GOVERNOR SIMCOE SECONDARY SCHOOL

CREATE YOUR FUTURE @ GOVERNOR SIMCOE

CO-INSTRUCTIONAL PROGRAMS 2013-2014
CO-INSTRUCTIONAL PROGRAMS

AT

GOVERNOR SIMCOE

SECONDARY SCHOOL

INTRODUCTION

AT GOVERNOR SIMCOE, we believe in the importance of a strong co-instructional program. A well-delivered co-instructional program enhances a student's sense of well-being and the atmosphere of the school. Participation develops a student's sense of belonging and satisfaction, helps a student identify with their school, encourages a student to socialize and become friends with fellow students; all of these factors contribute to a rewarding high school experience and the development of great school spirit!
OVERVIEW

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- Volleyball
- Wrestling
- Yoga

CREATE YOUR FUTURE @ GOVERNOR SIMCOE
**CLUBS AND ACTIVITIES**

**DRAMA/MUSICAL THEATRE PRODUCTION**
Season: Full Year, 3 times a week (During month of show, 4 times a week)
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/

**MEDIA CLUB**
Members of the Media Club create, manage, and run the school website. They will provide coverage of school activities, clubs, and events for the school website.

**ROBOTICS**
Season: Full Year
Members of our robotics team will 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, will 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. Learn more at www.simbotics.org

**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 fun, non-threatening way to meet people. Everyone is always an expert in something! Learn more here

**SIMCOE DRAMA FESTIVAL**
Season: March
An annual drama competition (in March) where schools from the DSBN and the NCDSB compete on the stage!

**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!

**CREATE YOUR FUTURE @ GOVERNOR SIMCOE**
CLUBS AND ACTIVITIES

SIMCOE CHOIR
Season: Full Year
Open to all students who enjoy singing at any level. Beginners to choral singing to more experienced singers will enjoy this group. Learn more [here](#).

SEE YOUR FUTURE

SIMCOE OUTREACH SOCIETY
The Simcoe Outreach Society is a 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. Learn more [here](#).

IMPROVE YOUR FUTURE

SIMCOE STUDIO/RECORDING CLUB
Since its installment in Spring 2008, the Simcoe Mac recording studio for composing, arranging, and recording music boasts several original recordings as well as arrangements. Students can explore their song-writing and recording talent!

CREATE YOUR FUTURE

WRITE YOUR FUTURE

STUDENT COUNCIL
Season: Full Year (meeting every Wednesday at Lunch. Some after school and evening involvement)
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! Learn more [here](#).

IMAGINE YOUR FUTURE

TEEN TALK
Season: Full Year (2 lunches a week)
A place for teens to come and speak their mind about topics that relate to their lives. Topics include relationships, curfews, suicide, mental illness, stress and anxiety, media influence, etc. Girl Talk is a girls-only version of Teen Talk. Join us for a lunch of engaging conversation and pizza! Learn more [here](#).

UNDERSTAND FOR YOUR FUTURE

WATERLOO MATHEMATICS
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.
CLUBS AND ACTIVITIES

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!

CHANGE YOUR FUTURE

ATHLETICS

BADMINTON
Season: Spring (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.

ACHIEVE FOR YOUR FUTURE

BASEBALL (Boys)
Season: Spring (4 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 enters in one tournament.

ESTABLISH YOUR FUTURE

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.

SECURE YOUR FUTURE

SQUASH
Season: Winter/Spring
Come out and try a new sport. We have court time once a week at the Club at White Oaks. The 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 quick. 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.

CHEERLEADING
Coaches Lindsay, Derek and Ms Breivik are so excited to see Governor Simcoe Cheerleading is entering its third 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! Learn more here.

ACHIEVE FOR YOUR FUTURE

CRESCENDO: THE ART OF SINGING
Season: Fall
Crescendo: The Art of Singing is an entry-level choir open to all Governor Simcoe students. Classes meet once a week at the Club at White Oaks and you do not need to be a music student to participate!
ATHLETICS

BASKETBALL (Sr. Boys)
Season: Fall/Winter (Practices 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.

CROSS COUNTRY
Season: Fall (practices daily, 4-5 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.

