



MISSION & PROGRAM GOALS



Soccer Excellence Program

In collaboration with the Association Regional de Soccer de la Rive-Sud (ARSRS), Heritage Regional High School offers a soccer concentration within their Sports Excellence program. The Heritage Regional High School Sports Excellence Program is built upon two core objectives :

Academic Excellence

The primary objective of the program is to promote academic achievement through athletic participation. Student-athletes are expected to demonstrate dedication in the classroom, take responsibility for their learning, and recognize that academic success remains the foundation of their educational experience.

Athletic Development

The program also provides a high-performance training environment designed to support the athletic growth and development of each student-athlete. Through quality coaching, structured training, and meaningful competition, student-athletes are encouraged to develop their skills, maximize their potential, and demonstrate the values of commitment, discipline, respect, and sportsmanship. Participation in the Sports Excellence Program is a privilege and is conditional upon meeting the expectations outlined in this agreement.

The ARSRS supports the program by providing the coaching staff with the necessary experience to provide the necessary playing tools in order to excel in all systems and game situations. Our mission is to develop athletes that show the potential and desire to progress and work towards their inclusion in an elite soccer structure, whether it be at the club, regional, provincial or even national level.

Our Philosophy

The development of our soccer players is important on the athletic level but also on a human level. It is important that our student-athletes:

- Respect the program rules and requirements, training facilities and staff.
- Develop leadership skills as individuals and working among a group of their peers.
- Learn the necessary tools that will allow them to reach their personal soccer objectives (recovery, nutrition, injury, prevention, etc.).

Evaluation and Selection Process

Interested parents of grade 6 students must register their children to take part in the Sports Excellence evaluations on the Heritage Regional High School website. Registration will begin as of mid-September:

<https://hrhs.rsb.qc.ca/academics/programs/sports-excellence/>

Admission into the Sports Excellence program is based on a competitive selection process determined by a combination of academic and athletic performance. The application process begins in mid-September of their grade 6 year. Grade 6 applicants are assessed using their final grade 5 report card. In addition, an athletic evaluation is held to evaluate all applicants. **Soccer applicants should be registered with a federated Club's CDC program.**

Students applying for secondary 2 through 5 must contact the program coordinator directly and will be assessed using their most recent report card as well as have an athletic evaluation to complete. We begin accepting applications as of October for the following year. The application deadline for students applying into secondary 2 through 5 is March 31st. Applicants will be contacted in April to set-up athletic evaluation sessions.

Soccer Excellence Program 2027-2028





Heritage Soccer Excellence Program 2027-2028



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Coaching Staff

All coaches are certified with at least a Provincial Coaching Diploma (ESP) and have numerous years of experience in developing elite young players. Groups are formed according to the athlete's age and stage of development.

Once a week the goalkeeper coach is available to work on specific goalkeeper technical and tactical exercises.

Coaching staff :

- Sec. 1-2: **Brian Aguilar Alvarado**
- Sec. 3-4-5M : **To be determined**
- Sec. 3-4-5F : **Patrick Ottou**
- Goalkeeper : **Daniel Courtois**

Training Facilities



Turf Field at Heritage

Heritage Regional High School

- 7445 Ch. de Chambly, St-Hubert, QC J3Y 3S3



CN Complexe Brossard Turf Training Field

- 8000 Boul. Leduc, Brossard, QC J4Y 0E9



Soccer iQ Taschereau - Soccer complex

- 3574 rue Margaret, Greenfield Park, QC J4V 2G4

ASSOCIATION RÉGIONALE DE SOCCER DE LA RIVE-SUD

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Brossard (Quebec) J4W 3J8 Telephone:
(450) 926-9062 ext.: 227
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Daily Schedule

Soccer Excellence sec. 1-5: Sept-Nov & April - June (training outdoors at school:

Mondays, Tuesdays, Thursdays & Fridays
2:15pm – 3:55 pm Training on turf

Soccer Excellence sec. 1-5: Nov-April (training indoors at CN Complexe in Brossard:

Mondays,
Tuesdays, Thursdays & Fridays
2:20-3:45pm Training indoor turf

**Exhibition games vs. other soccer programs are played at home or away

Equipment

Uniform provided:

- Each player from secondary 1 receives 2 training jerseys, 2 pairs of shorts, 2 pairs of socks and 1 training jacket.
- Each player from secondary 2 through 5 receives 2 training jerseys, 2 pairs of shorts, 2 pairs of socks and 1 hoody/training jacket.

Important information

Interested candidates must register online from the Heritage Regional High School website by October 2nd, 2026.

The soccer evaluation for grade 6 students will take place on: **October 5th 2026 from 9:30 to 11:30 on the field behind Heritage**