

EXTRACURRICULAR ACTIVITIES AT RIVER EAST COLLEGIATE

Your high school experience is what you make it! Learn new skills, develop your talents, and meet new people by getting involved in extracurricular activities at REC. The following is a list of clubs, sports and activities planned for this year. Other activities may be added once the year begins, so listen for announcements.

please refer to the REC website <http://retsd.mb.ca/school/rec/Pages/default.aspx>
and the REC Athletics <http://retsd.mb.ca/school/rec/Programs/Athletics/Pages/default.aspx>

Add us on Instagram and twitter for updates over the summer @kodiakathletics

ATHLETICS

Badminton	Tryouts in Spring. Listen for announcements	Gr 9 – Mr. D. Smith Mrs. A. Cieszecki, Mr. C. Cymbaluk
Baseball	April – May. Listen for announcements.	Mr. K. Wright
Basketball	Tryouts in early November. Listen for announcements	Gr 9 Boys – Mr. M. Grubert, Mr. E. Hildebrandt JV Girls – Ms. K. Asmundson JV Boys - Varsity Girls – Mr. A. Lewis Varsity Boys – Mr. T. Kohut
Beach Volleyball	Two-day tournament on a Friday and Saturday in late May.	Mr. Z. Diboll, Mrs. T. Kabaluk
Cross-Country	Practices: Monday and Friday @ 7:10 am in September and October. Meeting - TBA	Mrs. D. Fontaine, Ms. A. Roach, Mr. D. Smith
Curling	Boys and Girls. Sign up in early October. See Mr. Grubert in the gym.	Mr. B. Cochrane, Mr. M. Grubert
Dragon Boat	The annual Manitoba School Dragon Boat Challenge takes place in early June. A dragon boat is a 20-person canoe. Teams are made up of 16-24 students. Participants will have a minimum of two 1-hour long practices prior to the event (during the month of May). Team will compete in 2, 3, or 4 (depending on race and fundraising results) 500 metre races on the event day. Students will also participate in fundraising activities for The Dream Factory throughout the school year. Listen for announcements in February.	Mr. M. Grubert, Ms. L. Laxdal
Field Hockey Girls	April 2020 tryouts. Listen for announcements.	Ms. K. Asmundson, Ms. J. Lamboo
Fishing Club	<i>Regular meetings 1 – 2 times per month. Six outings, 2 – fall, 2 – winter, 2 – spring.</i>	Mr. M. Grubert, Mr. R. Loewen, Mr. J. Zaroda
Football	This year's VARSITY football season and training camp begin on August 20. August 20 – 23 (5:30 – 8:00 pm); August 24 (1:00 – 3:00 pm); August 27 – 30 (5:30 – 8:30 pm). Grade 10 junior varsity players (with previous football experience) may join this camp. JUNIOR VARSITY football begins on September 5 at 3:30 pm. (the schedule is not available at this time).	Mr. R. Mead, Mr. E. Friesen, Mr. E. Hildebrandt, Mr. A. Lewis, Mr. D. Smith
Golf	New signups in March 2020. Listen for announcements. KPAC golf championships happen in the second week of September.	Mr. M. Grubert, Mr. T. Kohut
Hockey Boys	Signup first week of September on Mr. Anderson's door in Guidance.	Coach – Mr. R. Gruener Mr. P. Anderson, Mr. D. Townsend
Hockey Girls	Signup first week of September in room 223.	Mr. E. Heinemann, Ms. A. Sever, Mrs. K. Kossack
Indoor Soccer	Girls indoor soccer. Tryouts in early September. Listen for announcements.	
Indoor Soccer	Boys indoor soccer. Tryouts in early September. Listen for announcements.	
Lacrosse	Begins in spring. Listen for announcements.	Mr. J. Zaroda
Track Indoor	November to March. Listen for announcements.	Mrs. D. Fontaine, Ms. A. Roach, Ms. A. Stepaniuk
Track Outdoor	April 1 to mid-June. Listen for announcements.	Mrs. D. Fontaine, Ms. A. Roach, Ms. A. Stepaniuk
Outdoor Soccer Girls	Early spring 2020. Listen for announcements.	Ms. T. Kabaluk
Outdoor Soccer Boys	Early spring 2020. Listen for announcements.	Mr. P. Neuendorff
Volleyball	Open gyms for volleyball and basketball begin in late August. Tryouts begin in early September. Please see the Athletics page on the REC website for open gym and tryout dates.	JV Boys - Mr. C. Cymbaluk Varsity Boys - Mr. Z. Diboll Varsity Girls - Mrs. T. Kabaluk, Ms. T. Catelier Gr 9 Girls – Ms. L. Campbell, Ms. C. Vergi Gr 9 Boys – Mr. C. Semenek, Ms. S. Doyle JV Girls - TBD
Winnipeg Jets Hockey Academy		Mr. P. Stastook

