

Sport-Études Basketball

What is a Sport-Études program?

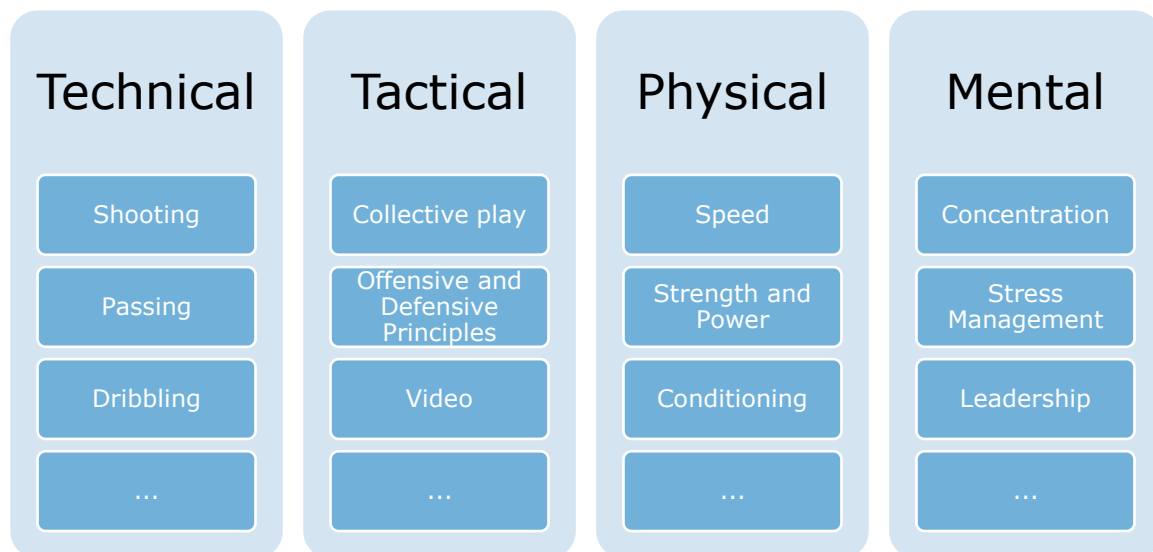
A Sport-Études program is designed to support student athletes in their training while allowing them to successfully complete their high school education. The school and sport federation work together to offer student athletes academic and athletic services adapted to their specific needs. Classroom teaching time is condensed to allow student athletes to train during regular school hours.

<http://www.education.gouv.qc.ca/organismes-de-loisir-et-de-sport/sport-etudes/>

The Western Québec School Board Sport-Études program offered at Hadley Junior High School and Philemon Wright High School will be joining the existing regional Sport-Études program recognised by the Ministère de l'éducation et de l'enseignement supérieur du Québec and the Fédération de basketball du Québec. The program is currently offered by the Commission scolaire des Draveurs at École secondaire Nicolas-Gatineau and by the Commission scolaire des Portages-de-l'Outaouais at École secondaire Mont-Bleu.

What type of training will the student athletes receive?

Student athletes will receive training aiming to maximise their potential technically, tactically, physically and mentally.



Technical training develops the student athlete's skills.

Tactical training develops the student athlete's understanding of the game.

Physical training develops the student athlete's athletic abilities.

Mental training develops the student athlete's mindset and character.



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When and where does the training take place?

The training takes place Monday through Friday from 1PM to 4PM at the Centre sportif de Gatineau.

For what team do the student athletes play?

The student athletes are free to play for any school or club team of their choice. The Sport-Études program can assist the student athletes in finding a team that is appropriate for their current development level.

How much does the program cost?

The registration fees are 2500\$ per year. This includes transportation, installations, equipment and coaching.

How many student athletes can participate in the program?

The goal is to have 4 to 6 student athletes per grade level, for a total of 20 to 30 student athletes, from the Western Québec School Board.

How can I get more information about the program?

If you have any questions about the Sport-Études Basketball program, please contact:

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**BASKETBALL
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