

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



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



JUNIOR DEVELOPMENT HOCKEY (5-8)

- Co-ed hockey development program for grades 5-8
- Incorporates hockey development into school days
- Mix of on-ice sessions and multi-sport sessions
- Program allows for players to compete on their own individual club teams throughout the season while taking part in our year-long development plan



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

88%

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

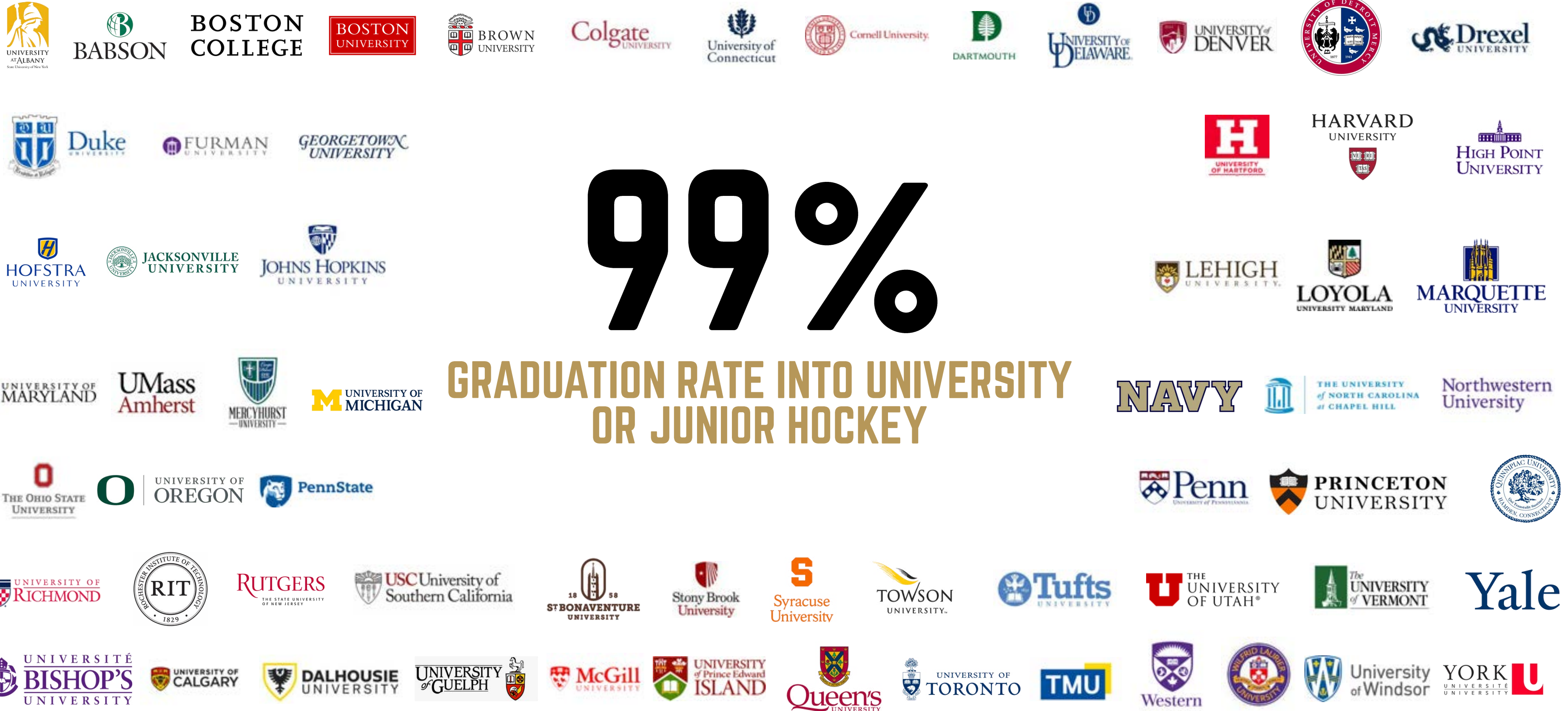
ALL AMERICANS

18

CANADIAN WOMEN'S NATIONAL TEAM LACROSSE MEMBERS



NEXT LEVEL PLACEMENT



99%

GRADUATION RATE INTO UNIVERSITY
OR JUNIOR HOCKEY

LACROSSE COACHING STAFF



Carly Quinn - Head Coach

- 2007 U19 Canadian National team member
- 2010-2012 Canisius College Golden Griffins Lacrosse Captain
- MAAC Championship in 2011 and 2012
- 2012 MAAC Offensive Player of the Year
- Member of 2015 U19 Canadian National Team Coaching Staff

Tory Merrill - Assistant Coach

- University of Toronto Lacrosse and Track Captain
- OUA Rookie of the Year and five-time OUA First Team All-Star
- Two-time CIS All-Canadian, four-time CIS Medalist and Academic All-Canadian
- Clara Benson Award recipient for outstanding ability in athletics, academics and community involvement
- Member of Senior Women's National Team representing Canada at 2017 FIL Women's Lacrosse World Cup



GIRLS 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
 - Football, soccer, cross country running, hockey

GIRLS LACROSSE - WINTER

November- February:

Focuses: Individual Skill Development and Box Lacrosse Exposure

- Box Lacrosse practices 2x week
 - Full gear
 - Erin Indoor Facility
 - Culminates with a box lacrosse tournament in the US in February
 - Hockey girls will be on the ice, this is for lacrosse as primary sport only
- Multisport 1x week
 - Structured, competitive, with focuses
 - Basketball, volleyball, racket sports, hockey*
- Individual Skill Development 2x week
 - Stations
 - Guest coaches
 - All hockey and lacrosse girls



GIRLS 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 in the US
- Multisport practices 2x week
 - Structured, competitive, with focuses
 - Track and field, outdoor education/ adventure, golf, hockey

GIRLS LACROSSE - SUMMARY

- **Lacrosse as Primary Sport:**

- **Fall:** field lacrosse 3x week, multi sport 2x week, Fall lacrosse tournament in US
- **Winter:** box lacrosse 2x week, multi sport 1x week, individual lacrosse skill stations 2 x week, Winter box tournament
- **Spring:** field lacrosse 3x week, multi sport 2x week, Spring lacrosse tournament in US

- **Lacrosse/ Hockey Hybrid:**

- **Fall:** field lacrosse 3x week, hockey 2x week, Fall lacrosse tournament in US
- **Winter:** hockey 3x week, individual lacrosse skill stations 2 x week, no competitions with the Hill to accommodate outside hockey demands
- **Spring:** field lacrosse 3x week, hockey 2x week, Spring lacrosse tournament in US



- 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

NEXT STEPS



@TheHillAcademy1845



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Admissions@TheHillAcademy.com



TheHillAcademy.com

