

• THINKING • CREATIVITY • WELLNESS • TECHNOLOGY •

REDCOATS

CO-CURRICULAR HANDBOOK



SIMCOE

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**

REDCOATS



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WHY ARE CO-CURRICULARS IMP

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 extracurricular activity is a learning experience for the entire family. “When you’re child is 2, parents are probably making the choices for them. Usually, it’s something that interests the parent,” says Starrett, the mother of a son, 9, and a daughter, 12. “Obviously, as children get older, they’ll start expressing their interests. At 4 or 5 they’re going to let you know whether you chose the

activity for them and whether they like it or not.”

She advises that parents try a wide variety of activities, because your kids will eventually gravitate towards

CHANGI LIVES

the things they like.

Trying different activities will also help children discover something they enjoy – even if it’s an activity that may not have interested you initially.



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

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IMPORTANT @ GOVERNOR SIMCOE?

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CLUBS @GOVERNOR SIMCOE

Co-curricular activities such as clubs and the arts are vitally important parts of a student's education. Students who participate

in co-instructional activities have greater opportunities to develop character, critical thinking skills, social skills, and talents.

They learn first-hand the importance of teamwork, responsibility, commitment, and hard work.

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 was well.

Learning Time Management and Prioritizing

One great benefit is that students will learn about time management and prioritizing things in their life. We get very used to juggling a variety of different tasks and commitments. Our teens need to learn how to do this as well, and getting involved in these activities can give them some practice at it.



ANIME

SEASON: FULL YEAR

THE CLUB HAS many events planned such as viewing shows and movies during lunch and even meetings after school. The president of the club is planning a trip to Anime North in May of 2015 and any members who decide to go are welcome to meet and explore the convention as a group. We will be setting up a loaning system between members to give everyone a chance to see the shows they are interested in since anime can be expensive. Keep in mind we don't just watch and discuss anime, we also read and talk about manga and Japanese culture.



ART CLUB

SEASON: FULL YEAR

ART CLUB IS an excellent place for you to explore your creative side! Students with all levels of expertise come together to plan and execute great artwork that decorates the halls of Governor Simcoe. If you are looking to develop your skills, have fun and contribute to making Governor Simcoe a school to be proud of, Art Club is the activity for you!



SIMCOE BAND

SEASON: FULL YEAR

AN OPPORTUNITY TO bring in the instrument of your choice and jam with other musicians. Students explore their musical gifts in singing, playing, writing, and recording songs. Record a demo in the Simcoe Studio!

Getting involved in extracurricular activities also allows students to get involved in diverse interests. It is important for students to be very diverse in their interests. These activities allow them to explore various interests that they may have.

Getting Involved in
Diverse Interests



CAPPIES

SEASON: FULL YEAR

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!



CHESS

SEASON: FULL YEAR

CHESS CLUB IS BACK at Governor Simcoe! Whether you employ the Sicilian defense, or you prefer the Kings Indian attack, it is the place to sharpen your mind and outwit your foes. The Club meets four times per week: on Mondays and Wednesdays at lunch, and Tuesdays and Thursdays after school. You are under no commitment to attend a minimum number of meetings, so you can come and go as you please. There will be game analysis at least once per week, where classic games are reviewed, but most of the time will be spent playing against other Club members. The option of attending tournaments in the future is available, though you will need to make a minimum commitment if you want to attend these tournaments. Come to Chess Club and check it out!



SIMCOE CHOIR

SEASON: FULL YEAR

THE BRAND NEW Simcoe choir started up last year, and its debut performance was the music for the play "Endangered Species", a joint effort by the music and drama departments, in support of the "Walk Way From Aids" walk-a-thon. This benefit concert featured talented singers and instrumentalists, as our back-up band consisted of electric guitars, bass and drums, provides an upbeat, rockin' atmosphere! The choir practices twice a week - and is excited to perform! Stay tuned for more ways to get involved, or come on down to the music room to see what it's all about!

Learning About Long Term Commitments

Teens learn about long term commitments when they are involved in extracurricular activities. When they join they commit themselves to that activity for a period of time. If they don't hold up to their end of the deal, no doubt they'll hear about it from their peers and perhaps even teachers.



