

THE HILL



ACADEMY



‘SPORT IS A LABORATORY FOR LIFE’



H

HIGHEST LEVEL

Hill academic and athletic programs are established to encourage, challenge, and motivate student-athletes to reach their own HIGHEST LEVEL level of achievement.



I

INDEPENDENTLY

Hill student-athletes are taught to make decisions and to work through his/her academics and athletics INDEPENDENTLY. Support will be provided on an ongoing basis with the goal of preparation for “the next level”.



L

LEADERSHIP

The Hill student-athlete will be given the opportunity to develop and improve LEADERSHIP skills. These skills can be applied throughout the student athlete’s life.



L

LEGACY

The Hill student-athlete will be shown the value of legacy, and will be provided with many opportunities to leave a positive LEGACY at every point of contact.



CALEDON, ONTARIO, CANADA

134-ACRE FORESTED CAMPUS

LAKE, TRAILS, ACADEMIC & ATHLETIC FACILITIES



ACADEMIC EXCELLENCE

WE ARE AN INNOVATIVE INDEPENDENT SCHOOL
DESIGNED FOR DEDICATED STUDENT-ATHLETES

Opportunity to excel through:

- Small class sizes
- Customized program to balance the demands of being a student-athlete
- Fully integrated, complimentary schedule to maximize achievement in both academics and athletics
- Students learn how to academically, athletically and mentally prepare for College or University



JUNIOR SCHOOL DAILY SCHEDULE



TIME		TIME	
8:10-8:20	Morning Meeting/Assembly	11:05-11:50	PERIOD 4
8:20-9:05	PERIOD 1	11:50-12:15	Lunch
9:05-9:15	Movement Break (indoor)	12:15-1:00	PERIOD 5
9:15-10:00	PERIOD 2	1:10-1:55	Physical Education
10:00-10:10	Movement Break (snack)	1:55-3:35	Sport Period
10:10-10:55	PERIOD 3	3:35-3:50	Snack/Study Hall
10:55-11:05	Movement Break (outdoor)	3:50	DISMISSAL

Every day: Math, Literacy, Physical Education and Sport Session

Every other day (avg. 2.5 times/week): Social Science (History/Geography), Science,