FIELD HOCKEY
Season: Fall/Winter (Novice: 3 games and practices per week, Varsity: 4)
We are the only school in the DSBN to offer two teams. One is for girls less experienced or those not able to commit to the more rigorous Varsity practice schedule. Both teams compete in the same league, but only the Varsity team qualifies for playoffs. Each team carries 16-20 girls. Practices run after school from 2:30-4:00.

FOOTBALL
Season: Fall/Winter (4 Practices and 1 Game per week)
A successful tradition has been built with the Redcoats appearing in 7 of the 10 last championships, capturing 2 of them. The aim of the Governor Simcoe football program is to provide a venue where young men can learn commitment, respect, and pride. Become a part of a winning tradition! Learn more here.
ATHLETICS

GOLF (Boys)
Season: Fall/Spring (1 weekly practice, 4 tournaments)
Team Golf with Tournament format has both a fall and a spring component. Approximately 4 tournaments are played in our league. Learn more here

ICE HOCKEY (Girls)
Season: Fall/Winter (1 practice and 1 game per week)
The Lady Redcoats Hockey team teaches fun and skill. Our season runs from November to March, and is open to grades 9-12. The team plays 10 games plus playoffs and participates in 3 tournaments. Learn more here

GOLF (Girls)
Season: Fall/Spring (1 weekly practice and 2 tournaments)
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. Learn more here

ICE HOCKEY (Boys)
Season: Fall/Winter (1 practice and 1 game per week)
Simcoe offers a Varsity boys' team with players from all grades. Our season begins in October with try-outs once a week. The regular season is 8-9 games and runs November to February playing high schools in the DSBN. Playoffs begin in February and could continue through March Break. The boys are on the ice 1-2 times a week between games and practices and compete in 2 or 3 regional tournaments. Learn more here

LACROSSE
Season: Fall/Winter (1 practice and 2 games per week)
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.

ROWING
Season: November-June (3-5 practices per week)
The Rowing Season begins in November with land workouts. Students not participating in other sports should expect workouts 3 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. Simcoe crews have been extremely successful, placing 4th at the Canadian High Schools Championships.

INTEGRATE YOUR FUTURE

NOURISH YOUR FUTURE

PROGRAM YOUR FUTURE

RESEARCH FOR YOUR FUTURE

CREATE YOUR FUTURE @ GOVERNOR SIMCOE
ATHLETICS

SKI AND SNOWBOARD
Season: Winter (1 afternoon/evening per week in January and February)
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. We enjoy 7 hours of skiing or snowboarding and fun before getting back at 11pm. Rental equipment is available. Proper ID (ie. Passport) is a must. Weather/Exams dependant.

DREAM YOUR FUTURE

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.

INSPIRE YOUR FUTURE

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.

DETERMINE YOUR FUTURE

SOFTBALL (Girls)
Season: Spring (2-3 practices and 2-3 exhibition games)
The girls softball season at Simcoe starts in late April and early May. We usually organize 2-3 exhibition games in preparation for a one-day tournament. This is a fun and relaxed team to get involved with.

INVENT YOUR FUTURE

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 3 swim meets a year. The team practices 2 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.

MAKE YOUR FUTURE

TENNIS
Season: Winter
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.

ANTICIPATE YOUR FUTURE

CREATE YOUR FUTURE @ GOVERNOR SIMCOE
ATHLETICS

TRACK AND FIELD
Season: Winter/Spring (4 practices and 1 Track Meet a 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. Learn more here.

EXPAND YOUR FUTURE
VOLLEYBALL (Jr. Boys)
Season: Fall (3-4 practices and 2 games a week)
The Jr. Boys Volleyball team begins tryouts 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.

VOLLEYBALL (Jr. Girls)
Season: Fall/Winter (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.

CALCULATE YOUR FUTURE
VOLLEYBALL (Sr. Boys)
Season: Fall (4 practices and 1-2 games a week)
The Senior Boys Volleyball team plays 12-15 games as well as tournaments. This program runs daily expecting full commitment and dedication. At the senior level players build their skills and formulate more complex offensive strategies.

UNCOVER YOUR FUTURE
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! Learn more here.

START YOUR FUTURE
GUIDE YOUR FUTURE
CREATE YOUR FUTURE @ GOVERNOR SIMCOE
CREATE YOUR FUTURE HERE AT
GOVERNOR SIMCOE
SECONDARY SCHOOL

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