

Name of Team/Club	Teacher Advisor	Description	Time Commitment/Meeting Times	How to get involved
Alpine Skiing and Snowboarding Team	Mrs. Parkes-Hallmark and Mr. Thomson	Compete in regional qualifying event.	Practice 3 times a week. November to late February.	Contact Mrs. Parkes Hallmark in Student Services or Mr. Thomson in Boys Phys Ed
Badminton Team (Junior)	Ms. Rimnyak	Badminton team for boys and girls in grades 10	February-May. 2-3 practices each week.	Contact Ms. Rimnyak
Badminton Team (Midget)	Ms. Rimnyak	Badminton team for boys and girls in Grade 9	February-May. 2-3 practices each week.	Contact Ms. Rimnyak
Badminton Team (Senior)	TBA	Badminton team for boys and girls in grades 11-12	March-May every day after school. Tournaments in April/May.	TBA
Baseball Team	Mr Gillis	Boys Baseball team for all grades	Sept. and Oct. every day after school.	Listen for PA announcemts or twitter feed for try outs starting early September
Basketball Team (Junior Boys)	TBA	Grade 9 and 10 boys basketball team	Middle of November to late March. Monday to Friday after school	Contact Boys' PE office or Ms Cronjaeger or Derek Morgan
Basketball Team (Junior Girls)	TBA	Junior Girls Basketball team for grades 9-10	Beginning of September to early November everyday after school. Games twice a week.	Contact Girls' PE office
Basketball Team (Midget Boys)	Mr. D. Christie	Midget Boys Basketball team for grade 9 boys.	April to May every day after school.	Contact Mr. Christie in the Boys' PE office
Basketball Team (Midget Girls)	TBA	Midget Girls Basketball team for grade 9 girls.	April to May every day after school.	Contact Girls' PE office
Basketball Team (Senior Boys)	Mr. D. Christie	Senior Boys Basketball team is primarily for grades 11-12	Early November to March every day after school. Games twice a week.	Contact Mr. Christie in the Boys' PE office
Basketball Team (Senior Girls)		Senior Girls Basketball team primarily for grades 11-12	Beginning of September to early November every day after school. Games twice a week.	Contact Ms. Flynn in room 304
Cross Country Team	Eliott Dumitru (lead), Mr. Gadjanski (assist)	Cross Country running team	Start of September to early November. Monday to Thursday	Posters displayed throughout the school, Remind app
Curling Team	Mr. Moore	Curling Team is for any boy or girl grade 9-12	Practices run from November to February	Contact Mr. Moore
Field Hockey Team (Girls)	Ms. Rimnyak	Field Hockey team (all grades)	Early September to mid October. Practices are 2 times per week with games twice a week	Come to Churchill Park at 3:20 on the second day of school for the first try-out.
Figure Skating	TBD	Skate Canada Western Ontario Section, A High School Invitational competition held in March for students from high schools in WOS	2-3 meetings for information and organization in Oct. Dec/Jan 1-2 day competition in March. Students create programs and practice with their own coach at their skating club	Contact TBD. Listen to announcements
Football Team (Junior)		Football Team for grades 9-10	April to June 4 times per week after school and 2x at lunch	
Football Team (Senior)		Football Team for grades 10-12	In-season – Last week of Aug – end of Nov everyday after school and 2x at lunch Off-season – Nov-June 3-4 times per week	
Golf Team	Mrs. Parkes-Hallmark	Compete in regional golf tournaments	September. Periodic tournaments.	Contact Mrs. Parkes-Hallmark in student services
Hockey Team Div 2 (Boys)	Mr. Harrison	Boys Hockey team for all grades.	January to March. Practices/ games once a week.	Contact Mr. Harrison in the Science Dept.
Hockey Team Div 2 (Girls)	Mr. Harrison	Girls Hockey team for all grades	End of February to March. Practices/games once a week.	Contact Mr. Harrison in the Science Dept.
Indoor Soccer Team (Girls)		Indoor Soccer team that competes against other HWDSB schools at Soccer World	October to April, practicing once a week (Thursday morning). Games once a week.	