DECA

An Association of Marketing Students



DRAMA/MUSICALS

SEASON: FULL YEAR

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!

Learn more at www.simcoedrama.webs.com

DECA BUSINESS

SEASON: FULL YEAR

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 our Annual DSBN DECA Competition. Students are able to continue with DECA at most Universities that offer a business program.

SIMCOE JAZZ

SEASON: FULL YEAR

GROOVY. This ensemble meets every Monday after school in the Music Room beginning at 2:20. Jazz Band members will be playing a variety of jazz styles and will have the opportunity to perform for school functions, in the community and at festivals. You must be able to read music and have a passion for Music!

Extracurricular activities allow your child to make a contribution in some way. It shows that they are getting away from just thinking about themselves and contributing to something else. This is important in their growth as a person.

Making a Contribution



MEDIA

SEASON: FULL YEAR

MEMBERS OF THE MEDIA CLUB PROVIDE coverage of school activities, clubs, and events for the school website. Students have the opportunity to learn multimedia skills and use some of the latest equipment to tell the story of Governor Simcoe Secondary School.

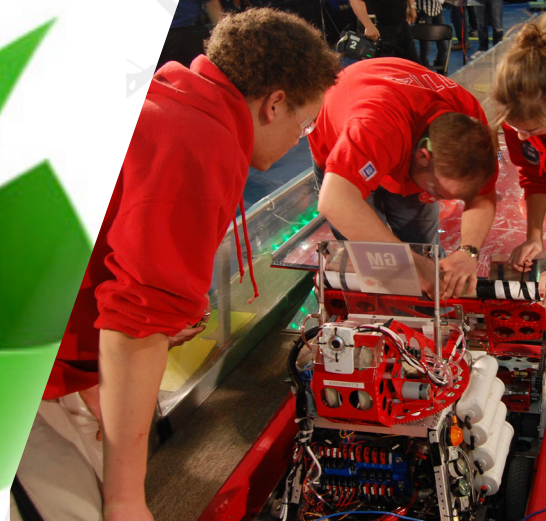


SIMCOE RECYCLES

SEASON: FULL YEAR

BEING 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.

At Governor Simcoe, our recycling club offers students a chance to earn community services hours while having a positive impact on the environment.



ROBOTICS

SEASON: FULL YEAR

MEMBERS OF OUR robotics team enjoy an international competition called 'FIRST' (For Inspiration and Recognition of Science and Technology) where they will compete against more than 1500 teams from around the world. Team members, with the guidance of engineering and design mentors, design and maintain a webpage, produce a 3D computer animation, complete a 3D computer-generated model of the robot that is designed and built to compete against 25 000 students from around the world. Graduating students will qualify to win \$8 million in scholarships.

www.simbotics.org

Raises Self Esteem

Being involved in school activities helps to raise self esteem. Students struggle with self esteem, and these activities are a way that they can build confidence. Everyone wants to find something that they are good at, and extracurricular activities provide them with a way that they can get involved and really shine.



SCHOOL REACH

SEASON: FULL YEAR

SCHOOL REACH IS the school based version of TVO's 'Reach for the Top' trivia game. Students answer questions on a wide variety of subjects ranging from sports to geography to ancient civilizations. It's a fun, non-threatening way to meet people. Everyone is always an expert in something!

NIAGARA DISTRICT SEARS FESTIVAL

SEASON: FULL YEAR

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 and 2014 we came home as champions and we plan on continuing the tradition in the future!

SOS

SEASON: FULL YEAR

THE SIMCOE OUTREACH SOCIETY (SOS) student-based committee that strives to promote awareness and tackle issues that are occurring in our community as well as on a global scale. Efforts are focused on raising money to support local and international charities. We have supported the Stephen Lewis Foundation (Dare To Remember), the Out of the Cold program, and the Rankin Cancer Run.

Students will have the benefit of building solid relationship skills as well when they get involved in extracurricular activities. They need to get involved in social activities and learn how to appropriate act in social situations and these activities give them a chance outside of school to do this, while they are still being supervised by adults.

