

# Lacordaire is Turning 100!

CONTRIBUTED BY HELEN FALLON, TRUSTEE, MONTCLAIR HISTORY CENTER

**I**N 2020, Lacordaire Academy will celebrate 100 years of educating students. Tres bon!

Opened in September, 1920 by the Dominican Sisters of Caldwell as a French-English boarding school for girls—it began with just two students. Today’s enrollment includes 170 co-ed students in the Lower and Middle School grades of K-8 and 75 young women in the Upper School. The students hail from more than 35 towns and seven counties throughout New Jersey. Until 1924, the school even offered students a boarding option!

It’s not clear why the Dominican Sisters began this school in Montclair instead of on their Caldwell campus. Montclair’s reputation as a location of outstanding boarding and private schools, as well as the town’s convenient access via train and trolley, may have been factors.

The school was named for Henri Dominique Lacordaire (1802-1861), a preacher credited with restoring the Dominican Order in France after the French Revolution; he was renowned for oratories delivered at the Cathedral of Notre Dame in Paris. In addition to a faith-based education, Lacordaire’s legacy is evident in the French language instruction in grades K-5 (additional language options are offered in upper grades) and the curriculum’s emphasis on public speaking.

The Dominican Sisters who teach at Lacordaire originally resided in the Convent, a stately home at the northwestern corner of Lorraine Avenue and Park Street. In the early years, classes were also held in the Convent. The residence, built in 1894 for prominent Montclair citizen Dr. Morgan Ayres, is a



Queen Anne style home featuring a deep porch, projecting bays, gables, dormers, and a castle-like tower. Inside, the elegant first floor center hall features a spectacular spindle staircase. According to the 1982 “Preservation Montclair” Inventory of Historic Properties, “at the time this structure was

erected, it was considered one of the finest residences in Upper Montclair.” This Convent building, which anchors the school’s campus, now houses administrative offices and was recently renamed James Hall.

As enrollment expanded over the years, classes moved beyond the Convent into the property’s original and expanded Carriage House and to the high school constructed on the campus in the early 1960s.

Lacordaire is planning a variety of special events in coming months to mark their centennial.

Pour les 100 ans à venir! (To the next 100 years!) ■

## Common Injuries Amongst Female Athletes

CONTRIBUTED BY CLIFTON PHYSICAL THERAPY

**W**ITH MANY YOUNG GIRLS empowering themselves through sport, it’s time to talk about the injuries that female athletes face due to the structure of their bodies. There are three common injuries that female athletes are more prone to suffer from than their male counterparts.

### ■ KNEES

Female athletes have an increased risk of injuring their ACL. The injury is more common due to a smaller ACL size, changing hormonal levels, landing biomechanics, and genetic predisposition. A female athlete has 2-10x greater risk of having an ACL injury than her male counterparts. Therefore, female athletes truly require an individualized assessment to determine their muscular imbalances and bio-mechanical deficits. Redcord Suspension Therapy can help a trained therapist notice even the slightest weaknesses to ensure a female athlete is strengthening the specific way her body needs. This training when completed in a controlled environment can greatly reduce ACL injury risk.

### ■ LOW BACK PAIN

Low Back Pain is the #1 injury cheerleaders experience. Dancers, gymnasts, and soccer players also suffer from low back injuries due to repetitive extension, flexion, and rotation their sport requires. A recent study found that 86% of female gymnasts suffer from low back pain. A common culprit of this is having a weak core and hip muscles, and one of the best ways to combat low back pain is proper training and strengthening of these muscles. Redcord Suspension Therapy can help prevent or treat low back pain by alleviating tension from the muscles using the aid of suspension which allows the proper muscle groups to engage in a pain-free environment.

### ■ ANKLE

Ankle injuries are most common amongst female athletes due to poor deceleration biomechanics when landing from a jump or changing directions. Higher estrogen levels, less developed quads, less muscle mass, a wider pelvis, and looser ligaments are additional causes as to why female athletes are more prone to injury compared to their male counterparts.

Sport-Specific training with the female athlete’s body in mind is the best way to prevent or alleviate these common injuries. ■

*Clifton Physical Therapy is the only place to offer Redcord Suspension Therapy, Acupuncture, Cupping, and Sport-Specific training developed for women by women. To reserve a spot today, call 973-241-1338 or email [cliftonphysicaltherapy@gmail.com](mailto:cliftonphysicaltherapy@gmail.com)*

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