



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



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

| 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 |

OUTDOOR EDUCATION AT THE HILL

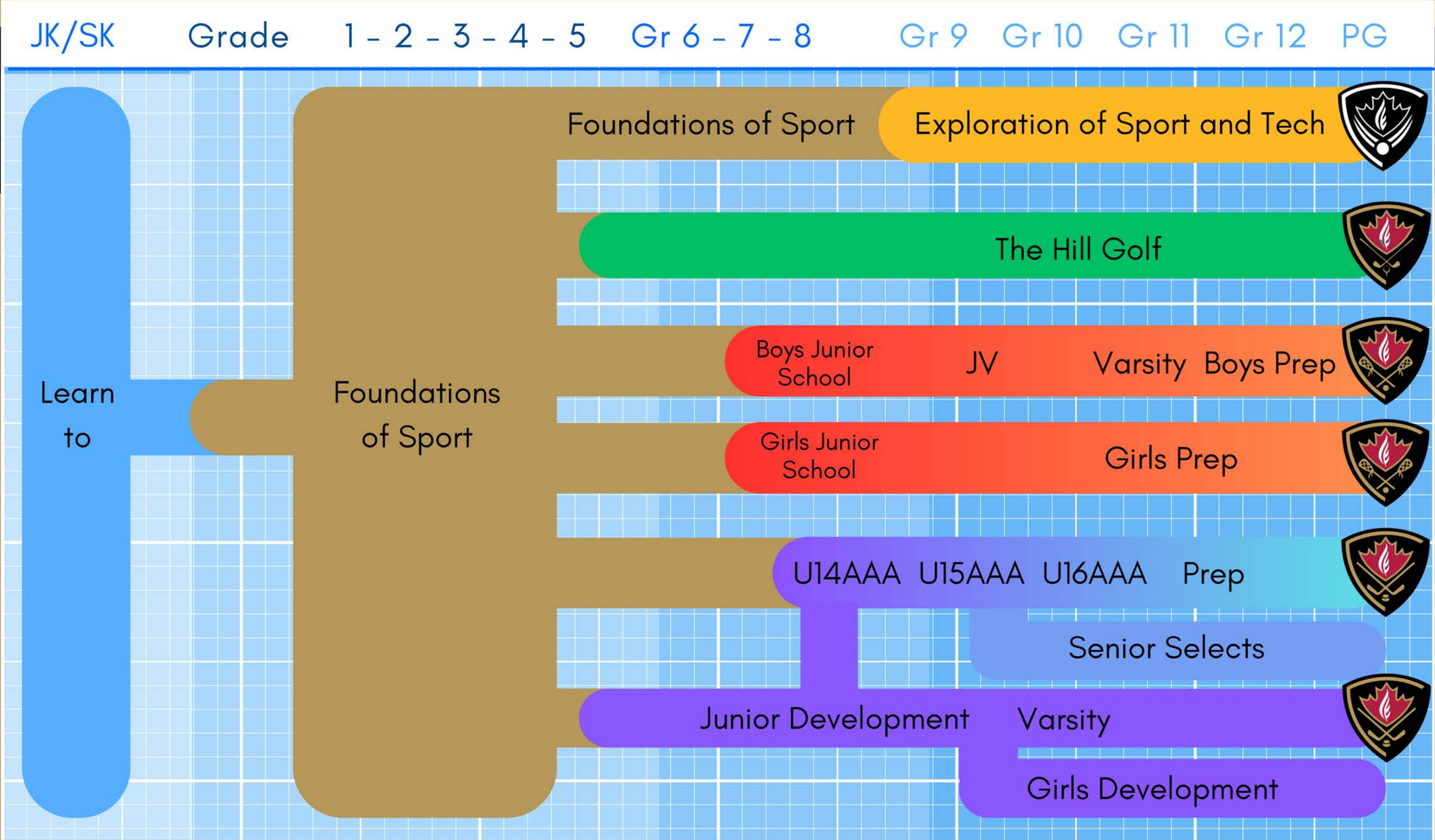
The Hill Academy's Caledon Campus offers student-athletes a unique, hands-on learning experience by immersing them in the rich natural ecosystems that surround the 143-acre campus.

With access to forests, trails, marshes, and ponds, students can study diverse ecological systems firsthand, deepening their understanding of biology, environmental science, and sustainability.

