



# SPORTS EXCELLENCE PROGRAM

BASKETBALL  
GYMNASTICS  
HOCKEY  
SOCCER  
SWIMMING  
TRACK & FIELD



HERITAGE  
HERITAGE REGIONAL HIGH SCHOOL

**The Heritage Regional High School Sports Excellence program promotes academic success through sport participation and provides student-athletes with high-level training to develop their athletic potential.**

Students in the program have a reduced academic timetable to allow for two hours of sport training during their school day, four days per week.

The Sports Excellence program offers the following sports:

- Basketball
- Gymnastics (Club Gym Richelieu)
- Hockey
- Soccer (Association Regionale de Soccer de la Rive-Sud)
- Swimming (Club de Natation Hippocampe)
- Track and Field

**Admission** into the Sports Excellence program is based on a combination of academic and athletic performance. Applicants must write an entry exam, provide Heritage with their end of year grade 5 report card and take part in an athletic evaluation. Applications will be online at the end of September, with the evaluations taking place toward the end of October.

**Facilities** include:

- 2 double gymnasiums
- a gymnastics gymnasium
- 2 weight rooms
- a hockey rink
- a 25m swimming pool
- 2 turf fields
- a 400m track

Students in the Hockey, Soccer and the Track programs also train at the Complexe Sportif Bell in Brossard.

**For more information** please contact the program coordinator:

**Mr. Nicholas Broad**  
450 678-1070 ext. 7087

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Heritage Regional High School is a public school, under the jurisdiction of the Riverside School Board. Registration and transportation are contingent upon living in the designated school zone. Application for "Out of Zone Status" may be made to the Riverside School Board through the school Principal.



**Heritage Regional High School**  
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