Building Solid Relationship Skills



STUDENT COUNCIL

SEASON: FULL YEAR

STUDENT LEADERS COME TOGETHER TO plan and implement events and activities. Promoting school spirit is the priority of the senate. By holding dances, assemblies, and seasonal promotions 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.

WATERLOO MATH

SEASON: FULL YEAR

STUDENTS IN ALL GRADES HAVE the opportunity to compete in the University of Waterloo Match 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.

YEARBOOK

SEASON: FULL YEAR

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!

They Let The Creative Juices Flow

Curiosity and creativity can be developed. They just need the right environment. Creativity should be nurtured the right way, using the right methods. Arts, music and writing etc. are all creative pursuits. When students participate in such things, new doors are opened. They will start doing things differently, and innovative.

SO MANY CHOICES . . . WHAT SHOULD I DO?

QUALITY OVER QUANTITY AND DO WHAT YOU LOVE

- The Golden Rule for choosing extracurricular activities: do what you love (or at least what you're interested in). Develop interests and follow your passions, whatever they are.
- Psychological research says that people who do what they enjoy are happier, healthier, usually more successful people.
- Your enthusiasm for an activity -- or lack of it -- often comes through in college, university or employment applications.
- When you complete applications, it's important to explain what you do, why it's important to you, what you have learned from it and how you will continue it after high school.
- When choosing extracurricular activities, go for quality, not quantity: 2, 3, 4 activities or sports over a number of years.
- Develop a couple or a few interests and act on them every which way you can.
- Extracurricular activities are a major way you can show how unique and qualified you are.
- Community service involvement is useful because it demonstrates how you are interested in getting beyond just yourself.

Courtesy of Admissionpossible.Com

Most post-secondary institutes and employers look at look at co-curricular activities that students are involved in while they are in high school. They want to see that students are involved and well rounded. The activities that teens are involved in reveal a lot about them.

Looks Great on
College, University
and Employment
Applications



SPORTS @GOVERNOR SIMCOE

Ideally, all high school students will have acquired physical literacy and fundamental skills during their elementary

schooling, and they will have developed physical fitness during their middle school years. These skills and capacities are

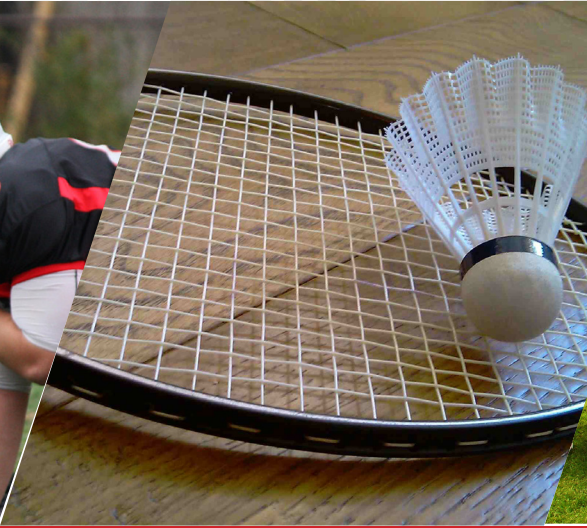
needed to participate in sport and activity at high school, and they are essential to stay active for life.

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.

Courtesy of <http://canadiansportforlife.ca/>

Competitive Spirit

Being exposed to various levels of skill and talent gives kids the opportunity to imagine what they can achieve. Pushing their limits to improve in a sport creates the desire to expect more from themselves and gain the respect of others.



BADMINTON

SEASON: SPRING
(Begins in April)

THE CO-ED BADMINTON TEAMS begin tryouts after March Break and compete in an invitational tournament in April. The top three finishes from the Sub-Zone tournament move on to Zone.

BASEBALL (BOYS)

SEASON: SPRING
(2-3 Practices a week, 1 or 2 games a week)

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.

BASKETBALL (JR. BOYS)

SEASON: FALL/WINTER
(2 league games a week/ practices on other days)

TRYOUTS BEGIN NOV. 1 and playoffs are mid February. Typically 3-4 tournaments are played, both locally and in Toronto or further. The team will compete in 25-35 games throughout the season. The basketball program at Governor Simcoe has been one of the top programs in the Niagara Region for years.

Participating in sports help develop teamwork and leadership as kids work together to win the game.

