

When Do I Take LEAP?

- You can take LEAP each year at St. Benedict and **earn up to 6 LEAP credits** in total (1 credit in grade 9 & 10 and up to 2 credits/year in grade 11 and 12).
- The LEAP course is run during the regular school day. You will be scheduled into the LEAP program on your timetable with the LEAP teachers.

Can I Join School Teams?

- Yes!** All Grade 9 and current students are eligible to play for SBCSS teams.
- Transfer students** must complete the OFSAA transfer process in order to be deemed eligible for interschool sports.

Recent St. Benedict LEAP Alumni

Erin Langdon	Cheer	Trinity Valley
Katie Leudy	Basketball	York University
Camilo Vasconcelos	Soccer	The Halifax Wanderers
Lily Vrugteman	Basketball	University of Prince Edward Island
Colt Bettencort	Spain	UD Vall de Uxo FC
Maya D'arcy	Syracuse University	Hockey
Emerie Maltby	Wilfrid Laurier	Hockey
Dylan Mun	University of Waterloo	Soccer
Steven Leskovar	Peterborough Petes	OHL

See LEAP Website for a full list of Alumni.

2024 Timelines For Application & Admission

- March 1st** Phase I Documentation Due
- March 29th** Invitation to Phase II Testing
- April 3rd** Phase II Orientation Session
- April 20th or April 25th** Phase II Testing
- May 3rd** Acceptances Sent



For more information about LEAP please contact:
Nathaniel Dufresne and/or download the information and
application package found online:

<http://bit.ly/SBCSS-LEAP>



St. Benedict Catholic Secondary School
50 Saginaw Parkway
Cambridge, Ontario, N1R 5W1
Phone: 519-621-4050 Ext 5137
Fax: 519-621-4057
E-mail: nathaniel.dufresne@wcdsb.ca



L.E.A.P

Leaders & Exceptional Athletes Program

A Cross-Training Opportunity
for Our Athletes

Frequently Asked Questions
2024-2025
School Year

What is LEAP?

The St. Benedict Leaders & Exceptional Athletes Program (LEAP) is a training course for student-athletes who demonstrate exceptional athletic potential in a given sport. LEAP is an ***in-school Cross-Training course***.



Why Take LEAP?

LEAP is for student athletes looking to **improve their overall performance in their sport(s) of choice by developing transferable skills** such as speed, agility, coordination, endurance, power, strength and flexibility. LEAP students will also receive leadership and sport psychology training. It is not an opportunity to follow an individual training program.

Who Can Apply for LEAP?

Applicants Should:

- Be **working towards a provincial championship or higher** with a coach outside of school (e.g. Rep sports teams such as OBA travel, OPFL, etc.)
- Have an **overall average of 70%** in their current studies.
- Have **exemplary attendance** in all their classes.
- Be a **positive contributor to the St. Benedict community**.

How do I Apply for LEAP?

- **First:** Complete the on-line form.
<http://bit.ly/LEAP-Online-Form>
- **Second:** Complete your application package & submit it to St. Benedict (Mr. Dufresne) by the deadline listed on the back.
- Application packages are available:
 - In The St. Benedict PHE office **or**
 - On-line: <http://bit.ly/SBCSS-LEAP>



What do I Have to do to Apply?

Phase I: Documentation

- Complete the online form.
- Submit the following form to SBCSS.
 - Teacher Recommendation form
 - Coach's Letter of Confirmation form
 - Signed waiver for testing with photo

Phase II: Fitness Testing

- Only successful applicants from Phase I complete these tests.
 - Beep Test (20 yard shuttle run)
 - Push-Ups
 - Vertical Jump
 - Wall Ball Toss (Coordination test)
 - Illinois Agility Run
 - 40 Yard Dash
 - 6lb Medicine Ball Throw

See the application package for all documents, complete test descriptions and the fitness testing performance standards.

Do I Have to Re-apply Every Year?

- **Current grade 9, 11, and 12 LEAP students** simply select LEAP as one of their courses for the next school year.
- **Current grade 10 LEAP students** must go through the application process in order to take LEAP in grade 11.
- Students that have left the program and wish to return must also re-apply.

How Do I Remain in the Program?

- You should maintain an overall average of 70% and be a good ambassador of the St. Benedict Community and LEAP.
- Attendance, academics and behaviour will be reviewed at the end of each reporting period.