







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





CREATE YOUR FUTURE @ GOVERNOR SIMCOE

CLUBS AND ACTIVITES

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/

DISCOVER YOUR FUTURE

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.



BUILD YOUR FUTURE

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 guestions 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

QUESTION YOUR FUTURE

SIMCOE DRAMA FESTIVAL

Season: March

An annual drama competition (in March) where schools from the DSBN and the NCDSB compete on the stage!



ENHANCE FOR YOUR FUTURE

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!



DEVELOP YOUR FUTURE

DESIGN YOUR FUTURE

CLUBS AND ACTIVITES

SIMCOE CHOIR

Season: Full Year

Open to all students who enjoy singing at any level.

Beginners to choral singing to more experiences singers

will enjoy this group. Learn more here

COVERNOR L

SEE YOUR FUTURE

SIMCOE OUTREACH SOCIETY



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 it's 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 songwriting 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



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 ACTIVITES

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

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

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.

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

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.

PREPARE YOUR FUTURE

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.

PROVIDE FOR YOUR FUTURE

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.

SET UP YOUR FUTURE

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.

SUPPORT YOUR FUTURE

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 gualifies for playoffs. Each team carries 16-20 girls. Practices run after school from 2:30-4:00.

ANALYZE FOR YOUR FUTURE

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

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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

INTEGRATE YOUR FUTURE

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

PROGRAM YOUR FUTURE

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 couuld continue through March Break. The biys are on the ice 1-2 times a week between games and practices and compete in 2 or 3 regional tournaments. 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

NOURISH YOUR FUTURE

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.

RESEARCH FOR YOUR FUTURE

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.





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. Rental equipment is available. Proper ID (ie. Passport) is a must. Weather/Exams dependent.

DREAM YOUR FUTURE

SOCCER (Boys)

Season: Winter/Spring (3 practices and 1 game per week) Tryouts and Practices begin in February (ind



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 of OFSAA championships.

INSPIRE YOUR FUTURE

indoor and outdoor tournaments.

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



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



ANTICIPATE YOUR FUTURE



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.

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 conject

expecting full commitment and dedication. At the senior

level players build their skills and formulate more complex offensive strategies.

UNCOVER YOUR FUTURE

VOLLEYBALL (Jr. Girls)

Season: Fall (3 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!

SUPPORT YOUR FUTURE

VOLLEYBALL (Sr. 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.

MANUFACTURE 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 HERE AT

GOVERNOR SIMCOE SECONDARY SCHOOL

Have questions? You can contact us at: Address: 15 Glenview Avenue St. Catharines, ON

Phone Number: Fax Number: Website: Email Address: St. Catharines, ON L2N 2Z7 905-934-4006 905-934-3389 http://govsimcoe.org/ GSS@dsbn.edu.on.ca















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