

# OLB Elite Athlete Initiative



# OLB Elite Athlete Initiative

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# OLB Elite Athlete Initiative

## **What this program entails:**

The OLB Elite Athlete initiative is headed by a small committee of teachers at the school that act as advocates / advisors/ liaisons between the athlete/student, the teachers, your parents or any other group of people you may be in contact with during your time at OLB.

We are here for you. Our role is to provide assistance, advice, guidance, and direction to help you successfully navigate your time here at Our Lady of the Bay. We also want to hear about your accomplishments so we can also pass that along to the school as well.

# OLB Elite Athlete Initiative

## Who is involved

The Committee Includes:



Mr. Kevin Gosselin

Teacher, Parent of HP Children,  
HP Coach, Summer School Teacher



Ms. Melissa Wheatcroft

Teacher, Head of Co-Curricular,  
Summer School Teacher



Ms. Marianna Knights

Teacher, School Chaplain,  
Parent of Elite Athlete OLB Graduate

# OLB Elite Athlete Initiative

## Who is involved

The Committee Includes:

Mr. Jason Boose

Parent of Elite Athlete OLB Graduate

Math & Phys- Dept and Golf, Tennis,

And Hockey Summer School Teacher

# OLB Elite Athlete Initiative

## Other Crucial Staff you will need to know:



Ms. Kerri Parent

School Principal



Ms. Anna Coccimiglio

Head of Guidance



Ms. Maureen Brinn

Head of Student Success

# OLB Elite Athlete Initiative

**Contact Information      School Phone: 705-445-2043**

**Kevin Gosselin** - [kgosselin@smcdsb.on.ca](mailto:kgosselin@smcdsb.on.ca) Mobile 705-443-1677

**Melissa Wheatcroft** [mwheatcroft@smcdsb.on.ca](mailto:mwheatcroft@smcdsb.on.ca) Mobile 705-441-6964

**Marianna Knights** [mknights@smcdsb.on.ca](mailto:mknights@smcdsb.on.ca) Mobile 705-888-8129

**Jason Boose** [jboose@smcdsb.on.ca](mailto:jboose@smcdsb.on.ca)      Mobile 705-443-0409

**Kerri Parent** Ext 401 - Principal at OLB: [kparent@smcdsb.on.ca](mailto:kparent@smcdsb.on.ca)

**Anna Coccimiglio** Ext. 186 - Head of Guidance at OLB [ancoccimiglio@smcdsb.on.ca](mailto:ancoccimiglio@smcdsb.on.ca)

**Maureen Brinn** Ext. 181- Head of Student Success at OLB [mbrinn@smcdsb.on.ca](mailto:mbrinn@smcdsb.on.ca)

# OLB Elite Athlete Initiative

## Extra help / tutors available for hire

### Math Tutors:

- **Sean Danaher** - Retired OLB teacher (all math and physics) - 705-444-3523
- **Sarah Clarke** - current math chair at OLB (Room 214). Ms Clarke also provides private tutoring - [sclarkemathtutor@gmail.com](mailto:sclarkemathtutor@gmail.com) 705-888-2854

### Science Tutors

- **Emily Prashaw** OLB Biology teacher [eprashaw@smcdsb.on.ca](mailto:eprashaw@smcdsb.on.ca)
- **Claire Pearson** - Retired OLB Chemistry teacher 705-888-2320 - send her a text to get started.

### English Tutors

- **Jennifer Foster** - current English chair at OLB (Rm 161) - [jfoster@smcdsb.on.ca](mailto:jfoster@smcdsb.on.ca)

### Other Tutors

- **Maureen Brinn** - also provides tutoring for science and most other classes. She has worked in our student success room (Rm 144) at OLB for more than a decade [mbrinn@smcdsb.on.ca](mailto:mbrinn@smcdsb.on.ca)

# OLB Elite Athlete Initiative

## What Support the school is providing for you:

OLB can offer, beyond this initiative:

- Flexibility around exam writing days, if necessary
- Flexibility around attendance (missing classes)
- Flexibility around assessment due dates (on a teacher by teacher basis)
- Most teachers also provide online content for their courses (either through Brightspace or Google Classroom)
- Math tutoring at lunch with Ms Clarke (Room 214)
- Access to Student Success Room (144) in all 4 periods for extra help or to write a missed test, or work on an assignment.
- Excellent guidance for course selection and assistance planning your academic future
- A supportive place to pursue your athletic dreams and still maintain strong academic opportunities