Indoor Soccer Team (Junior Boys)	TBD	Indoor Soccer team that competes against other HWDSB schools at Soccer World	October to April, practicing in the mornings. Games once a week.	TBD
Indoor Track Team	TBA	Compete at the Hamilton Spectator Indoor Games	Bi-weekly practices from February to March.	Contact PE office
Orienteering	Mr. Gadjanski	Grades 9-12, coed team, usually racing in pairs. Two races - last Wed. in April (Christie Lake) & third Wed. in May (Albion Hills)	Two practices a week (Tues and Fri) after school in Churchill park. No experience necessary, just a love of running through the woods with a purpose	Contact Mr. Gadjanski in rm 303
Outdoor Cricket	Mr. Pollock	Outdoor cricket starts in spring: game season starting in May with about 7 schools involved.	Outdoor: At Churchill Park the cricket pitch behind Fortinos in spring 2-3 times per week	
Power Lifting Team	Mr. Walters	Compete in Power Lifting competitions OR train for other athletic sports	1 hour, minimum twice per week, all year, times and days of week subject to change	Contact Mr. Walters in the Boys' P. E. office
Rowing Team (Indoor)	Mr. DeNew	Compete in rowing competitions.	Morning practices from October to April	Contact Mr. Denew in auto shop
Rowing Team (Outdoor)	Mr. DeNew	Compete in rowing competitions.	Morning practices from April to June	Contact Mr. DeNew in auto shop
Rugby Team (Boys)	TBA	Boy's Varsity Rugby Team (all grades)	Indoor training beginning early March, outdoor May to June	Contact Boys PE Office
Rugby Team (Girls)	Mrs. Forrester	Girl's Varsity Rugby Team (all grades)	Indoor training beginning early March, outdoor May to June	Contact Ms. Forrester in room 229
Slo-Pitch Team (Girls)		After school practices and a 1 day tournament in June	May to first week of June	Contact Mr. Zaroski
Soccer Grade 9 (Boys)	Mr. Outlaw	Grade 9 Boys (only) Soccer Team (Grades 9-12)	First week in September - 1 month in length	Contact Mr Outlaw
Soccer Grade 9 (Girls)		Grade 9 Girls (only) Soccer Team (Grades 9-12)	First week in September - 1 month in length	
Soccer Outdoor (Boys)	TBD	Varsity Boys Soccer Team (Grades 9-12)	Late March to middle of May. After school.	TBD
Soccer Team (Girls)		Varsity Girls Soccer Team (Grades 9-12)	Late March to middle of May. After school.	
Tennis Team	Ms. Tonogai	School tennis team that competes at the start of the school year.	After school practices. September to October.	Contact Ms. Tonogai in the Girls P. E. Office
Touch Football Team (Girls)	TBD	Early fall season tournament.	Tryouts early September. Before school practices.	Contact Girls PE Office
Touch Football Team (Gr. 9 Boys)	TBD	Early fall tournament	Tryouts start first day of school	TBD
Track and Field Team		Compete in regional Track and Field Meets.	Practices everyday after school from April to June. Throwing - Mon./Wed lunch Tues. p.m. Running - a.m. and p. m.	Contact Ms. Court
Ultimate Frisbee	Mr. Hrycenko	School team that competes in tournaments	March - June Play indoors 2x/week until fields available, then outdoors	Contact Mr. Hrycenko
Volleyball Team (Co-ed)	Mr. Thomson	Compete in 2-3 tournaments. Open to all grades.	Practice 2 times a week. Late April to May.	Contact Mr. Thomson in the Boys' P.E. office
Volleyball Team (Junior Boys)	TBD	Junior Boys Volleyball team for grades 9-10	September to November everyday after school. Games weekly.	Contact Boys' P.E. office
Volleyball Team (Junior Girls)	Ms. Tonogai	Junior Girls Volleyball team for grades 9-10	November to March everyday after school. Games weekly.	Contact Ms. Tonogai in the Girls' P.E. Office

Volleyball Team (Senior Boys)	Mr. Thomson	Senior Boys Volleyball team for grades 11-12	September to November every day after school. Games weekly.	Contact Mr. Thomson in the Boys' P.E. office
Volleyball Team (Senior Girls)	TBD	Senior Girls Volleyball team for grades 11-12	November to March every day after school. Games weekly.	Contact Girls' PE Office
Waterpolo Team (Junior Boys)	Ms. Taylor	Junior Boys Waterpolo team for grades 9-10	November to January. Practices/ games twice a week.	Contact Ms. Taylor
