

HWDSB

R.A. Riddell Sport Academy



How does the Sport Academy program support student athletes?

- Facilitates the development of time-management skills in order to maintain a healthy balance in their life
- Provides accommodations to support their quest for EXCELLENCE in both athletic and academic endeavours through:
 - Flexible programming and evaluation
 - Daily in-house athletic training
 - Weekly strength and conditioning at the David Braley Athletic Centre at McMaster University

Important Dates:

Parent Information Night
January 16, 2020 at 5:30 p.m.

Applications Due Date
February 7, 2020

Packages Reviewed
February 10-14, 2020

Email Notification of Results
February 21, 2020

Sport Academy Welcome Evening
May 6, 2020 at 5:00pm

Contact Information

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A Specialized Learning Program
offered by Hamilton-Wentworth
District School Board (HWDSB) at
R.A. Riddell Elementary School.

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Our Facility:

Our ongoing passion for excellence has propelled Riddell into one of the best facilities in HWDSB. Student athletes at Riddell train and develop in:

- A professional grade Solid Wood Floor in our large gym
- A high-tech Composite Floor in our auxiliary gym
- A fitness and training centre that overlooks the large gym
- Weekly access at the David Braley Athletic Centre at McMaster University

Our student athletes are expected to be:

- Dedicated
- Self-motivated
- Hard Working
- Achieving their full potential



We accommodate ALL athletes.

Some of our current athletes are involved in:

- | | | |
|------------------|--------------------|-------------------|
| ▪ Baseball | ▪ Gymnastics | ▪ Soccer |
| ▪ Basketball | ▪ Hockey | ▪ Speed Skating |
| ▪ Boxing | ▪ Karate | ▪ Swimming |
| ▪ Cycling | ▪ Lacrosse | ▪ Track and Field |
| ▪ Dancing | ▪ Race Car Driving | ▪ Triathlons |
| ▪ Figure Skating | ▪ Rock Climbing | ▪ Volleyball |
| ▪ Football | ▪ Rugby | ▪ Waterpolo |

"I still feel that all of my fitness gains and personal achievements have come from the solid foundation that R.A. Riddell provided me with"

Scott Bутtenham
Varsity Swim Team
University of Western Ontario

Parents provide your child with:

- Sound athletic training in accordance with the Long-Term Athletic Development Model (LTAD)
- Access to quality and certified training at McMaster under the guidance of strength and conditioning coaches
- A program culture of academic success.