# OLB Elite Athlete Initiative

## What are your responsibilities as a student/athlete at OLB?

### Communication is crucial:

- Yearly or monthly schedules to all your teachers, cc myself, Ms Knights & Ms Wheatcroft as well - so we know where you are and where you're going.
- Reminders to the teachers as you get closer to when you'll be away for a day or an extended period of time, so teachers can prepare a few days/week ahead.
- If schedules change, and they often do, let your teachers know right away. Don't keep them guessing or blindside them.
- **PARENTS:** Please let the school know ahead of time if your child will be absent. A phone call or email will prevent you from getting the automated phone call each day.
- Returning to school after an extended trip. Coordinate with your teachers so you aren't expected to write every missed test and submit every missed assignment on the day you return.
- There are times when you are away and you can get work done, and when it isn't possible. Communicate that to the teachers as well

# OLB Elite Athlete Initiative

## What are your responsibilities as a student/athlete at OLB?

### Time Management & Communication are crucial:

- Learn to advocate for yourself, stay organized, stay on top of things. The expectation is you are missing lots of school so sacrifices must be made (some of your social life must be sacrificed) - this can be very difficult and intimidating for students, especially if you don't know the teacher - but just like you need to speak with your coaches about the ins and outs of your sport, it's no different for each of your courses, so get in the habit of chatting with them early and often on a one on one basis.
- Ask questions when you are unsure of anything. Don't sit in a hotel room and fret or hope that you'll get divine intervention. Whenever you can check with the teacher- they are the ones marking your work or teaching you the course. Google or AI don't always get it right, so don't look for the easy answers.
- In the past we've had students who just hope things work themselves out and do very little to help themselves. These students make teachers (and parents) angry and they are ones who make it hard to want to help. Don't be that student. Come in a few minutes before school or class, or at the end of the day or during lunch and ask for assistance. Talk with your teachers. Ask them if there is anything you can do better - let them coach you through the courses as well.

# OLB Elite Athlete Initiative

## What are your responsibilities as a student/athlete at OLB?

### Time Management & Communication are crucial:

- If you're having difficulty with a teacher or assignment, project etc come and speak with one of us to give you advice. Not all teachers are the same, we can help you navigate. We can also suggest accessing a tutor if needed.
- If you're having difficulty with a teacher or assignment, project etc come and speak with one of us to give you advice. Not all teachers are the same, we can help you navigate
- If you have any issues around your learning: IEP, nerves around tests, presentation anxiety etc, let us know and also let your teachers know. Again, we can help you overcome these challenges.
- Let us know any changes: Injuries happen, schedules are altered, personal situations arise. Also let us know the good stuff. Keep us in the loop on some of your successes and accomplishments through the season. It's important for us to be able to recognize this with all the school
- Don't forget to thank the teachers for assisting - they all want to help you, they will go out of their way for you.

# OLB Elite Athlete Initiative

## Other Information / Advice

- Work with each other, also make new friends. Participate in other co-curricular activities - if you can.
- Do your best. Be honest and accept and own up to your weaknesses and failures. Just like in sport, work on your weaknesses, don't expect they will just fix themselves. Ask the teachers to help you they will coach you through it, but you **MUST ASK**.
- Don't cheat - ever. You literally are just cheating yourself and potentially destroying your reputation. Don't think that coaches, schools, programs don't contact us - they do. Reputations are hard to make and easy to destroy with stupid mistakes and bad decisions. Work through your challenges, don't ever look for the short cut.
- Be a model student when you're home and in class. Be involved in the class - ask and answer questions and be part of any discussions. If your cohorts are skipping to go to the peer, you might want to say no thank you. Also quiet/shy students can still do well, but they are disadvantaged.
- On snow days (last year we had 20 during the winter months) if you're home, make a point of coming into the school and meeting up with your teachers. They will make time for you to get caught up and provide some one-on-one instruction- take advantage of that situation.
- Time management and organization require effort and diligence. They are the keys to success at anything you do.