French and Art



HILLPRIDE PERFORMANCE

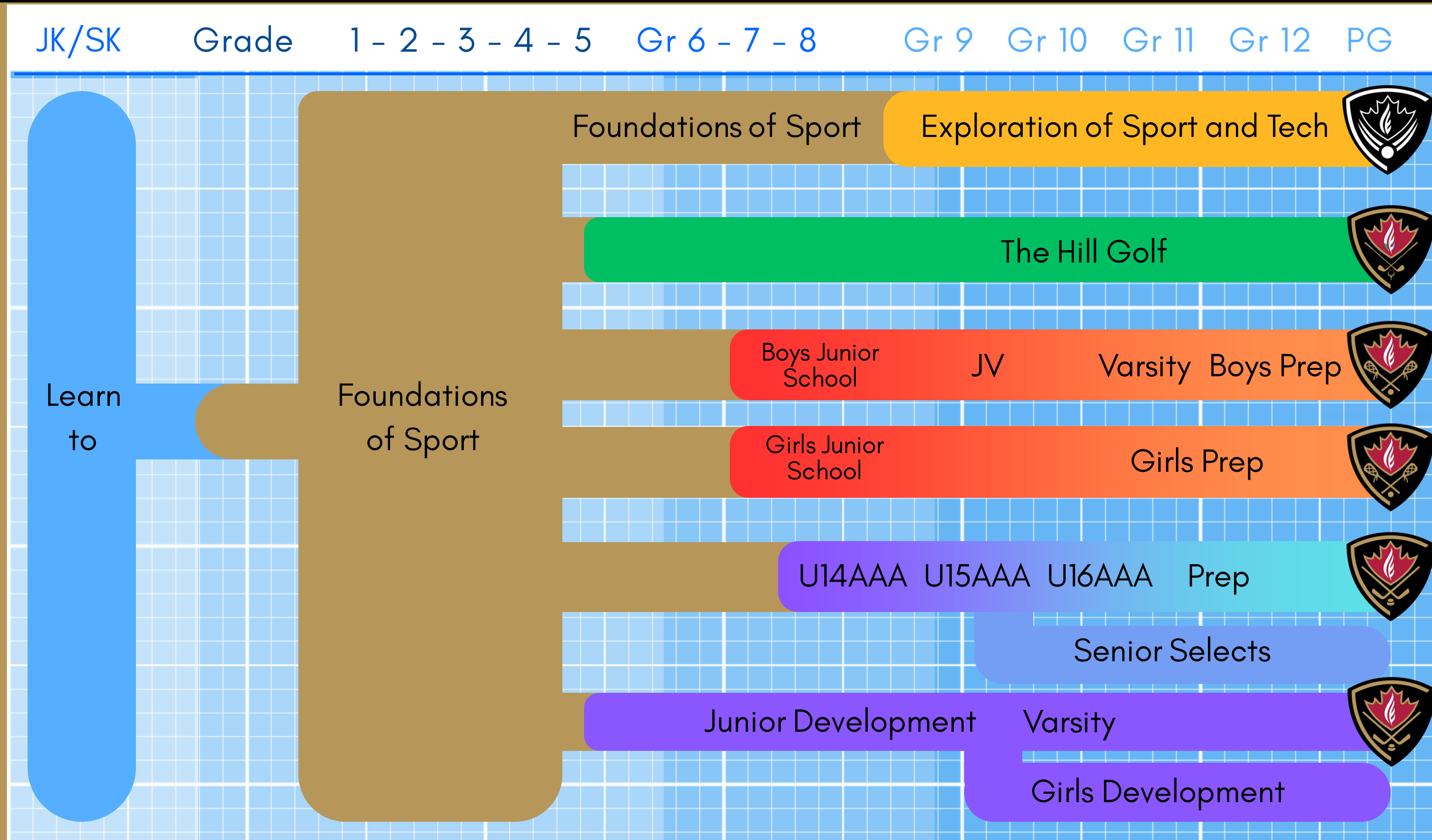


Student-athletes develop from both a physical and personal standpoint. We strive to foster a culture of excellence both on and off the playing surface.

- Sports Science
- Athlete Performance
- Athletic Therapy
- Player Development



BLUEPRINT TO SUCCESS



FOUNDATIONS OF SPORT

THIS PROGRAM WAS CREATED FOR OUR CORE STUDENTS, WITH INTERESTS AND NEEDS IN PHYSICAL LITERACY AND MOVEMENT.

Three times per week:

- Lacrosse - 9-12 weeks
- Hockey 9-12 weeks
- Basketball 4-6 weeks
- Soccer 4-6 weeks
- Football 4-6 weeks

Two days per week (1-12 days total per year):

- Cross country, volleyball, pickle ball, golf, ultimate frisbee, snow shoeing, skiing, track and field, outdoor ed, handball, baseball, swimming/water sports



LACROSSE COACHING STAFF



Jeff Teat - Head Coach

- Inside Lacrosse #1 Recruit in class (2016)
- Third all-time in assists and points at Cornell University
- Tewaaron Trophy Nominee, First Team All-American, First Team All-Ivy, MVP, Junior A First Team All-Star
- Member of Canadian Men's National Team
- First overall selection in PLL (Atlas LC) and NLL (NY Riptide) entry drafts
- 2021 PLL Rookie of the Year, 2022 NLL Rookie of the Year

Scott Dominey - Assistant Coach

- Canadian University Field Lacrosse Association (CUFLA) MVP 2018, 2021
- CUFLA scoring title twice, All-Canadian four times, four-year Captain of Nipissing U
- Drafted in fifth round of 2018 NLL Draft
- Currently playing for Philadelphia Wings (NLL)



LACROSSE - FALL



September- November:

- **Focuses: Fundamentals and Culture**

- Lacrosse practices 3x week
 - "HILL" way of doing things
 - Fast- paced
 - Technical emphasis on fundamental skills and concepts, every player is playing every position (except goalie)
 - Culminates with Fall Lacrosse tournament in upstate NY (one day tournament, parents responsible for hotel and transportation)
- Multisport practices 2x week
 - Structured, competitive, with focuses
- Sports may include: football, basketball, soccer, volleyball, cross country, etc.

