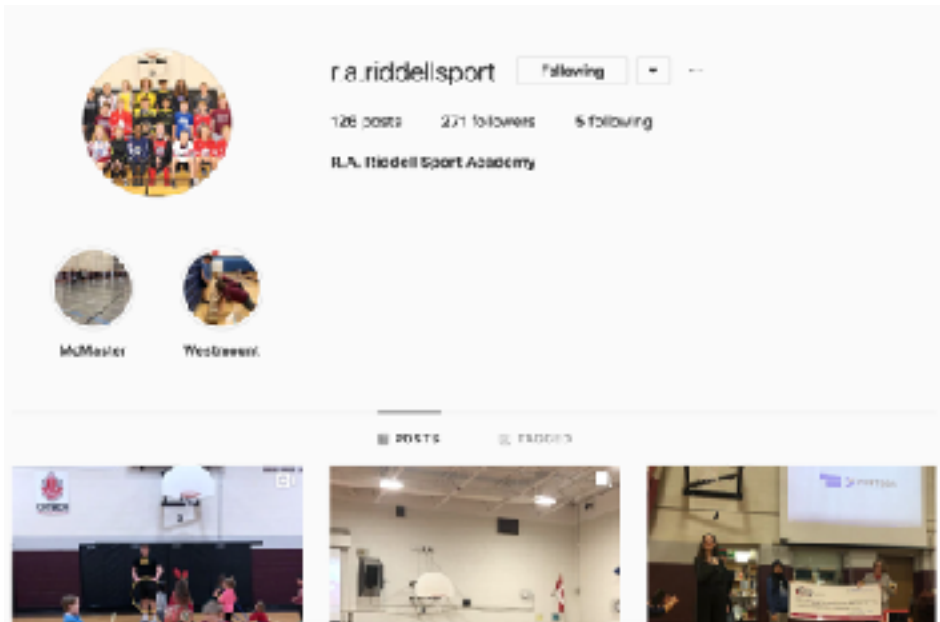
Yes, for example, if a student comes in as an athlete focussed on hockey, that student may still try out for the hockey teams.



Sport Academy Social Media

High Potential Instagram

r.a.riddellsport

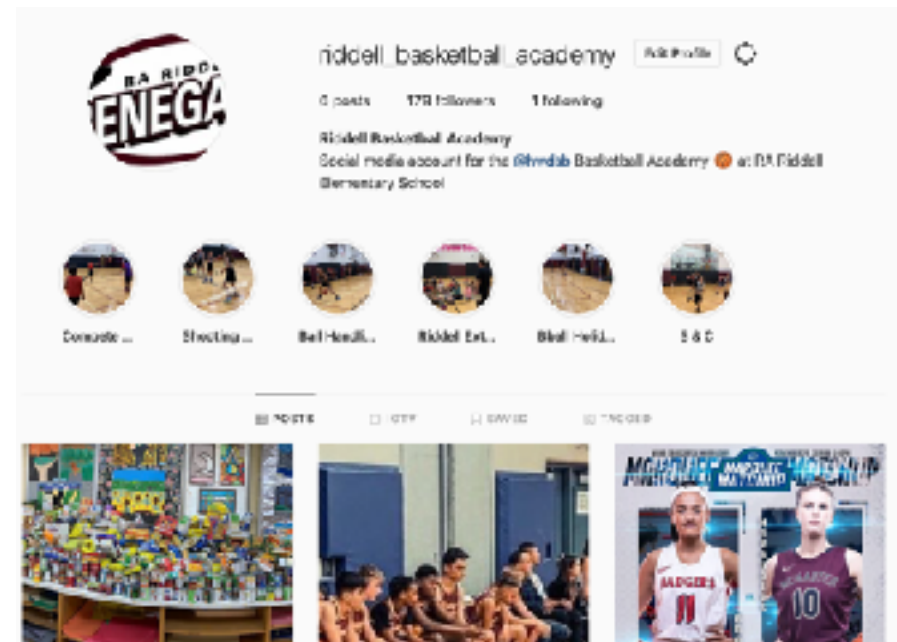


Mrs. Henry

ahenry@hwdsb.on.ca

Basketball Academy Instagram

riddell_basketball_academy



Mr. Baillie

abailie@hwdsb.on.ca