



CEGEP CHAMPLAIN
ST. LAWRENCE
CHAMPLAIN REGIONAL COLLEGE

Information for Elite Athletes Winter 2018

Each year, St. Lawrence welcomes many athletes to its student body. Approximately 20% of our students are elite athletes, competing on our intercollegiate teams or on off-campus teams/clubs in the Quebec metropolitan area.

You are an elite athlete planning to study with us? This is what you need to know...

For more information, contact:

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Academic Advisor

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Student Affairs Counsellor

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Please note that this document respects the Institutional Policy on the Evaluation of Student Achievement (IPESA) governing Champlain Regional College. You are invited to consult the IPESA on My St. Lawrence File, particularly section 5.2 concerning absences.

...PHYSICALEDUCATION/ELITEATHLETEINFORMATION, updated Oct. 2016

Who is considered an elite athlete?

- Elite athletes are those who, at the very least, train 8 hours in their sport.
- At St. Lawrence, only those students participating in Division 1 (AAA or equivalent) intercollegiate teams are considered to be elite athletes;
 - Golf
 - Baseball
 - Hockey
- Elite athletes training and competing off-campus have an annual training program; they have a coach, or are members of a Sports Federation. They often require a special schedule to accommodate off-campus training.

The Athletic Excellence Course at CEGEP Champlain – St. Lawrence

This course is offered to all student-athletes participating in Division 1 (AAA) intercollegiate athletics on campus. Students participating in elite athletics off-campus must demonstrate that their sport requires a minimum of 8 hours of weekly training activities in order to maintain eligibility in the Athletic Excellence program.

What can elite athletes expect from CEGEP Champlain - St. Lawrence?

Student Services staff is committed to making the St. Lawrence experience a positive one for all athletes who study with us. To this end, we:

- Provide elite athletes in good academic standing with early registration privileges;
- Permit elite athletes to take Physical Education courses in Athletic Excellence;
- Provide Academic Advising support for the coordination of off-campus competitions necessitating classes missed and involving the re-scheduling and proctoring of examinations; and
- Formally advise teachers of all excused absences related to off-campus training and competitions (IPESA 5.3).

College professionals also help elite athletes with:

- Academic Advising (Kiki Papaconstantinou & Vincent-Jean Dubé)
- SAT testing materials and information (Nicole-Anne Daigle & Vincent-Jean Dubé)
- University information (Nicole-Anne Daigle)

What does St. Lawrence expect from elite athletes?

- **All students registered in Athletic-Excellence must demonstrate a high level of cardiovascular fitness to qualify for this course.** The standard “Leger-Lamber- Boucher” 20 Meter level test will be administered to all students on the first day of class. Women must reach level 8.5 while men must reach level 10 on this test. These scores represent a classification of “Good” in the Canadian Standardized Health-Fitness norms. **All students who fail to qualify or unable to take this test will be transferred to another Physical Education course prior to the deadline for course changes.**
- **All on-campus student-athletes registered in Athletic Excellence must inform their professor if they are cut from their team or decide to leave their respective team.**
- **Student-athletes injured prior to the beginning of the semester must meet with the Physical Education Department coordinator and obtain written permission to register in Athletic-Excellence.** At this time, the student-athlete will be required to present a written note from his/her physician.
- **Attend all classes** (other than those missed for illness or approved training or competitions);
- **Arrive to classes on time;**
- **Hand in assignments on time;**
- **Be present for regularly scheduled tests** (with the exceptions of those missed due to excused absences);
- **Notify your teachers and the Academic Advisor (room 234) of absences which will cause you to miss classes, deadlines, scheduled tests and/or exams** (IPESA 5.3) **as soon as you are made aware of them** so that arrangements can be made to reschedule tests and/or exams and to formally advise teachers of the absence(s) in writing;
- **Make arrangements for all course material missed due to absences** (IPESA 5.2.1). This includes arranging for fellow students to take notes;
- **Maintain good academic standing.**

The Elite Athlete Contract

All elite athletes are asked to sign a contract with the college. A copy of the signed contract will remain in the student’s file. Student athletes are asked to remember that:

- It is their responsibility to ensure that teachers are informed of excused absences well ahead, as each teacher plays an essential role in each student’s academic success;
- Teachers will be asked to report their concerns about the academic standing of student athletes to the Academic Advisor, Kiki Papaconstantinou;
- Privileges may be lost if they do not respect the contract signed with the college; and
- Their name may be removed from the game roster of in-house teams if they do

not respect the contents of the contract signed with the college.

The Admissions Process

When you apply to St. Lawrence, we will want to know what you plan to do during the academic year.

- The Student Activities staff is more than happy to answer your questions concerning athletics. Contact Vincent-Jean Dubé, Student Affairs Counsellor.
- **If you plan to train and compete on a team outside St. Lawrence, please complete the *Elite Athlete Application Form* attached to this document.**

Registration

How can you create a schedule which accommodates your training needs?

For most students, a good schedule is one that meshes both their academic and athletic lives. In order to make good choices, it is important to know:

What is your training schedule?

How many hours of training per week are required?

Where do you train?

What is the amount of time required for transportation to and from this location?

When will competitions take place (if applicable)?

Do you need to participate in a training camp during the semester?

Does your training schedule intensify during the fall or winter months?

Planning a Proposed Sequence of Courses

Since elite athletes often seek university scholarships, academic success is a priority. Remember that universities not only want excellent athletes; they also want students who will perform academically in a competitive milieu. ***Doing well is not just a matter of intelligence, it is a matter of hard work.***

1. How many semesters of study will you require to graduate?
2. How many courses can realistically be taken in one semester?

These are important questions which you must discuss with Kiki Papaconstantinou, Academic Advisor, in room 234. Sometimes it is better to have a more reduced course load to ensure academic success. The deadlines for withdrawals without academic penalty are September 20 (Fall semester) and February 15 (Winter semester).

Remember: We are here to help you succeed!