



High School is what you make of it....

GET INVOLVED 2019-2020



Pick at least one extracurricular --- sport or club --- to get involved in to help make your high school experience even more enjoyable. Here is a list of some of the activities we are currently planning to offer, who to contact and when it occurs.

SPORTS:

FALL

What	Who to Speak to	Where/When
Junior Girls Basketball	Ms. Oliver	Practices begin first week of school – Wednesday @ 3pm
Senior Girls Basketball	Mr. Potter / Mr. Gray	Beginning in late August • email Mr. Potter for dates and times at k.potter@tvdsb.ca
Boys Golf	Mr. McLean	Tryouts begin in first week of school Two parts to team: <i>Fall and Spring</i>
Girls Golf	TBA	Two parts to team: <i>Fall:</i> Tryouts in mid-September, must have own clubs <i>Spring:</i> Tournament in May
Junior Football	Mr. Grant /Mr. Kneeshaw / Mr. Hayes	Beginning in late August • email Mr. Grant for dates and times at w.grant@tvdsb.ca
Senior Football	Mr. Barnett	Beginning in late August • email Mr. Barnett for dates and times at p.barnett@tvdsb.ca
Ultimate Frisbee	Ms. Brown	Beginning in September
Junior Boys Volleyball	Mr. Fletcher	Information meeting on first Wednesday in September Tryouts start on first Thursday in September
Senior Boys Volleyball	TBA	Information meeting on first Wednesday in September Tryouts start on first week in September
Cross Country Running	Mrs. Sanders / Ms. Sutor / Mrs. Green	Meeting first Wednesday of school, all levels of ability welcome Practices daily, September-October, begins first Wednesday of school

WINTER

What	Who to Speak to	Where/When
Junior Boys Basketball	Mrs. Grozelle	Pre-season meeting in late October, early November Tryouts start mid-November
Senior Boys Basketball	Mr. Kneeshaw	Pre-season meeting in late October, early November Tryouts start mid-November
Girls Hockey	Mr. Grant / Mrs. Sutor / Mr. Johnson	Tryouts start late October early November
Boys Hockey	Mr. Brook	Tryouts start mid-November
Swimming	Ms. Green	Tryouts begin in November, all levels of ability welcome Practices 3 times per week at Carling Heights
Curling	Mr. Stevenson	Practices begin in November/December
Junior Girls Volleyball	TBA	Announcement for tryouts made in November
Senior Girls Volleyball	Mr. Kussner	Announcement for tryouts made in November
Wrestling	Mr. Prater	Practices begin mid-November

SPRING

What	Who to Speak to	Where/When
Junior Badminton	Mr. Crewdson	Tryouts begin end of February
Senior Badminton	Mr. Favento & Mrs. Sanders	Tryouts begin end of February
Baseball	TBA	Tryouts begin after March Break
Junior Boys Hockey	Mr. Kussner	Tryouts in late February. Season from Feb-Apr.
Girls Rugby	Mrs. Hawlik	Practices begin in February/March Everyone welcome
Boys Rugby	Mr. Eagleson	Tryouts begin after March Break
Girls Soccer	Mr. Brook / Ms. Brown	Spring tryouts start at the end of March
Boys Soccer	Mr. Menhenick / Mr. Barnett / Mr. Moffatt	Tryouts begin end of April/beginning of March
Varsity Tennis	Mr. Dodge	Tryouts in mid-April
Track and Field	Mr. Heard	Information meeting week first week of March – Everyone welcome Practices start week of March 1 st

OVER

CLUBS:

What	Who to Speak to	Where/When
Art Club Arts Council	Mrs. Lasenby	Listen to announcements for starting date and times Meets Wednesdays after school in room T8A
Audio-Visual Club/Tech Club	Mr. Gubbels	Begins in September ... helps with all school AV needs (assemblies, etc)
Badminton Club	Mr. Favento / Mr. Crewdson	Starts in 3 rd week in October – Mondays from 630-8 p.m. in the gym
Champions of Change	Mrs. Fletcher	Begins in October. Meeting Dates TBA
Chess Club	Ms. Burt	Wednesdays after school, everyone welcome, no experience necessary
Christian Club	Ms. Carter	See Ms. Carter for details in September
Computer Programming Contests	Mr. Gray	Contests in November (gr 9 and 10 only), and in Feb. and March (all grades).
DECA	Mr. Dodge / Ms. Darling	Begins the first week of October thru February. Thursday's after school.
School Show	Ms. Bishop	Auditions in the Fall School show runs in February / March (2020 show is TBA)
ECO Lucas	Mme. Rastogi Ms. Malhotra	Meetings every Tuesday Room 129 Begins in September
EduCast Fishing	Mr. Prater	Group will attend one tournament ... sign up will occur in early April. Listen to announcements; maximum of one bus (will fill quickly).
HOSA	Mrs. Fletcher / Ms. Green	Begins in late September. Meeting dates TBA
Library / Book Club	Ms. Szabo	See Librarian for details Meets throughout the year – depends on interests of the group
Math Contests	Mr. Harris / Ms. Jasevicius	Dates posted outside display cabinet outside 117, as well as on website Math contest prereg. / sign up begins in September for Waterloo contests Monthly contest free in caf, starts in October, no sign up required Any questions see the math department Room 104
Model UN Club	Mr. Power	The club will run based on student interest. See Mr. Power for info.
Multicultural	Ms. Rodriguez / Ms. Million / Ms. Martin	Meetings are twice per month, beginning in September Combined meetings with 'New Blue Club'
Muslim Student Association	Mr. Williams	Tuesday's after school in Portable 6
Music Band and Choir	Mr. Stevenson / Ms. Gilbert	Students with period 3 lunch are welcome to concert choir, meet Tuesday and Thursday; vocal music credit course meets 4 days per week All students enrolled in music welcome to join band Sr. Band (Gr 11/12) – Tues /Thurs mornings – 7am. Begins 2 nd week of Sept. Jr. Band (Gr 9/10) – Wed /Fri mornings – 7am. Begins 2 nd week of Sept.
Music Council	Mr. Stevenson	See Mr. Stevenson in Music Room (205) in September for information
New Blue Club	Ms. Rodriguez / Ms. Millon/ Ms. Martin	Club to welcome new to Canada and Lucas See teachers for details in September
Reach for the Top (Jr. Team) (Sr. Team)	TBA Mr. Drabick	Tryouts: late September/early October Practices: once/week after school
Relay for Life	Mr. Hayes / Mrs. Nasiakos / Mr. Power	Announcement in February to look for volunteers to help out/be on committee to help organize for main event in early June
TEA (True Equity Alliance)	TBA	To be determined – listen to announcements for details
TEDED Club	Mrs. Fletcher	Begins in late September.
Scrooge	Mrs. Fletcher / Mrs. Usher	See Mrs. Fletcher in room 107 in October Sign up also at Club Fair
Science Club/Science Olympics	Mr. Menhinick	Starting in October, meet weekly Oct-Nov & Mar-April; day TBD Talk to science teacher.
Student's Council / SAA	Ms. Townsend / Mr. MacGregor / Ms. Brown	Meetings are every Wednesday after school—all welcome Campaigns begin in May, Elections are 3 rd week of May
Student Voice	Ms. Green / Ms. Blais-Piper	Giving student input to optimize the tone of the school Two main conferences per year – one per semester
Terry Fox Run	Ms. Aitken	If interested in helping see Ms. Aitken in Guidance during 2 nd week of school
United Way	Ms. Jasevicius / Ms. Millon / Mr. Menhinick	Early October Yearly United Way stair climb; sign up to be part of the fun & help others!
Viking Robotics	Mr.Gubbels / Mr.Fletcher / Mr. Helleman / Ms. Medd	Full year club – September-June. Please see one of the teacher advisors for additional information.
Yearbook	Ms. Lasenby	Part of Yearbook course See Ms. Lasenby in Art office if you would like to help outside of course