This direct engagement with nature fosters curiosity, critical thinking, and environmental stewardship, while also promoting physical activity and mental well-being.



BLUEPRINT TO SUCCESS



TPC TORONTO AT OSPREY VALLEY



TORONTO
at Osprey Valley

**HOME OF THE HEATHLANDS,
THE HOOT, THE NORTH COURSE,
GOLF CANADA'S NATIONAL HQ,
AND THE HILL GOLF PROGRAM**



- Caledon's only 54-hole golf facility including full driving range and two newly renovated clubhouses
- Doug Carrick-designed courses include a traditional links style course, a wasteland course and a parkland style course ensuring variety of play for all
- All three courses were ranked in the top 60 of SCOREGolf 2022 Top 100 Rankings, #41 Hoot, #54 North Course, #56 Heathlands
- Located less than 5km from The Hill Academy campus



THE HILL GOLF TEAM



Terry Kim - General Manager, TPC Toronto at Osprey Valley

- Previously the General Manager at Angus Glen Golf Club
- CPGA member for 20 years
- General Manager overseeing new TPC Toronto at Osprey Valley expansion, encompassing two new clubhouses, on-site accommodations and event space

Braeden Cryderman - Coach

- Director of Instruction, TPC Toronto at Osprey Valley
- First team All-Conference player - UNC Charlotte (NCAA Div 1)
- PGA Tour Canada member with two Mini Tour victories
- Bull3D Motion Capture certified instructor
- Formerly Director of Instruction at Bigwin Island GC and Glen Abbey Elite Junior Program



HOOT COURSE

Resort Style
Par 72 / 7134 yards
Slope 148 / Rating 75.4



NORTH COURSE

Parkland Style
Par 72 / 7151 yards
Slope 141 / Rating 74.2



HEATHLANDS

Links Style
Par 71 / 6810 yards
Slope 133 / Rating 72.4

THE HILL GOLF PROGRAM



The Hill Golf Program is split into two programs, a more competitive program providing a higher frequency of instruction (TPC Toronto assessment required), and a pre-competitive program for student-athletes in earlier stages of discovering their love of the game.

- **Competitive (Prep Team) Golf (Gr. 5-12):**

- **On-Season** – 4 days of programming (5 hours of group lessons and 1:1 lesson – weekly)
- Practice Facility Access (Mon-Thur after 2pm, Fri-Sun after 3:30pm)
- Individualized practice planning, Stat tracking, Titleist Performance Institute Evaluation, Titleist club fitting, 3D motion capture with Bull3D system, Swing analysis with Coachnow app, Sports Psychology sessions with Dr. Charles Fitzsimmons (Team Ontario)
- Minimum 18 holes per week on-course, with the opportunity for up to 27 holes
- **Off-Season** – 3 days of programming (off days are in study hall)
- Golf Bag, Polos, Sweaters, Hats, FootJoy shoes and discount on all other Titleist/FootJoy product



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- **Pre-Competitive Golf (Gr. 5-12):**

- Nine 1:1 sessions with The Hill Golf Coach Braeden Cryderman
- **All School Year: 2 days** featuring two hour group instruction sessions per week, led by a PGA Canada Golf Instructor (under the guidance of Braeden Cryderman)
- Foundations of Sport program exploring multiple sports throughout the school year offered on non-golf course days (**3 days**)
- On-course instruction and swing analysis with coachnow app
- Golf Bag, Polos, Sweater, Hat, and discount on all other Titleist/FootJoy product
- Program frequency stays consistent for entire academic year



THE HILL GOLF GEAR

Creating a team atmosphere in a predominately individual sport is important. The Hill Golf team receives:

Competitive:

- The Hill Golf branded golf bag
- Four (4) Hill Golf branded polos
- Two (2) Hill Golf branded sweaters
- Two (2) Hill Golf branded hats
- A pair of golf shoes



Pre-Competitive:

- The Hill Golf branded golf bag
- Two (2) Hill Golf branded polos
- One (1) Hill Golf branded sweater
- One (1) Hill Golf branded hat



