

# QUEBEC HIGH SCHOOL

## SPORT CONCENTRATION PROGRAM

The QHS sport concentration program has contributed to the success of our school varsity teams. Our soccer and basketball programs are open to male and female athletes in secondary 1-5. Four days out of the 10 day cycle are scheduled for each concentration. Concentrations are held in our Gym at QHS with no requirement for extra bussing.

One of the lowest  
priced concentration

# \$550

programs in the Quebec  
City region!

### QHS BLAZERS - POWERED BY PRIDE

Both our soccer and basketball concentration programs will aim specifically to develop the following:

1. Individual and collective skills from the basics to more advanced skills.
2. Basic and advanced team soccer and basketball techniques.
3. Promotion of sportsmanship through every aspect of the game.
4. Cardio-vascular and muscular systems through regular training.
5. Game level stress management techniques.
6. Speed and Agility and fine motor skill development.

Space  
is limited  
Sign up  
today!

For more  
information  
about registration  
speak with our gym  
staff representative  
or call (418) 683-1953  
ext. 6279

Championship teams are built from strong foundations. The QHS concentration programs lay the important steps to a solid foundation.

