

Please note that all the information is subject to change based on teacher availability and/or student needs and interest.

SDSS ATHLETIC TEAMS

GROUP NAME	STAFF	DESCRIPTION	WHO CAN JOIN & HOW	MEETINGS (WHERE & WHEN)
Badminton (Jr. & Sr. Boys & Girls)	A. Farrell	Compete at tournaments February through April to qualify for YRAA and OFSAA games.	see Mr. Farrell to try out for team. Tryouts start in February in the gym.	practices are in the gym. 3xweek (days/times vary) February to April
Basketball (Boys Junior)	A. Farrell	Develop basketball skills through practices and league games	Gr 9-10 male students can tryout	practices 3xweek/ morning and/or after school between Nov & Mar
Basketball (Boys Senior)	J. Hammond L. Pendergast	Develop basketball skills through practices and league games	Gr 11-12 males students can tryout	practices 3xweek/ morning and/or after school between Nov & Mar
Cross Country Team	M. Atkins J. Bocking	Team members get a training schedule for the season with daily workouts & training to prepare them for several invitational competitions and YRDSB/OFSAA races	see coaches for parent letters/forms and attend practices outside the weight room after school	various weekdays after school outside weight room
Field Hockey (Girls Varsity)	S. Avveduto S. Bubnic	Sport team that allows students to learn field hockey skills and compete in games	Any grade 9-12 female student can tryout	TBD
Golf (Jr & Sr)	L. DeVos	Students develop golf skills and participate in various golf tournaments	Tryouts are in the fall	practices and tournament days and times TBD
Hockey (Boys Varsity)	J. Hewitt R. Edmondson	Players get a chance to compete against the best teams in the region and province in both league and tournament play	Grade 9-12 boys. All players must attend practice and maintain a good standing in school	practices take place every Wednesday at 7:30am from October to February. Contact coach for game schedules.
Hockey (Girls Varsity)	C. Giles B. Shankman	Develop hockey skills through practices and league games	all female students can tryout	5-6 morning practices @ 7:30am between October and February
Rugby (Girls Varsity)	T. Labar J. Hewitt	Girls are introduced to Seven's Rugby in the fall and Fifteen's in the spring	Varsity Teams-Teir I and II. Must attend practices consistently and maintain good standing in school	Fall and Spring practices: 3 times/ week at 7:30am
Rugby (Boys)	R. Edmondson B. Shadlock	Provide an opportunity for students to learn the game of rugby. Players get a chance to compete against the best teams in the region and province in both league and tournament play	Grade 9s and 10s play on the Junior. Grade 11s and 12s play on the Senior team. All players must attend practice and maintain a good standing in school	Practice takes place 2-3x/week at 7:30am. Days vary week to week. For 7s rugby (Fall) the season runs from Sep-Oct. For 15s (Spring) the season runs from April-June.
Soccer (Girls Varsity)	S. Avveduto S. Bubnic	Students develop their soccer skills through practices and league games	Female students grade 9-12 are welcome to tryout	tryouts and practices will be in the spring
Track & Field	S. Jimmo M. Atkins M. Quinn	Athletes train with the team for up to 3 events of their choice	open to all students, no experience necessary, must attend practices 2x / week minimum	first meeting prior to March break, practices are Mon-Thurs after school, 3-5 track meets/season
Volleyball (Sr. Girls)	S. Jimmo T. Labar	Players get the opportunity to refine their volleyball skills and compete against teams in York Region	Girls in grades 11 & 12 can try out. must attend practices and games and maintain good school standing	practice takes place 3 times a week in addition to 8-10 league games
Volleyball (Jr. Girls)		Players get the opportunity to refine their volleyball skills and compete against teams in York Region	Girls in grades 9 & 10 can try out. must attend practices and games and maintain good school standing	morning practices take place 3 times a week in addition to 8-10 league games.
Volleyball (Sr. Boys)	S. Jimmo	Players get the opportunity to refine their volleyball skills and compete against some of the best teams in York Region	Tier 1-must attend practices consistently and maintain good marks in school	1-3 practices a week, 1-2 games a week, 2-3 tournaments a season
Volleyball (Jr. Boys)	C. Giles	Players get the opportunity to refine their volleyball skills and compete against some of the best teams in York Region	All grade 9-10 boys may try out. Must attend practices and games and maintain good school standing	practices 1-3 times a week, in addition to 8-10 league games, 1-2 tournaments/season
Ultimate Frisbee Team (co-ed)	K. Lau	Students have the opportunity to improve their skills and compete in game/tournaments	Any grade 9-12 female/male students can tryout in March	TBD: season runs from end of April-May, practice 2-3x week