Teamwork



BASKETBALL (SR. BOYS)

SEASON: FALL/WINTER
(Practices 4-5 days a week, games 2 days a week)

THE SENIOR BOYS BASKETBALL TEAM BEGINS tryouts at the end of October. The team competes in 5-6 tournaments throughout the season. By March, the team will play over 40 games.

BASKETBALL (JR. GIRLS)

SEASON: FALL/WINTER
(Practices 2 days a week, games 2 days a week)

PLAYERS HAVE AN OPPORTUNITY TO improve individual skills and learn team concepts of defence and offence. Experience is not necessary to try out. The team has games or practices 4 or 5 days a week and competes in 3 or 4 tournaments. The season runs from the beginning of September to early November.

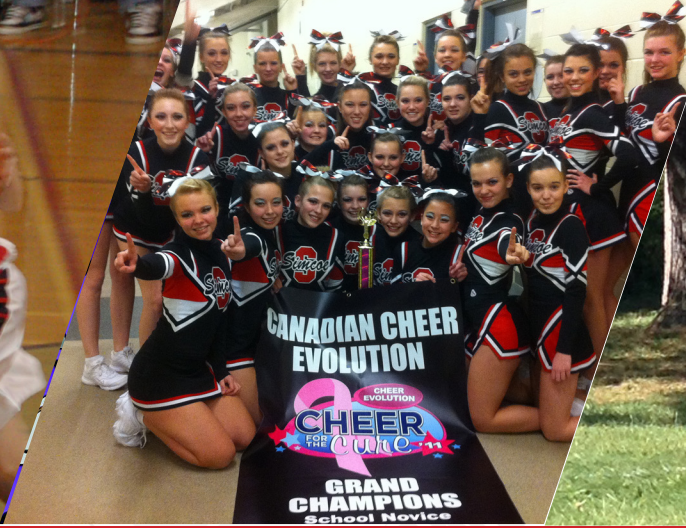
BASKETBALL (SR. GIRLS)

SEASON: FALL/WINTER
(Practices 5 days a week, 2 League Games a week)

THE SENIOR GIRLS BASKETBALL TEAM BEGINS practices on the first day of school. The team enters 5-6 tournaments during the months of September and October. By the end of the season, the team will have played over 40 games.

Confidence

Sports build belief in one's own abilities, which leads to being more confident in everyday life.



CHEERLEADING CROSS-COUNTRY FIELD HOCKEY

SEASON: FULL YEAR
COACHES LINDSAY, RITA AND MS BREIVIK ARE so excited to see Governor Simcoe Cheerleading is entering its fourth competitive season. Last year, our team competed in a number of competitions at local, regional, provincial and national levels, placing in the top three at every stage. Strength, skill, endurance, flexibility and athleticism are improving with every year on this team!

SEASON: FALL
(Practices 4 days a week, 3-4 meets)
CROSS COUNTRY IS A fall sport with the boys and girls teams in three age groups: midget, junior, and senior. The emphasis for qualifying from Zone to SOSSA to OFSAA is based on the team score. The team trains on trails near the school on a daily basis from September to November. Athletes compete in 4-5 meets through October.

SEASON: FALL/WINTER
(Practices daily, 1-2 games per week)
FIELD HOCKEY IS A fall sport with a really short season running from September until the end of October. No experience is necessary to join the team. Playing field hockey for Simcoe is a great opportunity to meet new friends and try a new sport. Practices run after school from 2:30-4:00. Games are after school at Laura Secord and are either played at 3:00 or 5:00. We usually play in one tournament as well. Hope to see you in September.

Sports are a great way to build friendships and form new connections, which can create a support system that leads to future opportunities and life-long bonds. Relationship Building



FOOTBALL

SEASON: FALL

FOOTBALL IS EXCITED TO announce that we are now running both JUNIOR and SENIOR 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.



FUEL (FEMALES USING ENERGY FOR LIFE)

SEASON: FULL YEAR

FUEL IS A free after-school, physical activity program for female youth. It combines non-competitive activities with an opportunity to meet new people, and learn about how to live a healthy lifestyle. This program is all inclusive and everyone makes our team. Each week FUEL will offer a different fitness class. Classes may include zumba, yoga, boot camp, tabata, boxfit, self defense and much more! Come to as many sessions as you like. All females welcome.