STUDENT LEADERSHIP

Athletic Leadership	<p>Athletic Leadership is open to students in grade 9-12 who are interested in helping out the Physical Education department and any events that take place in Physical Education throughout the building. This could involve duties such as:</p> <ul style="list-style-type: none"> • helping with after school sports and organizing activities for these games. • promotion of our school sports through posters/advertising/social media. • assisting in planning, organizing and officiating intramurals. • other duties that arise throughout the year (spirit week/pep rallies/athletic banquet etc.) <p>Interested students will have a chance to sign up in early September with Mr. Spark</p>	TBD
Humanitarian Leadership	<p>Humanitarian leadership is open to students in grade 9-12 who are interested in helping out the social justice groups with their initiatives, and networking with the other leadership groups to connect ideas. It is suggested that students interested in being leaders in this area are also involved in either Students Without Borders or Key Club. Listen for announcements in early September.</p>	Ms. L. Jackson
School Spirit/Leadership	<p>School Spirit/Leadership is open to students in grade 9-12 who are interested in helping out the school community with events, and networking with the other leadership groups to connect ideas and initiatives. This could include involvement in events such as: school dances, Graduation Garden Party and the Kodiak Karnival. Listen for announcements in early September.</p>	Mrs. H. MacNeil Ms. M. Sales

TRIPS/TRAVEL

Camp Cedarwood and Hamburg Exchange	Multi-cultural excursion for our exchange students 3-month Interprovincial Exchange-Manitoba/Hamburg/Germany March 25 – June 16, 2020	Mr. R. Loewen Mrs. I. Graeber
Japan Trip	Tokyo/Hakone/Kyoto – March 25 – April 4, 2020 Students to visit UNESCO historical and scientific sites	Mr. D. Bohart, Mr. D. Hallick, Ms. T. Kabaluk, Ms. J. Lamboo
Spain and France (MMC & REC)	Paris, Provence & Barcelona – March 26 – April 4, 2020	Ms. C. Derwin
Wilderness Ed Trips	fall, winter, spring	Mr. P. Neuendorff, Ms. S. Resendes, Mr. D. Smtih

HUMAN RIGHTS, PEER SUPPORT, AND SERVICE CLUBS

Autism Support	The purpose of this peer-lead group is to assist students with autism in navigating the challenges presented by high school life. Students apply for support and are matched with peer support leaders. The peer leader will assist students with getting involved in extra-curricular activities, peer relations and friendship development.	Mr. G. Mandrick
Big Brothers/Big Sisters	Mentoring program for students at Donwood Elementary.	Mr. C. Semenek
Encounters with Canada	High school students (14-17) from across Canada spend a week in Ottawa expanding their knowledge of Canada's culture and heritage, exploring career options and developing new skills. Students will be staying at the Terry Fox Canadian Youth Centre in Ottawa for a one-week period depending on the sub-theme that the student selects. It is an excellent leadership opportunity.	Ms. D. Lovelace
Ethics Bowl	An Ethics Bowl is a collaborative yet competitive event in which teams analyze a series of wide-ranging ethical dilemmas. It has similarities with a debate, but it is not a debate. The 2017 group members researched cutting edge ethical issues such as: cultural appropriation, freedom of speech, the global refugee crisis, and artificial intelligence. Training will take place in October at the Canadian Museum for Human Rights and the event will take place at the University of Manitoba on December 12th. Successful teams will move on the National Competition taking place in April 2019. This group is open to any grade 9-12 students who eager for an academic challenge! See Mrs. Laxdal if you are interested!!	Ms. E. Bourbonniere, Mrs. L. Laxdal
Gay-Straight Alliance	(GSA) Meets Wednesdays in 103. All students are welcome.	Mrs. C. Bernardin, Ms. A. Sever
Jack.org	Mental health awareness – student advocacy for raising awareness about mental health.	Ms. L. Jackson, Ms. J. Yeo
Key Club	Kiwanis service club for students. Hands-on projects to support causes in the local community and world. Each year students decide on causes to support through bake sales, hot dog sales, and volunteering.	Mrs. L. Black, Ms. C. Derwin
Natural Helpers	A peer support program identifying students that others go to for assistance. Students will go on a retreat to learn skills that will enhance their ability to help their peers.	Mrs. H. MacNeil
Peer Tutors	A peer support program to help students with their studies. Student tutors provide one-on-one tutoring during the school day.	Mr. G. Mandrick, Ms. T. Kabaluk
Run for the Cure	September 30, 2018	Ms. D. Lovelace
Ski Trip		Mrs. L. Black
Students Without Borders	Social justice and service club. UNESCO student group exploring, raising awareness, and taking action about human rights issues in Canada and around the world. Meets on Wednesdays at lunch in 103.	Ms. L. Jackson

