

Good afternoon

We are proud to announce the first Sport Études Football Program @ John Rennie High School for the school Year 2010-2011. It will run for 10 Months. This program will be very structured, comprehensive and detailed. It will consist of hands-on individual training and skill development for each position along with a detailed Speed, Core Strength and Nutrition program. It will be run by highly qualified football personnel and Life Skills Coaches.

Our Goal for the athletes in this program is to develop strong academic skills as well as the necessary tools to enhance and promote the athletes' passion for this great game of Football. The aim is that these student athletes will become some of the best developed players mentally, physically, fundamentally and strategically.

During their Football season the athletes will be playing with the City Programs that these students belong to whether it is NSFL, Lakeshore, Ile Bizard, Ile Perrot or St. Lazare. We will NOT have any form of scrimmages, plays or heavy contact. Instead the focus will be on classroom theory, technique training, speed, core strength, nutrition and life skills.

We are NOT building a team for John Rennie High School now or in the future. We want to maintain strong communication with all city Football programs. Our mission is long term; we are committed to developing great football players and people.

The Sport Études Football Program is aimed for Grades 7, 8, 9, 10 and 11. Any grade 6 students that have an interest in this program will have to write the *Sport-Études Secondary 1 Entrance Exam @ John Rennie High School on Saturday November 7, 2009.* Please check the website for the Lester B. Pearson School Board and John Rennie HS) for registration information.

Please forward this information to Mosquito and Peewee parents as their children are eligible for this program.

A Brochure for the Program will be available soon.

If you have any questions or concerns, or interested in getting involved. Please feel free to contact me via email.

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Michael Burgess- Coordinator

Sport-Études Football Program @ John Rennie High School