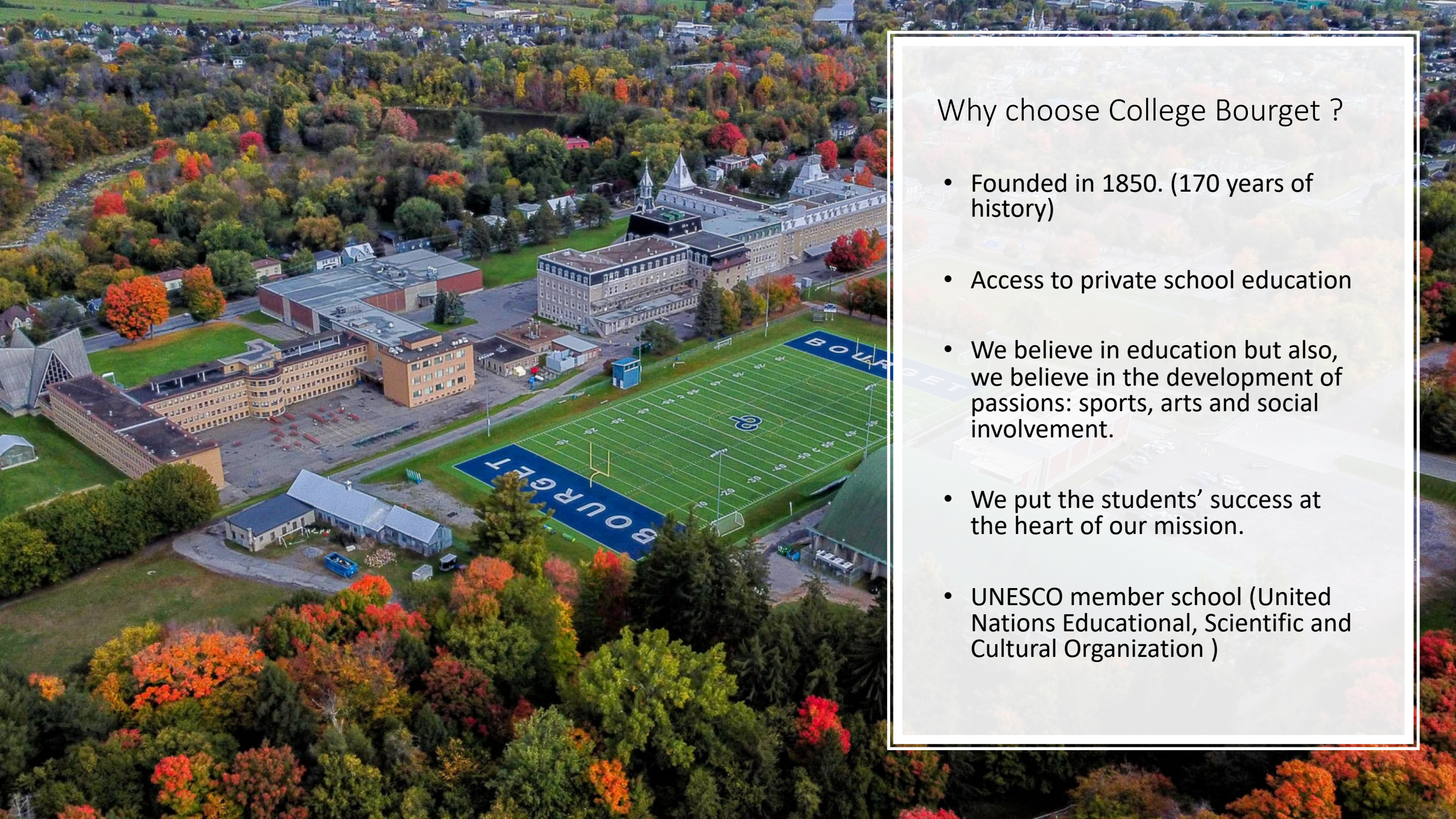


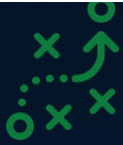


Flag-Football

An aerial photograph of the College Bourget campus, showing several large, multi-story brick buildings, a green football field with 'BOURGET' written on the end zones, and surrounding trees with vibrant autumn foliage in shades of orange, red, and yellow. A river is visible in the upper left corner.

Why choose College Bourget ?

- Founded in 1850. (170 years of history)
- Access to private school education
- We believe in education but also, we believe in the development of passions: sports, arts and social involvement.
- We put the students' success at the heart of our mission.
- UNESCO member school (United Nations Educational, Scientific and Cultural Organization)



3

saisons de compétitions



14

sports de compétitions



15

groupes sports d'excellence



40

équipes compétitives



50

entraîneurs certifiés



600

élèves-athlètes

Volts in numbers



Olivier Laberge-Allard

Flag football Program Manager

- Bachelor degree in history
- Master degree in education
- Social sciences teacher (G10-11 &12)
- American Football player (University of Ottawa)
- American Football coach
- Flag Football manager & coach
- Certified Strength & Conditionning coach
- Involved with Team Canada Flag Football (Women's)



Flag Football Program

- From grade 5 to grade 12
- 7 teams competing in 3 different categories.
- More than 100 girls playing flag football at College Bourget

Sports facilities

Synthetic football field

Grass soccer field

3 gymnasiums

Weightlifting room

Swimming pool

Arena

Climbing wall

Tennis courts

Outdoor basketball courts

Beach volleyball field





Sports Medicine

- Sports injury support service in partnership with Axio
- Mandatory pre-season physical tests
- Assistance during competitions and training sessions
- Volts Clinic
(Sport Therapist 1x/week + doctor's visit 2x/month)
- Concussion Management Protocol

Practices & Competitions

10 hours of development/week

- Practices
- Strength & conditioning
- Video session
- yoga

- 7vs7 Fall Season

- International tournaments (USA/Mexico/Panama)

- Tournaments in Ontario

- Indoor 5vs5 season

* 50 to 60 games (september to june)



Affiliated school



Tradition of excellence

Last 5 years:

- State Finalist every year (2017 State champion)
- 2017 National Champions
- Finalist National Flag Football championship in Tampa Bay 2020
- Players graduated & go play for CÉGEPS & Universities.