GOLF (BOYS)

SEASON: FALL/SPRING
(1 weekly practice, 3 tournaments)

TEAM GOLF WITH Tournament format has both a fall and a spring component. Approximately 4 tournaments are played in our league.

Sportsmanship

Through sports kids learn to respect opponents, follow rules and to play fair. Winning AND losing are just part of the game.



GOLF (GIRLS)

SEASON: FALL/SPRING

BOTH COMPETITIVE AND RECREATIONAL GOLFERS

welcome; ownership of clubs is not required. Serious golfers have the opportunity to compete in fall tournaments. Novice golfers will be taught the basic use of all clubs and proper technique as well as rules and etiquette at the driving range. These skills will then be implemented with an afternoon of golf on an executive course.

ICE HOCKEY (BOYS)

SEASON: FALL/WINTER
(1 practice and 1 game per week)

SIMCOE OFFERS A Varsity boys' team with players from grades 9-12. Our season begins in October with try-outs, followed by a regular season of seven games which runs November to February. Playoffs begin in February.

ICE HOCKEY (GIRLS)

SEASON: FALL/WINTER
(1 practice and 1 game per week)

GIRLS HOCKEY teaches fun and skill. This competitive team plays other Double AA teams in the Niagara Region. The season runs from October until March and is on ice two times per week. This year the team is going to a tournament in Montreal. Come on out and enjoy this exciting program.

Students who play sports learn they are rewarded for their efforts. This often drives academic success, which leads to better college, university and career opportunities.

Success



SOCCER (BOYS)

SEASON: WINTER/SPRING
(3 practices and 1 game per week)

TRYOUTS AND PRACTICES BEGIN in February (indoor conditioning). There are several games followed by playoffs. The team has a chance to advance to the SOSSA and OFSAA championships.



SOCCER (GIRLS)

SEASON: WINTER/SPRING
(2 practices and 1 game per week)

PRACTICES START after March Break, open to grades 9-12. We play 5 games plus playoffs and we participate in both indoor and outdoor tournaments.



SOFTBALL (GIRLS)

SEASON: SPRING
(3 Tournaments)

The girls softball team at Governor Simcoe starts in late April. We usually attend two exhibition tournaments in preparation for the one-day, DSBN Large School tournament at the end of May. This is a FUN and relaxed team to get involved with.

Physical activity develops a strong healthy body and increases quality of life. Sports are a fun way for kids to stay active and fulfilled. They are less likely to drink alcohol, do drugs or smoke. After realizing what it's like to look good and feel great, they are more inclined to carry these habits into adulthood.

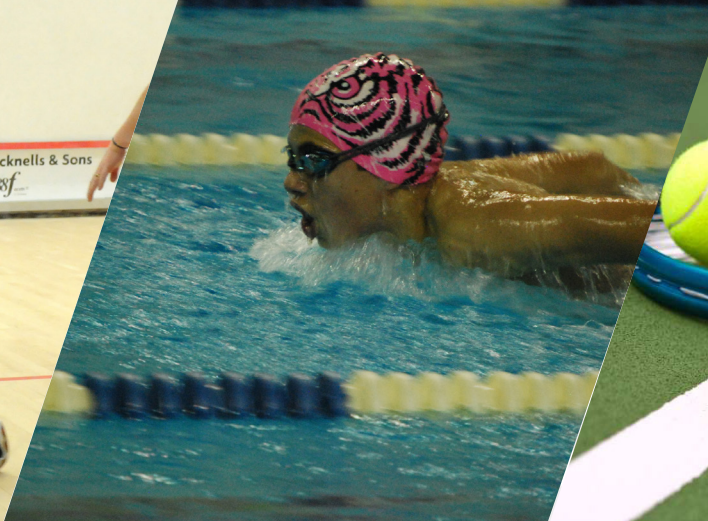
Healthy Lifestyle



SQUASH

SEASON: WINTER/SPRING

COME OUT AND TRY a new sport. We have court time once a week at the Club at White Oaks. Athletes will learn the basics of squash and be coached by some of the leading experts on the sport in the area. The season is very short. We have about seven practices and then play in the Ontario High School Championships. The tournament caters to all skill levels and is a fun filled day.