CREATIVE ARTS, MATH, AND LANGUAGE

Art Club	Create and use the art room during lunch. Special activities or projects will run throughout the year – listen for announcements. Open to all students.	Ms. L. McBean Ms. M. Sales
Anime Club		Ms. L. McBean Ms. M. Sales
Brain Bee / U of T	The Brain Bee, a neuroscience competition for secondary students, begins with chapter competitions that feed into regional and world competitions. The club will focus on preparing for the Winnipeg competition which usually occurs on a Saturday in March.	Ms. C. Kentner
Cornerstone Christian Club	A student-led Christian group that provides students with an opportunity for growth in their faith through fellowship, volunteer opportunities and guest speakers. Meetings on Tuesdays in room 217.	Mr. E. Hildebrandt Ms. J. King
Choral	Jazzmyn and Vocalease are two performing groups that receive full school credit. Students sing vocal jazz repertoire and learn to perform with microphones. Jazzmyn is more introductory in nature and meets outside the schedule. Vocalease is more advanced in nature and meets outside the schedule. Chamber choir is a full credit performing group that meets outside the schedule. They perform a wide variety of music.	Mrs. N. Ens
Drama Fest	Spring 2020. Open to all students. Create drama production and perform it at Prairie Theatre Exchange.	Ms. K. Bartlett Ms. S. Brereton
Drama Production	Open to all students. After-school and some lunch hour involvement. Listen for announcements.	Ms. K. Bartlett Ms. S. Brereton Ms. S. Gabriel Ms. L. McBean Ms. M. Sales
German Club	The REC German Club meets weekly to discuss various topics of interest (culture and cultural differences, current and global events, their experiences, questions, etc.) with appropriate guidance and support of the German teacher and German Support Teacher. The German Club is recommended to German and exchange students who will gain an additional opportunity to meet, get to know each other, and exchange their cross-cultural experiences.	Mrs. I. Graeber
German Language	<i>Sprachdiplom I and II</i> , a globally recognized German proficiency exam/diploma that students receive for their fluency in the German language. Gr. 9 and Gr. 12 students should apply early in September to ensure proper registration with the Central Agency for Schools Abroad. Students in Gr. 10 are encouraged to receive relevant information in apply early in September.	Mrs. I. Graeber
Improv	Open to all students starting early in fall. Lunch hour commitment.	Ms. K. Bartlett Ms. S. Brereton
Jam Club	Club is a one-a- week lunch hour meeting for anyone who would like to grab an instrument and jam along. Musical experience is not necessary, participation and having fun is mandatory.	Mr. Zaroda
Instrumental Music	Jazz Band (less experienced musicians): Meets Wednesdays and Fridays 3:15-4:30 pm Jazz Orchestra (more experienced musicians): Meets Tuesdays and Thursdays 3:15-4:30 pm and Wednesdays and Fridays 4:30-5:45 pm Wind Ensemble : Meets Tuesdays and Thursdays 7:15-8:20 am Percussion Ensemble : Meets Mondays 3:15-4:30 pm and Wednesdays 7:15-8:20 am Contemporary Music Ensemble : Student run consortium of musicians celebrating contemporary music. Listen for announcements.	Mr. J. Kula
Reach for the Top	Reach teams represent their schools in a fast-paced trivia challenge testing both their knowledge and speed of recall. Teams consist of four players, but can have up to any number of substitute players and compete at the regional, provincial, and national levels with other schools. REC will have both an intermediate team (grade 10 and under) and a senior team (grade 12 and under) meeting daily at noon; listen for announcements.	Ms. C. Kentner Mrs. C. Ramsay
REC SCOPE School Newspaper	Meets weekly at lunch in 211. Listen for announcements for first meeting date. Students can choose to work on articles, comics, photography, editing, and/or layout. Contributions from all students welcome.	Ms. E. Bourbonniere
Science Club	The REC science club will allow students to explore their scientific interests in out-of-class projects. Physics, Chemistry, and Biology knowledge will be put into practice as we: launch a high-altitude balloon; program and build circuits; make REC a greener building through vermiposting and other green initiatives; and take part in national contests (Biology, Chemistry, and Physics) and competitions (Envirothon, Brain Bee, Reach for the Top).	Mr. D. Hallick Ms. C. Kentner Mr. K. Moroski
Space Balloon	The River East Collegiate KASP (Kodiaks Aeronautics Space Photography) group works to build and launch a high altitude balloon all the way to the edge of space! This club teaches the basics of science and engineering, but also teaches critical lessons of teamwork and organization, skills that are essential for any career path.	Mr. D. Hallick Mr. E. Heinemann Mr. K. Moroski
Writers' Club	Creative writing club. Will begin in mid-September. Listen for announcements.	Ms. S. Doyle Mr. P. Stastook
Yearbook	Photography, layout, write-ups. Meets at lunch in 117. Yearbook cover contest in fall.	Mr. M. Keller