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



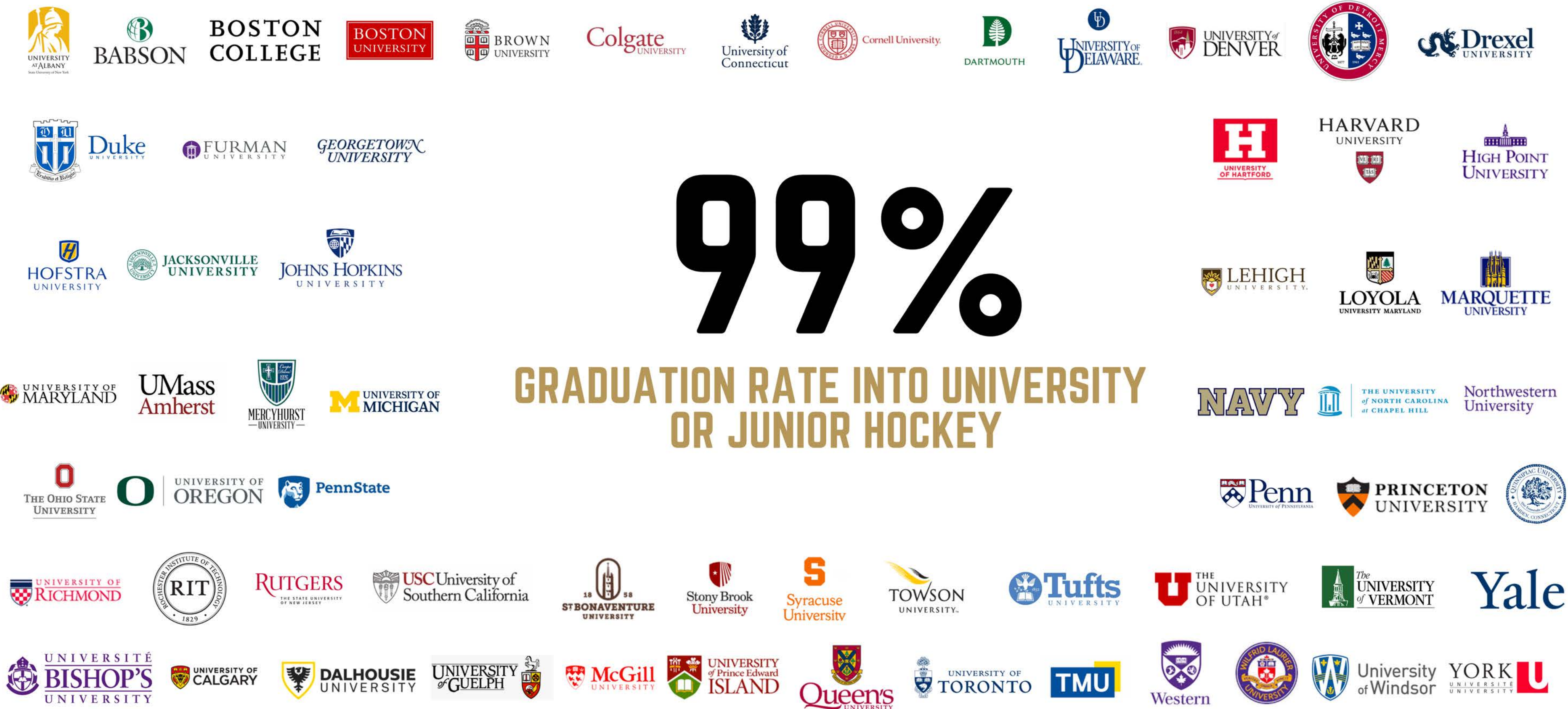
THE HILL EATS

Introduced in 2025, The Hill Eats is a culinary experience for day students, residence students and staff alike.

The Hill Eats is led by Chef Michael Chlapak, and is focused on ***FUELING OUR STUDENT-ATHLETES*** to ensure their bodies are nurtured and ready to take on the rigours of elite athletics.



NEXT LEVEL PLACEMENT



- EXPECT AN EMAIL FROM OUR TEAM IN YOUR INBOX TO CONNECT AND DISCUSS OUR PROGRAM FURTHER
- FOLLOW US ON SOCIAL TO LEARN MORE ABOUT THE HILL COMMUNITY



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@TheHillAcademy



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TheHillAcademy.com

NEXT STEPS

