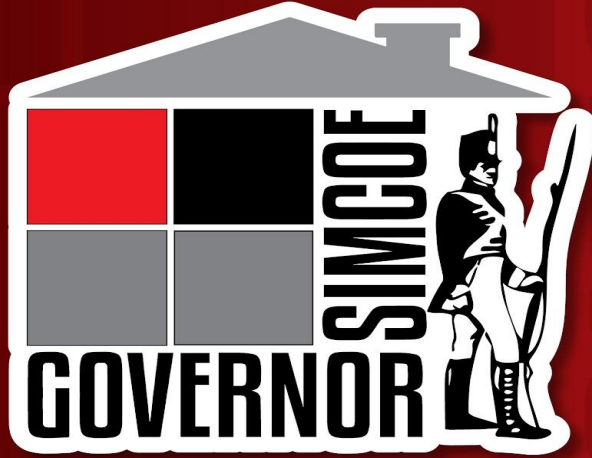


• THINKING • CREATIVITY • WELLNESS • TECHNOLOGY •

# REDCOATS



## CO-CURRICULAR HANDBOOK 2021-2022

*INSIDE:*

**THE BEAUTY OF GOVERNOR SIMCOE**

ART AND DRAMA AND MUSIC, OH MY!

**ATHLETICS, ROBOTICS AND MORE**

THE CLUBS AND ACTIVITIES THAT MAKE UP THE  
SIMCOE EXPERIENCE



## INSPIRING STUDENTS



## THE BENEFITS OF EXTRACURRICULAR ACTIVITIES

By Albert Wisco, TVO Parents

EXTRACURRICULAR ACTIVITIES CAN help your child grow in and out of the classroom, but the key is keeping it fun.

From playing soccer, taking music lessons or belonging to a club, extracurricular activities outside the classroom can have a positive impact on children.

“Children’s participation in organized extracurricular activities has been associated with positive short- and long-term outcomes,” says Anne Guèvremont, the lead author on a Statistics Canada study on organized extracurricular activities. The paper drew upon US data reports that involvement in extracurricular activities has a positive impact on academic achievement and pro-social behaviours. Extracurricular activities also help reduce school drop-out rates as well as emotional and behaviour disorders.

“One of the great benefits of extracurricular activities is creating new opportunities to learn to think about themselves and to learn what they like and don’t like,” says Tracey Starrett, a writer and course director at York University in human resources and communication.

*Finding the right extra-curricular activity is a learning experience for the entire family.*



*CHANGING LIVES*

# CLUBS @GOVERNOR SIMCOE

*CREATING MEMORIES*

Students who are involved in co-curricular activities develop a sense of belonging that builds confidence in themselves. Their participation creates a feeling of empowerment, that they can make a difference; not only in their own lives but in the lives of others as well.





## ART CLUB

ART CLUB IS hip and happening after school every Monday from 2:10 pm to 4:00 pm in the "Robert Herman Studio of Visual Arts" (room 127). Art club allows students to experiment with visual arts media such as graphite, charcoal, pastels, acrylic painting (on canvas), sculpture, mixed media, printmaking and watercolour - if students are interested in learning a new visual arts skill, Art Club is where this learning can happen! "A.C." can also be used by students to add more details to existing class projects or catch up on studio work. Art Club artworks adorn the walls of Governor Simcoe and appear in DSNB art shows. New Redcoat artists are always welcome.

**SEASON: FULL YEAR**



## BOOK CLUB

DO YOU LOVE TO READ? Do you love to share what you read? The Governor Simcoe Book Club meets weekly in room 141B on Wednesdays at lunch. Each Book Club meeting is different and has its own unique twist - we might share what we're reading - or share what we're writing. Activities include:

Pizza

Participation in the White Pine Reading Program  
Members can attend a Celebration of  
Reading Conference Community resources for  
writing competitions.

**SEASON: FULL YEAR**



## CAPPIES

ARE YOU INTERESTED IN watching live theatre and writing reviews that may be published in the St. Catharines Standard? Then this program is for you! The Cappies is a year long program that engages students in the art of writing reviews for publication. Step in the shoes of a theatre critic and learn to critique live theatre in a professional setting. Then take part in the ability to decide who the best of the best will be (just like the Academy Awards!) at the year end Cappies Gala night. Nominees will be announced, winners will be rewarded, and trophies can be won!