SWIMMING

SEASON: WINTER

THE GOVERNOR SIMCOE SWIM TEAM IS made up of experienced, competition swimmers and recreational/fitness swimmers as well. Students are invited to come out and improve their strokes, have fun and compete in at least three 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.



TENNIS

SEASON: FALL
(Sept to Oct)

THE TENNIS TEAM 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.

Positive Thinking

Exercise elevates mood and relieves stress so that kids can channel their energy towards something positive, like improving strength and endurance.



TRACK AND FIELD

VOLLEYBALL (JR. BOYS)

VOLLEYBALL (SR. BOYS)

SEASON: WINTER/SPRING
(5 practices and 1 track meet per week)

TRACK AND FIELD IS an individual sport with running, jumping, and throwing events for boys and girls in three age groups; midget, junior, and senior. General conditioning starts in February and event specific training starts after March break at the Niagara Olympic Track and Field facility. Athletes compete in 4-5 meets in May and early June.

SEASON: FALL
(3-4 practices and 2 games a week)

TRYOUTS BEGIN THE first week of school in September. The team is looking for commitment and enthusiasm. The team plays in 2-3 tournaments throughout the season. Season ends in November.

SEASON: FALL
(5 practices and 1-2 games a week)

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.

Participating in sports helps build leadership skills. Sports teams give you an opportunity to surround yourself with competitive people and role models, and learn from them both. You can demonstrate your own leadership through team captainships and individual actions to improve your team's success.

Leadership Skills



VOLLEYBALL (JR. GIRLS)

SEASON: FALL

(4 practices and 2 games a week)

GRADE 9 AND 10 GIRLS INTERESTED IN volleyball can come out to play for the junior team. Our schedule consists of 3 tournaments and ten 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!

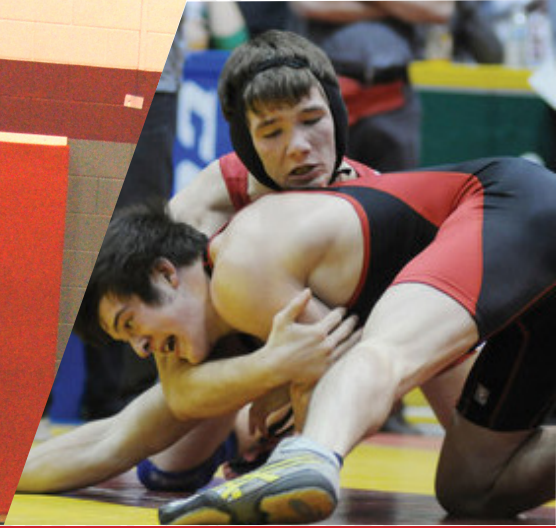


VOLLEYBALL (SR. GIRLS)

SEASON: FALL

(5 practices and 2 games a week)

THE SENIOR GIRLS VOLLEYBALL TEAM STARTS tryouts at the end of November. The team competes in 4-5 tournaments. The season ends at the beginning of March.



WRESTLING

SEASON: WINTER

(4-5 practices and 1 tournament a week)

WRESTLING PRACTICES BEGIN at the end of October. Tournaments start the middle of November. It is an individual sport that welcomes all ages, shapes and sizes with a team concept. Come on out and try something new!

Mind Development

Exercise has a positive impact on brain development. Additionally, sports utilize strategic thinking and math, such as learning plays and keeping score and stats.

SCHOOL PROFILE

GOVERNOR SIMCOE SECONDARY SCHOOL

Students refer to Governor Simcoe as “OUR HOUSE” as we take great pride in the people and the building that is our academic home.

Our logo references our four facets of learning.

We seek to:

Promote Intellectual Thought and Critical Thinking

Nurture Creativity

Support Our Students' Mental, Emotional And Physical Health

And Prepare Our Students For A Technological World

These four facets are contained under the roof of “OUR HOUSE” while a Redcoat Soldier stands guard, paying homage to our historical background and tradition.

Have questions? You can contact us at:

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