

Sport & Healthy, Active Living Program (SHAL)

Lasalle Secondary School will maximize human potential in sport, fitness and academics. The Sport and Healthy Active Living Program (SHAL), will focus on three strands; Elite Athlete Development, Healthy Active, Living and Sports Administration. This program appeals to motivated students with a keen interest in pursuing their participation in and understanding of sports, competition, health and business.

Student athletes further their academic success by pursuing sport specific courses with a focus on fitness and healthy, active lifestyles. The program includes accommodations for elite athletes including intensive leadership and skill development.

Students who complete the Sport and Healthy, Active Living Program will have an ability to make more informed choices about nutrition, health and lifestyle. Leadership skills will further build self-confidence, resiliency, poise, perseverance and communication.

Sports Administration

Designed to meet the needs of students who have a keen interest in sports and the business of sports. Students will develop an understanding of sports promotion, marketing and the organizational aspects of both for-profit and not-for-profit sport entities. The Sports Administration strand is intended for students who plan to pursue careers in sports, business, business administration and sports administration.

Healthy Active Living

Designed to meet the needs of students who intend to maintain a lifelong connection to sport, health, fitness and leisure activities. The Healthy, Active Living strand is intended for students who have their sights set on careers in areas such as health care & health promotion, medicine, nutrition and dietetics, kinesiology, gerontology, naturopathy, sports therapy, physiotherapy, fitness and recreation, coaching. Students will benefit from seminars and workshops presented by professionals in the field, as well as potential co-operative education placements related to this strand such as health care facilities & businesses, fitness centres, post-secondary institutions and retirement facilities.

Elite Athlete Development

Designed to meet the needs of students who intend to pursue their athletic goals after secondary school, including junior hockey and inter-collegiate sports as well as provincial, national, and international competitions at the post secondary level. Students will gain an understanding of sport specific training and skill development, with a focus on the psychology of elite athletes. Students will learn coaching strategies designed to enhance individual and team performance.