**SEASON: FULL YEAR**





## CONCERT BAND

THE SIMCOE CONCERT BAND IS another ensemble for our instrumentalists. This group has flexible instrumentation and can incorporate musicians who are at various music reading levels. From traditional to contemporary repertoire, this versatile group shares their love of music every Wednesday, after school, in the music room.

SEASON: FULL YEAR



## SIMCOE VOCALS

SIMCOE VOCALS IS a group of singers who meet weekly to share their love of music. These talented individuals learn a variety of vocal repertoire to perform within our school community and for the public. Male and female singers are welcome to be part of this group. We sing three and four part harmony and there are a lot of opportunities for solo singers to shine. See you after school in the Music Room!

SEASON: FULL YEAR



## DRAMA/MUSICALS

EVERY YEAR SIMCOE STRIVES to produce a fantastic main stage play or musical involving any interested and dedicated students. Rehearsals start early in the fall and our performances are in the spring. You do not need to be enrolled in drama or have any previous acting experience to be involved. You just need energy and enthusiasm! Previous productions include Little Shop of Horrors, Beauty and the Beast, Peter and the Starcatcher

SEASON: FULL YEAR



## DECA

THE OVERALL MISSION OF DECA IS to prepare emerging leaders and entrepreneurs for careers in marketing, finance, hospitality, and management in high schools, colleges, and universities around the globe. As a Governor Simcoe member of our DECA Business Club you will have the opportunity to develop your business savvy and presentation skills by competing against like-minded students on a variety of business case studies at the Hamilton Regional DECA Competition. Winner move on to the Provincial Competition in Toronto.

**SEASON: FALL/WINTER**



## D & D

D&D IS THE NAME and adventure is the game! Come on out every Thursday after school and join us on our epic quests. All classes and races welcome.

**SEASON: FULL YEAR**



## SIMCOE JAZZ

THIS TALENTED AND energetic group of musicians have a passion for playing various jazz charts that reflect the funk, pop, and swing eras. Anyone is welcome to join the jazz band as long as you can play a suitable jazz instrument and can read music. The Jazz Band has performed for several DSBN functions as well as several places in the Niagara region.

The Jazz Band meets after school, every Monday in the Music Room. Come on out and groove with us!

**SEASON: FULL YEAR**



## LINK CREW

LINK CREW IS a program that welcomes grade nine students and makes them feel comfortable throughout the first year of their high school experience. It is run by our senior students, with team-building activities that are fun and exciting. It also provides our new grade nines with strategies for academic success. This includes an orientation day late in August, and regularly scheduled activities throughout the year.

SEASON: FULL YEAR



## OPEN MIC

EVERY FRIDAY AT LUNCH, Simcoe hosts "Open Mic in the Library". This is a once in a week opportunity to see some talented Redcoats entertain the crowd and hone their performance skills. The most supportive audience in the world attends this event, and acts of bravery are applauded thunderously! Whether you're a first time performer or an old hand, "Open Mic in the Library" is the place for you!

SEASON: FULL YEAR



## PRIDE ALLIANCE

LGBTQ Straight Alliance  
THE PRIDE ALLIANCE IS a club that meets Thursday's at lunch and strives to ensure that Governor Simcoe continues to be a safe and inclusive place for students. This group includes fun activities and discussions around celebrations and challenges within the LGBTQ community and around the world.

SEASON: FULL YEAR



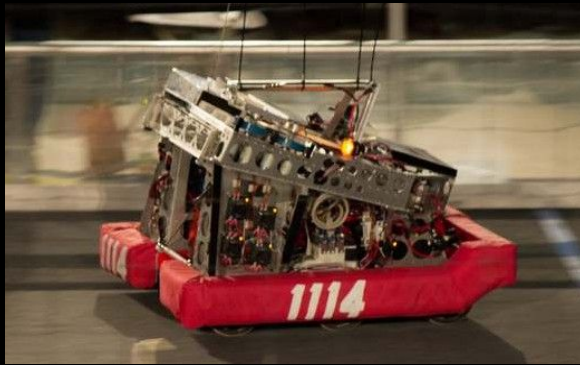


## SIMCOE RECYCLES

ENVIRONMENTALLY CONSCIOUS HAS never been more important. By conserving power, increasing recycling and implementing other waste reduction strategies, students and schools across the DSBN have made the environment an important priority.

This initiative is organized through the Gr. 10 Careers/Civics classes.