LACROSSE - WINTER



November- February:

Focuses: Individual Skill Development

- Lacrosse practices 2x week
 - Full gear
 - Indoor Training
- Multisport 2x week
 - Structured, competitive, with focuses
- Team Session 1x week
 - Film Review
 - Sports Psychology
 - Mental Readiness
 - Team Building



LACROSSE - SPRING



March- June:

Focuses: Gameplay and Compete

- Lacrosse practices 3x week
 - High intensity, competitive environment
 - Technical emphasis is on applying skills into different game-like settings
 - Culminates with Spring Lacrosse tournament
- Multisport practices 2x week
 - Structured, competitive, with focuses
 - Sports may include: football, basketball, volleyball, soccer, cross country, etc.

LACROSSE - SUMMARY



- **Lacrosse as Primary Sport:**

- **Fall:** lacrosse 3x week, multi sport 2x week, Fall lacrosse tournament
- **Winter:** lacrosse 2x week, multi sport 2x week, team session 1x week
- **Spring:** lacrosse 3x week, multi sport 2x week, Spring lacrosse tournament

- **Lacrosse/ Hockey Hybrid:**

- **Fall:** lacrosse 3x week, hockey 2x week, Fall lacrosse tournament
- **Winter:** hockey 3x week, lacrosse and/or multisport 2 x week, no competitions with the Hill to accommodate outside hockey demands
- **Spring:** lacrosse 3x week, hockey 2x week, Spring lacrosse tournament



JUNIOR DEVELOPMENT HOCKEY (7-8)



- Co-ed hockey development program for grades 5-8
- Incorporates hockey development into school days
- Mix of on-ice sessions (3 x week) and multi-sport sessions (2 x week)
- Multisport may include lacrosse, soccer, basketball, etc.
- Program allows for players to compete on their own individual club teams throughout the season while taking part in our year-long development plan



GOLF



- In partnership with The Pulpit Club
 - Home of Pulpit & Paintbrush
 - World-Class instruction led by Scott Cowx and Rob Roxborough
- Recreational (off days = multisport)
 - Fall 2 x week
 - Winter 2 x week (simulator)
 - Spring 3 x week
- Competitive (off days = multisport)
 - Fall 3 x week
 - Winter 2 x week (simulator)
 - Spring 3.5 x week
 - Opportunity for a la carte tournaments



PATHWAYS TO SUCCESS



- Access to guidance with experience placing students in NCAA and U Sports
- World-class, experienced coaching
- Development
- Next highest level of achievement
 - Junior School – JV – Varsity – Prep – NCAA
- Administration relationship with NCAA coaches



ALUMNI

HIGH SCHOOL NATIONAL CHAMPIONSHIPS

2016, 2017, 2018, 2023

With the success of our athletic programs, and reputation of our Athletic coaches and directors, The Hill Academy has established relationships with coaches from Athletic programs across the NCAA and U Sports

- Placement across NCAA and U Sports
- Further placement across NLL and PLL of Alumni and Staff

