

**SHAL**



Maximizing human  
potential in  
Sport, Health, Academics  
and Leadership

# Lasalle

Secondary School

## SPORT HEALTH ACADEMICS & LEADERSHIP Program

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## SPORT HEALTH ACADEMICS & LEADERSHIP Program



**Mission:** To maximize human potential in Sport, Health, Academics and Leadership

### Goals:

- To develop an understanding of the importance of fitness and a healthy lifestyle
- To further the academic success of the student athlete
- To develop a holistic approach to healthy living
- To develop organizational, planning and time management skills in order to prepare students for life after high school
- To develop an appreciation and commitment to community service through volunteerism
- To develop student leaders through school and community involvement

### Features:

- Enhanced community service opportunities
- Sports specific courses (e.g. Basketball, Volleyball, Yoga)
- Promotion of a healthy lifestyle through physical fitness, nutrition and healthy choices
- Contextualized learning activities
- Leadership skill development
- Unique school structure (e.g. Timetable)
- Accommodations for elite athletes

### Benefits:

- Connections within the sporting community
- Enhanced programs with officials, coaches, convenors
- Enhanced skill development for the elite athlete
- Exposure to coaches, health care professionals and sporting services in the community
- Understanding of the organization of sport and sport organizations
- Ability to better manage nutritional needs and make more informed choices about nutrition, health and lifestyle
- Cross-curricular approach to the study of sport, health and leadership through contextualized learning activities
- Leadership skills that will further build self-confidence, resiliency, poise, perseverance and communication
- Accommodations for the competing demands that elite athletes manage
- Continued pursuit of athletic excellence
- A vast, unique array of educational experiences



# Lasalle Secondary School

## SPORT HEALTH ACADEMICS & LEADERSHIP Program

### Rationale

Students with a keen interest in pursuing their participation in and understanding of sports, competition, health and business should have the opportunity to engage in a variety of experiences related to their developing interests. Students will benefit from a program that is aligned with their individual collective experience while developing the knowledge, skills and attitudes that will enable them to continue to develop their passion for sport, health, academics and leadership throughout their high school years and beyond.

### Student Profile

The successful Sport Health Academics & Leadership (SHAL) student will maintain a minimum B+ (75%) overall average. They have and will continue to develop effective time management and organizational skills. The student enjoys the challenges presented by a rigorous curricular and co-curricular program and is confident in their ability to achieve excellence in both pursuits, simultaneously. The successful Sport Health Academics & Leadership student is focused on goals that extend beyond their secondary school experiences.

### Central Components of the Sport Health Academics & Leadership Program

#### 1. Admission Requirements

To be considered for the Sport Health Academics & Leadership (SHAL) Program, the student athlete must meet the following criteria:

- Have a B<sup>+</sup> (75%) average from elementary school (or approval by the SHAL program leader)
- Train a minimum of 10 hours per week in their sport
- Participate in and be involved in school activities (sport and non-sport)
- Complete the required application
- Successfully complete an interview with the SHAL Program Leader or school administration, if required

The student must also:

- Maintain a good academic standing to remain in the program at Lasalle Secondary School
- Be a positive contributing member in the Lasalle community

#### 2. Sport Health Academics & Leadership Certificate

Students will earn a minimum of 10 credits identified as part of the SHAL Program. SHAL students are expected to maintain a 75% or better overall average. They must also be involved in one or more sporting activities, in which they commit to the training and development in that sport/s. Over the duration of this 4 year program they are also required to complete 140 hours of community involvement (60 hours of community service/80 hours of team or club participation). Each student must exhibit leadership, character and behaviour that reflects the moral integrity of the SHAL program and that of the school.



### 3. Service

Students in the Sport Health Academics & Leadership Program are required to learn by doing real tasks beyond the classroom. Specifically, the student will participate in community involvement as one of the certificate requirements. Lasalle Secondary School Student Services will work with students to secure opportunities to serve the community as a means of enhancing not-for-profit activities in the region. Service activities are varied and should connect to the student's experiences and passions in the Sport Health Academics & Leadership program.

### 4. Student Portfolio

The portfolio is a living document which chronicles the student's curricular and co-curricular evolution. Student portfolios will contain samples of student work and achievements while in the SHAL Program. These may include, but are not limited to, learning objectives, self-assessment and reflection, letters of endorsement and examples of student work and achievements. **The purpose of the portfolio is to provide a living and changing collection of records that reflect the accomplishments, skills, experiences, and attributes of the SHAL student.** It is the SHAL student's responsibility to create and update the portfolio throughout their years at Lasalle Secondary School. The portfolio will be shared with the Program Leader of the SHAL program on a continual basis. In addition, the portfolio will serve as a valuable tool for SHAL students who will be seeking admission into post-secondary programs related to Sport, Health and Leadership.