SEASON: FULL YEAR



## ROBOTICS

IN THE SIMBOTICS PROGRAM, STUDENTS participate in two worldwide robotics competitions: FIRST Robotics Competition (FRC) and VEX Robotics Competition (VRC).

FIRST involves over 3000 teams and 40 000 students from around the world who design and build mechanical, electrical, and software components of the robots.

VEX is a year round robotics program comprised of smaller teams that each design, build, program, and compete with their own robots. This provides an opportunity for younger students to gain confidence and skills as they begin their robotics experience.

More information can be found at [www.simbotics.org](http://www.simbotics.org)

SEASON: FULL YEAR



## SCHOOL REACH

SCHOOL REACH IS a fun trivia game with buzzers! Questions cover a wide variety of topics from sports to history, geography to movies! We practice once a week at lunch starting in October and play in tournaments in February and March. Do you wow your friends with the amount of random knowledge that you have? Then school reach is for you!

SEASON: FULL YEAR



*A tradition since 1946*

**SEARS ONTARIO DRAMA FESTIVAL**

**FESTIVAL DE THÉÂTRE SEARS DE L'ONTARIO**

*Une tradition depuis 1946*

## SEARS FESTIVAL

A YEARLY COMPETITIVE festival where the best of high school theatre is showcased. The Festival usually takes place in February, and every student is encouraged to participate in this exciting event, whether you have experience or not! In 2013, 2014, 2016, and 2018 we came home as champions and we plan on continuing the tradition in the future!

**SEASON: FULL YEAR**



## SOS

THE SIMCOE OUTREACH SOCIETY (SOS) is an opportunity for students to make a difference in their school, local community and the world. Students plan initiatives to support a wide variety of organizations and to build awareness in our school.

Some initiatives have included: We Scare Hunger, We Are Silent, and Zinc Saves Lives. We have collected gifts for Christmas for Gillian's Place, backpacks for Zambia, and items for Community Care.

**SEASON: FULL YEAR**



## STUDENT COUNCIL

STUDENT LEADERS ON Redcoat Council come together to plan and implement events and activities. Promoting school spirit is the priority of the council. By holding events, seasonal promotions, and a semi-formal they hope to involve all of the student body in making Simcoe a great place to spend four years!

New students and grade nines are invited to come out to meetings in the fall.

There are many leadership conferences and opportunities for development. It is a great way to meet new people, get involved and have fun.

**SEASON: FULL YEAR**



## SIMCOE TRAVEL

DURING THE MARCH BREAK OF 2019, students from Governor Simcoe traveled to Italy and Greece. The trip titled the Ancient Mediterranean was be a 10 day excursion visiting all of the sites from Rome to Athens. Students in grades 10 through 12 were able to attend. In March 2021 the Redcoats will be traveling to Portugal and Spain. Information about this trip will begin September 2020.

SEASON: FULL YEAR



## WATERLOO MATH

STUDENTS IN ALL GRADES HAVE the opportunity to compete in the University of Waterloo Math Contest. Top achievers can win Governor Simcoe Certificates and University of Waterloo medals. Copies of past contests are available to students to practice prior to the contest. Our math teachers look forward to helping you to prepare for, and to participate in the contest.

SEASON: FULL YEAR



## YEARBOOK

A CHANCE TO BE PART OF the creation and publication of Simcoe's yearbook. Whether your interest is graphic design, production, photography, writing, editing, fundraising, or logistics, there is a job for you! Be an integral part of creating lifetime memories for you and your fellow Redcoats!

SEASON: FULL YEAR





**LEADERSHIP &  
TEAMWORK**

# *SPORTS* *@GOVERNOR SIMCOE*

**BUILDING  
CONFIDENCE**

High school is an important time for teenagers to keep fit and explore opportunities in a broad range of sports and physical activities. Regular activity will help to maintain healthy body weights. It's also a chance for some to pursue excellence and achievement in sport.



# BADMINTON

THE BADMINTON TEAM BEGINS tryouts after March Break. Simcoe enters teams in many categories (male's singles, women's singles, men's doubles, women's doubles, co-ed doubles) at all three age levels: Novice (grade 9), Junior (grade 10), and Senior (grade 11 & 12). Players compete in an invitational tournament in April and in the sub-zone tournament, with the potential to move on to Zone and beyond.

**SEASON: SPRING** 4 DAYS/WK



# BASEBALL (BOYS)

THE BOYS BASEBALL TEAM STARTS indoor tryouts in March. The outdoor season begins at the end of April and ends the beginning of June. The team plays 7 league games, plus playoffs and may enter one tournament.

