

SPORTS CONCENTRATION PROGRAM

PROGRAM PHILOSOPHY

The Sports Concentration Program at Alexander Galt is designed around a multi-sport philosophy or specific sport concept. This approach, in Cycles 1 and 2, is one that embraces a student's desire to participate in sports. Students have the option to switch sports each term or remain in the same sport for the next term. The idea is for students to be engaged, work hard and improve their fundamental skills and game play within team concepts.

TARGET STUDENTS

This program is ideal for both recreational and competitive athletes who have a passion for sports and/or want to excel in athletics.

GENERAL DESCRIPTION OF THE PROGRAM

The Sports Concentration Program offers students a choice of 5 different sports throughout the year. The different possibilities for each term are:

- + Term 1: Soccer, Basketball, and Hockey
- + Term 2: Basketball, Badminton, Futsal, Swimming and Hockey
- + Term 3: Badminton, Basketball, Soccer, and Hockey
- + Students have the opportunity to switch sports each term or possibly take the same sport in a different term. The idea is for students to choose a sport that they wish to concentrate on during a full term or two. It is a program that allows for the development of a well rounded athlete.

PROGRAM HIGHLIGHTS

- + In the Sports Concentration Program, an atmosphere of high level achievement in both academic and athletic endeavors is created and expected. As well, students follow either base or enriched French and have the option in Cycle 1, to study certain subjects in French, such as Science and Social Studies. This allows for a unique bilingual experience within an English school environment. The balance between academic success and athletic improvement currently implemented here at Alexander Galt is one of a kind in the province. It incorporates the good aspects from other programs throughout Quebec and combines these to create a unique opportunity for our students.



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PROGRAM HIGHLIGHTS

- + In Cycle 1 (Level 1-2) the students attend 8 blocks of concentration over 9 days. With the acceleration of certain academic subjects, one of the 8 blocks of 75 minutes is used as an academic block to help students keep up with their work.
- + In Cycle 2 (level 3-5) the students attend 6 blocks of concentration. They have the same amount of training as the cycle 1. The only difference is that they do not have an academic block, as their courses are not accelerated.

TRAINING FACILITIES

The various facilities that are used for the program are:

- + Alexander Galt Gymnasium and Fields (Basketball, Badminton, & Soccer)
- + Bishop's University Sports Complex (Soccer, Hockey, Basketball, Badminton, & Swimming)
- + Centre Multisport Eugene Lalonde (Soccer)

All transportation TO and FROM training sessions held off of campus are included in the program.

ELIGIBILITY

- + It is open to both recreational and competitive type athletes who have a passion for sports and/or want to excel in athletics.
- + Any student in Cycle 1 - 2 is eligible to apply for the program.
- + We recommend that each student have an academic standing of 70% and/or no failures.
- + Any new student enrolling in the Sports Program must submit a letter of recommendation from their current Physical Education teacher.

CONTACT INFORMATION

For more information and to receive an application package, please contact our school, or email: agconcentrations@gmail.com

or access our school website:
alexandergalt.etsb.qc.ca/concentrations