### 5. Gr 11/12 Community Leadership Project

As part of our commitment to building relationships in our community and providing opportunities for our students to apply their leadership skills, students may be asked to undertake a community leadership project across Gr 11 and/or 12. Students will be given the opportunity to embed themselves in one of a variety of roles where they can work with younger students, seniors, community groups, charities and/or sporting teams. In these projects, students may act as mentors, tutors, supervisors, coaches, or a variety of other roles in which they can exhibit leadership in connection to the SHAL program. All projects will need to be approved by the SHAL Program Leader and the school administration. Students may earn a certificate and/or a credit toward graduation.



## Lasalle Secondary School SPORT HEALTH ACADEMICS & LEADERSHIP Program Requirements



The Core Requirements of the Sport Health Academics & Leadership Program include:

- Dedication and effort to Academics
- 60 hours of Community Service
- 80 hours of Continuous involvement in sports and clubs (school and/or community)
- Student Portfolio
- Grade 11/12 Community Leadership Project

In addition to these core requirements, students must complete a total of 10 courses from the following list :

Grade 9 SHAL: Full Year Physical Education/Introduction to Business (counts as 2 courses)

Grade 10 SHAL: Full Year Physical Education/Leadership (counts as 2 courses)

Any 6 of the suggested courses below - a discussion with Guidance will help guide the process

Business/Canadian & World Studies	Science & Technology	Social Sciences	Phys Ed
<ul style="list-style-type: none"> <li>- Marketing</li> <li>- Entrepreneurship</li> <li>- Accounting</li> <li>- Business Leadership</li> <li>- International Business</li> <li>- Law</li> <li>- Canadian &amp; World Issues</li> <li>- Travel &amp; Tourism</li> <li>- Indigenous Studies</li> <li>- Cooperative Education</li> </ul>	<ul style="list-style-type: none"> <li>- Biology</li> <li>- Chemistry</li> <li>- Physics</li> <li>- Environmental Science</li> <li>- Health Sciences</li> <li>- Technological Design</li> <li>- Construction</li> <li>- Welding/Manufacturing</li> <li>- Transportation</li> <li>- Green Industries</li> <li>- Robotics/Engineering</li> <li>- Computer Animation</li> <li>- Digital Photography</li> </ul>	<ul style="list-style-type: none"> <li>- Anthropology, Psychology, Sociology</li> <li>- Families in Canada</li> <li>- Human Development</li> <li>- Food &amp; Culture</li> <li>- Food &amp; Nutrition</li> <li>- Parenting</li> <li>- AP Psychology</li> </ul>	<ul style="list-style-type: none"> <li>- Fitness</li> <li>- Healthy Active Living</li> <li>- Yoga</li> <li>- Basketball</li> <li>- Volleyball</li> <li>- Soccer</li> <li>- Outdoor Ed</li> <li>- Kinesiology</li> </ul>

**Please note a minimum 75% overall average must be maintained throughout the 4 years**





## Lasalle Secondary School SPORT HEALTH ACADEMICS & LEADERSHIP



### Frequently Asked Questions:

**1. What type of grades do I need to get into the SHAL Program?**

Students in the Sport Health Academics & Leadership Program will have maintained a 75% average in their Grade 8 core academic courses. We expect students to maintain this level of achievement throughout their years at Lasalle Secondary School. Students who fail to maintain a good academic standing and community involvement will have their status in the program reviewed at the end of the semester.

**2. As a parent or community member, I am involved in a not-for-profit organization that would benefit from the support of a dedicated and reliable student volunteer. Who should I contact at Lasalle Secondary School?**

Please call or email:

Linda Bozzato

Program Leader - Sport Health Academics & Leadership (SHAL) Program

[bozzatl@rainbowschools.ca](mailto:bozzatl@rainbowschools.ca)

Phone: 705-566-2280

**3. When and how will students be notified if they are accepted into the Sport Health Academics & Leadership Program?**

Students and parents will be advised by email of their acceptance into the program. It is critical that we have both a student and parent email address on file. We will also inform students and parents if they are not accepted into the program.

**4. Why must you submit an application package?**

The application package is designed to show the profile of the student's character, work ethic, organizational skills, interpersonal skills and scholastic abilities. It is also a chance for the teacher/coach reference to speak about the student beyond their grades.

**5. If I have been accepted into the Sport Health Academics & Leadership Program, when can I start fulfilling my community service hours?**

Grade 8 students can begin their community service hours during the summer prior to starting Grade 9. SHAL students will work closely with the Program Leader and Guidance to ensure that the central components of the program are completed appropriately prior to graduation.

**6. If I have been accepted into the Sport Health Academics & Leadership Program, what will my Grade 9 timetable look like?**

Grade 9 students will take their mandatory English, Math, Science, Geography and French courses and will benefit from having Phys Ed and Intro to Business all year. Students will also be able to choose one additional elective course from a variety of courses offered.

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