**SEASON: SPRING** 1-2 DAYS/WK



# BASKETBALL

(JR/SR BOYS)

TRYOUTS BEGIN Nov 1 and playoffs are mid-February. Typically four to five tournaments are played locally. The team will compete in 40 games throughout the season. The basketball program at Governor Simcoe has been one of the top programs in the Niagara Region for years.

**SEASON: FALL/WINTER** 4-5 DAYS/WK



# BASKETBALL

(JR/SR GIRLS)

JUNIOR/SENIOR GIRLS BASKETBALL TEAM begins practices on the first day of school. The team enters 3-4 tournaments during the months of September and October. By the end of the season, the team will have played over 40 games.

SEASON: FALL 4-5 DAYS/WK



# FIELD HOCKEY

(GIRLS)

FIELD HOCKEY IS a fall sport open to all females running from the start of the school year until late October. No experience is necessary. Typical student commitment (games and practices) is three days a week. Practices run after school and games take place on our home turf. We take part in at least two tournaments per season. Hope to see you in September!

SEASON: FALL 4 DAYS/WK



# CROSS COUNTRY

CROSS-COUNTRY IS A Fall sport with boys and girls teams in three age groups: midget, junior, and senior. The team trains on the trails near the school on a daily basis from September to late October. Individual runners and teams have an opportunity to qualify for SOSSA and OFSSA based on performance.

SEASON: FALL 4 DAYS/WK





## FOOTBALL

SIMCOE HAS A proud tradition of winning and helping students play at the University and the CFL levels. We are proud to have alumni like Lirim Harjallahu and Steve Patrick call the Redcoats their team. The aim of Governor Simcoe Football is to provide a venue where young people can learn COMMITMENT, RESPECT and PRIDE. The philosophy of our teams is one of inclusion, excellence and fun. There is a position for everyone in football, so come out and become part of the family.

**SEASON: FALL** 4-5 DAYS/WK



## GOLF

THE VARSITY BOY'S AND GIRL'S GOLF Team is open to students who want to play in a competitive atmosphere. Up to 5 boys and 5 girls can represent Simcoe at Twenty Valley Golf Club for the Zone Championships. Students have a chance to compete in the SOSSA and OFSAA Championships taking place in early October.

**SEASON: FALL** 1 DAY/WK



## ICE HOCKEY (BOYS)

SIMCOE OFFERS A Varsity Hockey team open for players from grades 9-12. Our season begins in November starting with tryouts, followed by a regular season. The team participates in 1-2 tournaments per year. New this season is a development program designed for all students interested in improving their hockey skills. This program is open to all and players do not have to be on the Varsity hockey team.

**SEASON: FALL/WINTER** 1-2 DAYS/WK



## ICE HOCKEY (GIRLS)

GIRLS HOCKEY teaches fun and skill. This competitive team plays other teams in the Niagara Region. The season runs from November until March and is on ice two times per week. Come on out and enjoy this exciting program.

SEASON: FALL/WINTER 1-2 DAYS/WK



## LACROSSE

ALL STUDENTS FROM grades 9-12 have the opportunity to play field lacrosse for Governor Simcoe. Practices will begin indoors in February followed by a 6-10 game regular season schedule. The Redcoats will have the opportunity to play in the Zone, SOSSA and OFSAA.

SEASON: FALL 1-2 DAYS/WK



## ROWING

THE ROWING SEASON BEGINS IN November with land workouts. Students not participating in other sports should expect to workout 3-5 days a week until March. After the March Break, students hit the water and racing begins in early May. Rowing is open to any student who wishes to compete. Senior athletes compete at regattas throughout Canada and the U.S. Some of our athletes move on to the National Team and represent Canada internationally. Simcoe crews have won more than 45 National Championships since the program's inception.

SEASON: FALL/WINTER 1-2 DAYS/WK



## SKI & SNOWBOARDING

LESS THAN TWO HOURS AWAY IN scenic New York State is the Holiday Valley Ski Resort. Governor Simcoe's Ski and Snowboard Club ride down on a coach bus once a week in the afternoon. We enjoy 7 hours of skiing or snowboarding and fun before getting back at 11pm. Rental equipment is available. Proper ID (i.e.. Passport) is a must. Weather/Exams dependent.