# OLB Elite Athlete Initiative

## On Final Marks

- Being part of this initiative does not mean you will get a bump in your grades. Marks and Credits **MUST be EARNED**. By no means should you expect teachers bump marks, nor should they be expected to bump marks. Do the best you can throughout the entire semester and also realize that despite everything that you and everyone around you does to assist you, the reality is that your marks may suffer with numerous absences. Hopefully the experience you get will help you in the future.

# Brightspace vs Google Classroom when on the road

Remember that teachers may use Brightspace or Google Classroom (or a combination of both) to deliver their course material online.

Brightspace is not available for students when they are out of country. Be prepared for this and download anything required before you leave.

Google Classroom is available when out of country.

Google Classroom Course Code: **xi2vxljr**

# Other Docs & Videos to help you on your journey

- OLB Elite Athlete Initiative - [Printable Copy](#)
- [Secrets to Success](#) Checklist
- Secrets to Success and Building [Confidence](#) - Ted Talk
- Practice with your full concentration – this helps your [brain learn](#) good habits (Ted Talk).
- Fear and nervousness are normal. You can learn to manage it ([watch this Ted Talk on overcoming fear](#))



# January 2026 Semester 1 Update

## **Changes for Semester Two**

- Mr. Baker (Our VP) is now back from his injury and working full time at OLB
- The Committee (Gosselin, Wheatcroft, Knights & Boose) will now be dividing the student/athletes by Sport.
  - Gosselin / Wheatcroft (Alpine Skiers)
  - Boose / Knights (Hockey, Golf, Swimming, Basketball, Baseball, Equestrian)

# January 2026 Semester 1 Feedback

What **WENT WELL** (from teachers) GENERALLY SPEAKING:

- Lots of communication by students to teachers around their schedules
- Some excellent work being completed while away from class
- Some students (you know who you are) are coming in on snow days to receive extra help from teachers
- Many students are coming in for extra help (especially in math), before school, during lunch and after school
- Many students are getting extra help beyond their teachers through tutoring - especially in math and science (a bit of English as well)
- Many student's behaviour in class are exemplary: they are always in uniform, they never have their phone's out or ear buds in, they regularly participate in class discussion, are thankful and respectful to their teachers and fellow students.

# January 2026 Semester 1 Feedback

What could be **IMPROVED** (From Teachers) **WHEN IN CLASS:**

- Not asking for assistance when they are struggling - letting it build up
- Uniform infractions (Lululemon pants, vests, jackets, hoodies that are not part of the uniform)
- Phones or Earbuds being accessed during class without permission
- Lack of Focus / Socializing (talking) during a teacher's lesson
- Continually asking to use the washroom
- Disrespectful behaviour toward teachers (talking back, being argumentative, poor attitude)
- Cheating on assignments or tests

# January 2026 Semester 1 Feedback

Examples of what could be **IMPROVED** (from Teachers) **WHEN OUT OF CLASS:**

- Not using the Committee or the fact that you're an Elite Athlete as a Crutch to help you get a last minute extension, on an assignment, or a test because you procrastinated.
- Use Room 144 more during your Spare
- Using class time to get work done vs socializing with friends
- Using Math help prior to class or during lunch breaks (most math teachers give up their lunches to help students, but not all use it)

= Your REPUTATION and your INTEGRITY

**WHY THIS IS A BIG PROBLEM FOR YOU and US THE COMMITTEE!!**

## **Just So You Know...**

Grade 9's & 10's - YOUR JOB IS TO BUILD GOOD HABITS

Grade 11 & 12 - THIS IS WHEN IT MATTERS

## **MOST CHALLENGING SENIOR COURSES**

Grade 11 Functions, Physics, Biology and Chemistry

Grade 12 Functions, Calculus, Chemistry, Physics and Biology

# Other Reminders

## Summer School Option for Summer 2026

- Grade 10 Careers and Civics GLC & CHV-20 (Mr. Gosselin)
- Grade 12 Leadership Course PLF4M (Ms Wheatcroft)
- High Performance Athlete course (NSA) IDC4U - Heather Grant

ALSO - OLB only offers Grade 12 Physics every second year, at this point. It may change if there are enough students looking to take it every year.