

# DRCSS



## EXTRA-CURRICULAR PROGRAMS

### ACADEMICS & LEADERSHIP

#### Career Centre

Career Guest Speakers @ 12:10 in MPR.  
A notice of upcoming speakers will be posted by the MPR. Contact Mrs. Sydor for more information.

#### Reach for the Top

Reach for the Top is open to students in grades nine to twelve. It is a team trivia game (questions are often based on information acquired at school) where two teams compete for the greatest number of points by answering the most questions correctly. Practices are held at noon hour (days to be determined) from October to May. For more information contact Ms. Shipp, Ms. Davies, or Mrs. DeRuyck.

#### Skills Canada

The highlight of Skills Canada is the Skills Competition. Students participate in challenges designed to test skills required in trade and technology careers to reward students for excellence, directly involve industry in evaluating student performance, and to keep training programs relevant to employers' needs. Students must work with an instructor throughout the year to prepare for the competition. For more information contact Mr. Mercier.

#### Student Council

Student Council is a group of student ambassadors that bring spirit, activities, dances, and friendly competitions to our school. Student council meetings are usually at lunch or in the morning before classes, one to two times a month. Contact Mrs. Sulatyski or Mrs. De Ruyck for more information.

#### Youth Philanthropy

The philanthropy committee works with the Dauphin and District Community Foundation to allot money within the community. Non-profit organizations, groups and committees apply for money through our committee. Our philanthropy students then decide how to disburse money given to us by the Dauphin and District Community Foundation. The philanthropy committee also does volunteer work at elementary schools and within the community. The philanthropy committee meets at lunch time about seven times a year. Contact Mrs. Sulatyski for more information.

### PERFORMING ARTS

#### Passing Notes

The DRCSS student rock band is open to all students in grades nine to twelve. The student band will rehearse after school (days to be determined) and perform at school and community events as requested. If you are interested in or have any questions about the student band contact Mr. Kristof, Mr. Sytnick or Ms. Davies.

#### Spring Musical

The musical is open to all students in grades nine to twelve. There are numerous parts available in the show for both male and female students. Students may also get involved in the orchestra and can help with backstage work, including costumes, hair and/or make-up, set design, etc. Rehearsals usually take place at lunch hours and on Sunday afternoons, with the final performances occurring the last week in April. For more information contact Ms. Kristof.

### ATHLETICS

#### Badminton

Contact Mrs. Smaluck for information.

#### Baseball

Open to boys in grades nine to twelve. Training begins in March/April and the season begins in May and ends in early June. For more information contact Manager/Coach Mr. Marsh or coach Mr. Thacker.

#### Basketball

Junior Varsity boys' and girls' basketball are open to grade nine and ten students. The season starts in November and ends in March. Practices are 2 - 3 times per week. For more information contact coach Mr. Sytnick (boys) or Mr. Marsh (girls).

Varsity boys' and girls' basketball are open to grade nine to twelve students. Varsity basketball includes AAA level tournaments and exhibition practices and games. Practices are 2 to 3 times per week. The season begins in November and ends in March. Coaches are Mr. Beals (boys) or Mr. Brewer (girls). For more information contact Mr. Beals.

#### Broomball

Open to students interested in competing in tournaments. The emphasis is on fun, but we are developing into a competitive club. Contact Mrs. Smaluck for details.

#### Curling

Contact Mr. Wood for more information.

#### Cross-Country Running

Contact Mrs. Sulatyski for more information.

#### Fastball

Junior Varsity fastball is open to girls in grades nine and ten. Varsity fastball is open to girls in grades nine to twelve. An identification camp is held mid September and optional conditioning workouts begin in February. The schedule, consisting of approximately 25 games, begins in early May and finishes with the MHSAA Provincials in early June. See Mr. Ellchuk for more information.

#### Football

Full contact football is open to all students in grades nine to twelve. Practice to prepare for the eight game season begins in August. Grade nine and ten players compete in several exhibition games with other developing players. Athletes are encouraged to visit the Fitness Centre to prepare for the season. For more information contact Mr. Thacker.

#### Hockey

Open to grade nine to twelve students. The Clippers play an 18 game schedule in Westman High School Hockey League and compete in

some of the best tournaments the province has to offer. Clipper hockey begins with tryouts in September and ends in March. For more information contact Mr. Alf, Mr. Anderson, or Mr. Helgeson.

#### Track & Field

Contact Mr. Love or Mrs. Sulatyski for information.

#### Volleyball

Junior Varsity boys' and girls' volleyball is open to students in grades nine and ten. Practices are on Tuesdays and Thursdays from 3:30 to 6:00. Contact Mr. Wood (boys) for more information.

Varsity girls' and boys' volleyball is open to students in grades nine to twelve.

Varsity girls practices are Mondays, Wednesdays and Thursday mornings. Coaches are Mr. Rea and Mr. Love.

Varsity boys play from early September to the end of November. For more information contact Mr. Dyck.

#### Fitness Centre

The fitness centre contains equipment designed to enhance cardiovascular endurance, muscular strength, muscular endurance, and flexibility. The equipment includes treadmills, exercise bikes, an elliptical trainer, universal gym, weights, exercise balls, tubing, jump ropes, medicine balls, BOSU balls, Ab Rollers, and more. Training advice is available.

Fees are \$10 per month or \$70 for the year. For a current schedule or more information contact Mrs. Smaluck, Mr. Love, Mr. Marsh, or Miss Sochan. To obtain a membership see Mr. Marsh.

#### Rugby

Open to boys and girls in grades nine to twelve. The Clippers compete in the Westman High School Rugby League, play exhibition games and a tournament. Rugby is played April to June. Contact Mr. Alf or Mrs. Hlady for more information.

#### Outdoor Ed

Looking to get involved in something new and exciting? Come check out the Outdoor Ed Club. It is open to all students interested in pursuing outdoor activities, from September to June. This year's activities include hiking, mountain biking, orienteering, cross-country skiing, alpine skiing, winter survival skills (including quinzee making), snow-shoeing, ice fishing, canoeing/kayaking, and camping. The beauty of this club is that you only have to attend the events that you are interested in and that fit into your schedule! To get in on this action contact Miss Sochan or Mrs. Smaluck.

#### Soccer

Soccer is open to boys and girls in grades nine to twelve. Soccer try-outs begin in early September and games run until approximately the middle of October. Regionals are usually held the second week of October followed by provincials the next weekend. Contact Mr. Dando (boys) or Mr. Byekal (girls) for more information.

DRCSS AD ART 2008

# TAKING PART TAKES PRIDE... CLIPPER PRIDE