**SEASON: WINTER**



## SOCCKER (BOYS)

TRYOUTS AND PRACTICES BEGIN in February (indoor conditioning). Open to Boys Grade 9-12. The team plays in two to three tournaments during the season. There are several games followed by playoffs. The team has a chance to advance to SOSSA and OFSAA championship tournaments. We play approximately 5 league games and a playoff schedule.

**SEASON: SPRING 3-4 DAYS/WK**



## SOCCKER (GIRLS)

PRACTICES START AFTER March Break, open to grades 9-12. We play 5 games as well as a playoff schedule. We also participate in tournaments during the spring season. The team has a chance to compete at both SOSSA and OFSAA championships.

**SEASON: SPRING 3-4 DAYS/WK**





## SOFTBALL (GIRLS)

PRACTICES START after March Break. Girls softball is open to girls in grades 9-12. We play in 3 or 4 day tournaments. These tournaments welcome a wide variety of players from beginner to experienced players. It's a great way to get some exercise and make some new friends. Join Girls Softball!!!

SEASON: SPRING 3 TOURNAMENTS



## SQUASH

SIMCOE NOW OFFERS a Squash team! Typical student commitment is once a week after school starting in February. Practices and tournaments take place at White Oaks Resort. No experience is necessary! Come out and get involved in this amazing activity.

SEASON: WINTER



## SWIMMING

THE GOVERNOR SIMCOE SWIM TEAM IS made up of experienced, competitive swimmers and recreational/fitness swimmers as well. Students are invited to come out and improve their strokes, have fun and compete in at least four swim meets a year. The team practices two times a week at the Kiwanis Aquatic Centre through the months of October to December, students qualifying to SOSSA and OFSSA will continue practicing until March.

SEASON: WINTER



# TENNIS

THE TENNIS TEAM COMPETES AT the Zone Tournaments in September (Senior) and October (Junior). These tournaments welcome a wide variety of players from beginner to experienced players. It's a great way to get some exercise and meet some new friends right away in the school year.

SEASON: FALL



# TRACK & FIELD

TRACK AND FIELD IS an individual sport with a major team component, as all performances count towards the team point totals. Events include runs, jumps, and throws, with boys and girls participating in all three age groups. Conditioning goes year-round, but team practices start in February, and event training begins in Spring at our brand new track facility. Athletes compete in six meets from late April to early June.

SEASON: WINTER/SPRING 4 DAYS/WK



# VOLLEYBALL (JR BOYS)

TRYOUTS BEGIN THE first week of school in September. The focus is on player development. Team members will learn the various positions and develop their skills. The team is looking for commitment and enthusiasm. The team plays in 2-3 tournaments throughout the season. Season ends in November.

SEASON: FALL 3-5 DAYS/WK



## VOLLEYBALL (SR BOYS)

THE TEAM PLAYS 8-10 games as well as 4 tournaments. This program runs daily expecting full commitment and dedication. At the senior level players build their skills and formulate more complex offensive strategies.

SEASON: FALL 4-5 DAYS/WK



## VOLLEYBALL (JR GIRLS)

ALL GRADE 9 AND 10 GIRLS interested in playing for the volleyball team are encouraged to try out in November. Our schedule consists of 3 tournaments and 10 league games before our playoffs. The season runs from the end of November to early March. The focus for the season is on skill development and having FUN!

SEASON: FALL/WINTER 4-5 DAYS/WK



## VOLLEYBALL (SR GIRLS)

ALL GRADE 11 AND 12 GIRLS interested in playing for the volleyball team are encouraged to try out in November. The team competes in 4 tournaments and 10 league games. The season runs from the end of November to early March. The Senior Girls Volleyball team is made up of dedicated students, interested in playing lots of volleyball!

SEASON: FALL/WINTER 4-5 DAYS/WK





# WRESTLING

ALL STUDENTS WELCOME To join the wrestling team.

Join a talented group of players while training to compete in multiple tournaments throughout the winter months.

SEASON: WINTER



# ULTIMATE FRISBEE

THE ULTIMATE FRISBEE TEAM BEGINS practicing mid September. It is a co-ed team made up of students from Grades 9-12. The team competes at an invitational tournament and Zone in October, with the potential to advance to SOSSA and beyond. This team is a great way to meet new friends and get lots of exercise. It is a fun, fast paced game for everyone to enjoy.

SEASON: FALL 1-2 DAYS/WK



STUDENT LIFE

@GOVERNOR SIMCOE