

"Life Takes Goals...
So does Ringuette"

EXCELLENCE RINGUETTE

July 2009



There are still spots available for transfers to JRHS for the 2009-2010 school year.

Sport-Etudes Program

Part-time
Enrollment and Periodic
Attendance
is a Possibility

Open Houses:
JRHS: Thurs. Oct.15, 2009
EDS: TBD
Entrance Exams:
JRHS: Sat. Oct.17, 2009
EDS: TBD

Ringuette Program Details

- **≈12 hours of ringuette developmental activities/ week (between 13:00 - 16:00 daily)**
- **3 hours on-ice instruction/week** (Bob Birnie Arena in Pointe Claire - across from JRHS) to include:
 - Spearing/ Ring Handling
 - Shooting
 - Checking/ Fore checking
 - Goaltending
 - Skill Testing
 - Power skating and Agility
 - Defensive skills
 - Introduction to different systems
 - Scrimmages
 - Warm-Up/ Stretching/ Flexibility
- **2 days (2 hours/day)/ week Off-Ice instruction to include:**
 - Warm-Up/ Stretching/ Flexibility
 - Fitness (weight training individualized training programs, aerobics, games)
 - Prevention of Injuries
 - Nutrition
 - Sport Psychology (handling frustration, calming nerves, visualization...)
 - Leadership Skills
- The program is open to all levels
- **Cost will be \$2500.00/ year**

Academic Details

- **Condensed bilingual programs:** courses are covered within 67% of the normal time. Classes begin about 8:15 a.m., and end around 12:10 p.m.
- **Pedagogical support** is available daily before and after regular class time
- Secondary School Program is open to students in **all grades**
- **Acceptance** is "contingent upon academic performance and athletic proficiency"
- Students **must attend or apply to John Rennie High School (JRHS)** in Pointe-Claire or **École des Sources (EDS)** in DDO
- **Requirements for application:**
 - Fill out the **Excellence Ringuette Registration Form** and return it to **Kelly Pilkington** (pilcott@videotron.ca).
 - **JRHS:** Send/ bring copy of: **academic application** to JRHS (application forms are available online); **copy of June report from previous year; portfolio** of their work. The school will then contact you to schedule an **interview** and a **visit of the school**.
 - **EDS:** Fax a copy of: the "**Formulaire d'inscription**" (<http://www2.csmb.qc.ca/dessources/html/formulaire.html>); **previous year's report card**, and **latest copy of current year's report card** to the attention of **Pierre Lapointe (514-683-5944)**
- For more details concerning the academic entrance process:
 - JRHS: please visit <http://johnrennie.lbpsb.qc.ca/> (go to "Programs", then "Sport- Étude") or call the Sport-Études office at 514-697-3210
 - EDS: please visit www.csmb.qc.ca/dessources (go to "vie Pédagogique", then "Sport-Etude")

For more information on the ringuette program please contact either Sharon Tait at sharontait@hotmail.com / 514-426-1538, or Kelly Pilkington at pilcott@videotron.ca / 514-696-8690 or visit our website at <http://www.excellenceringuette.pilcott.com>