#1

LACROSSE PROGRAM IN CANADA

80%

GRADUATES THAT ARE ONTARIO SCHOLARS

8

HIGH SCHOOL UNDER ARMOUR ALL AMERICANS



ALL

COACHES PLAYED HIGH LEVEL COLLEGIATE LACROSSE

100+

NCAA CAPTAINS

25

CANADIAN MEN'S NATIONAL TEAM LACROSSE MEMBERS

47

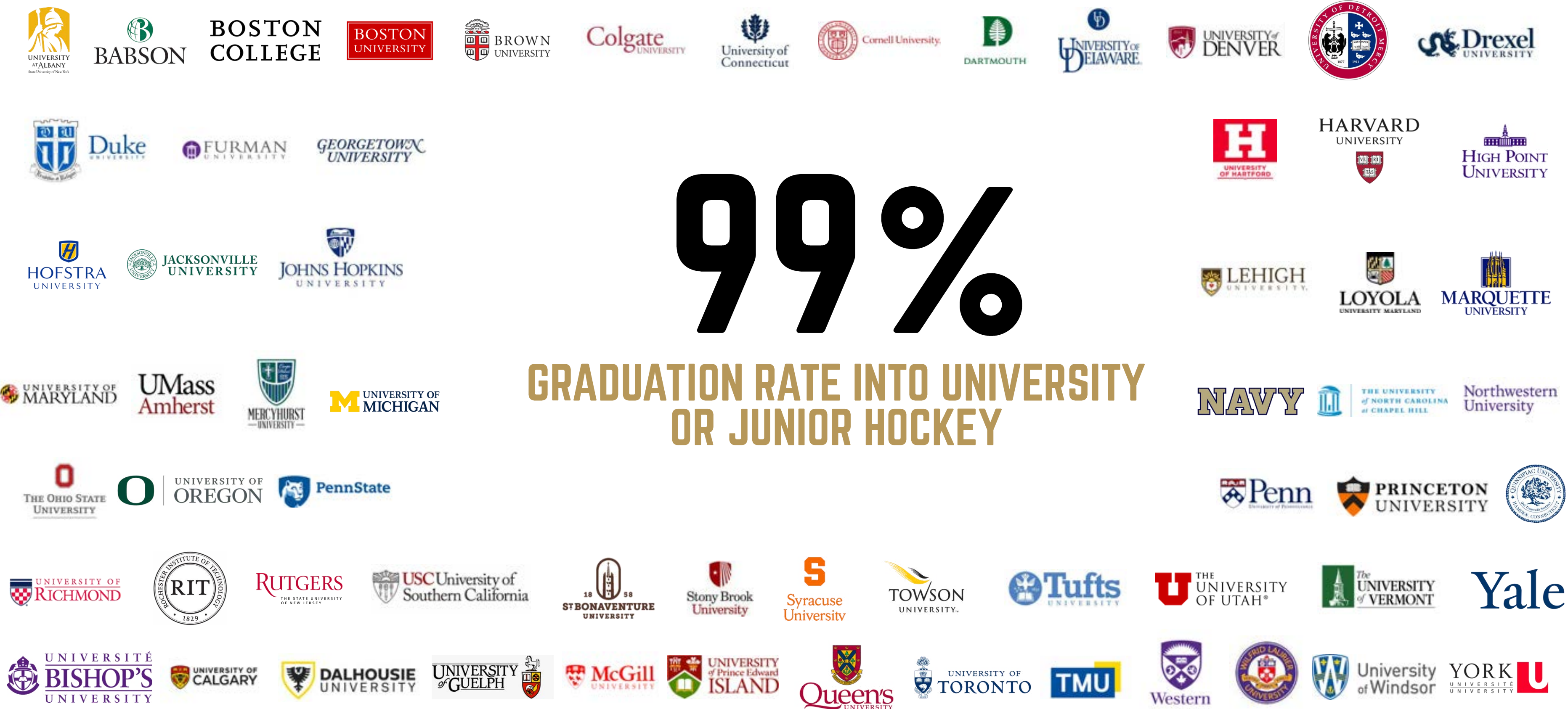
ALL AMERICANS

18

CANADIAN WOMEN'S NATIONAL TEAM LACROSSE MEMBERS



NEXT LEVEL PLACEMENT



99%

GRADUATION RATE INTO UNIVERSITY
OR JUNIOR HOCKEY

NEXT HIGHEST LEVEL OF ACHIEVEMENT EMBRACE EXPECTATIONS SWEEP THE SHEDS WE BEFORE ME WELL DONE OVER WELL SAID



NEXT STEPS



- EXPECT AN EMAIL FROM ADMISSIONS ON 2024-25 PROGRAM SELECTION
- IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT TO ADMISSIONS@THEHILLACADEMY.COM

WELL DONE OVER WELL SAID WE BEFORE ME SWEEP THE SHEDS EMBRACE EXPECTATIONS NEXT HIGHEST LEVEL OF ACHIEVEMENT