Water polo Team (Junior Girls)	Ms. Tonogai	Junior Girls Waterpolo team for grade 9-10	February to April. Practices/ games twice a week.	Contact Ms. Tonogai in the Girls' P.E. office
Water polo Team (Senior Boys)	Ms. Taylor	Junior Boys Waterpolo team for grades 11-12	November to January. Practices/ games twice a week.	Contact Ms. Taylor
Water polo Team (Senior Girls)	Ms. Tonogai	Senior Girls Waterpolo team for grade 11-12	February to April. Practices/ games twice a week.	Contact Ms. Tonogai in the Girls' P.E. office
Westdale Athletic Council (WAC)	Mr. Thomson Ms. Tonogai	Council organizes fundraisers for school athletics	Meetings at lunch every Tuesday and events as needed	Contact any of the P.E. teachers listed
Announcement Crew		Teams of students read the morning announcements		Contact main office
Best Buddies	Mr. Doug Kinzie	Like Big Brothers or Big Sisters, Best Buddies pairs students with intellectual disabilities with school peers. There are weekly meetings to play foosball, video games, board games etc Friday at lunch. Students may also get together after school or on weekends. Students may earn volunteer hours for participating.	Fridays at lunch and sometimes after school or on weekends.	Contact Mr. Kinzie in room 132
Chess Club		Chess Club	Every Thursday at lunch in room 105	John Summers
Classics Club	Mr. Miller	Students enthusiastic about the Classical World of Ancient Greece, Rome and the Renaissance can meet, talk and take part in activities that enrich their understanding of it.	Tuesdays after school 2:30-4:30	
Community Garden	Mrs. Doris Forrester Mr. Ross Dodgson	Participate in preparation, planting and caring for Westdale's vegetable garden on east lawn.	Spring and Fall	Contact Mrs. Forrester or Mr. Dodgson
DECA	Mr. Trevor Nurmi	Hands-on experiences for grades 10 - 12 in the fields of marketing, business and entrepreneurship, with conferences and competitions that mold high school students into character-driven leaders.	Lunchtime meetings and some full day competitions.	Contact Mr. Nurmi in the Business Studies Office (rm. 322)
Drama Club	Mr. Iachelli	Improvisation, drama skills and activities	Semester two only. Meeting times TBA	Contact Mr. Iachelli in room 401
Enrichment Opportunities	Ms. Girolametto	Programs such as Shad Valley, Encounters with Canada, LEAP, House of Commons Page program	All year	Contact Mrs. Girolametto in Student Services or First class- 588 Guidance
EQAO Math Tutorials		EQAO math preparatory tutorials before each Grade 9 EQAO test	Prior to the end of each semester	
Evening of the Arts	Mr. Iachelli	Features drama, dance, and music performances. Auditions required.	Late May	Contact Mr. Iachelli
Forest of Reading Other Book Clubs and Contests	Ms. Simpson	Students read 5 of a group of 10 Canadian teen titles, vote for their favourite and other book discussions and contests. Trip to meet authors in May	Throughout the year	Contact Ms. Simpson in the Library
French Exchange	Mme. Gionet	French students can participate in a reciprocal exchange with a student from France. Must be studying French and be 14-17 years old.	August to November and February to May	Visit the website of Canadian Education Exchange Foundation www.ceef.ca
Gender Equity Club	Mrs. Linton	For students who are interested in gender studies and would like to raise awareness about gender equity issues.	Meets every Friday at lunch in room 211	Contact Mrs. Linton in room 211
Grad Council	Ms. Vivian Ms. Quaglia Mrs. Rikic-McCarthy Mrs. Linton	Plan winter formal and Grad dance, fundraising, organize grad photos, assist with Grad ceremony, Selection of Mace Bearers, "Part in the right spirit" Conference.	October – June meeting every Thursday at lunch	Contact any teacher listed
HAT (Health Action Team)	School nurse	Plan activities to promote a healthy lifestyle	Lunch meetings	Listen for announcements

Hip Hop Team	TBA	Learn hip hop and step dance. Perform at school functions	Practice twice a week	Contact TBA
Knitters Club	Ms. Anne Simpson Ms. Karen Dick	Come learn to knit and hang out at lunch with really nice people. Knit for yourself, your friends or donate squares to the Wellwood Centre blanket program.	Join anytime, the club is ongoing throughout the year. Meets Mondays at lunch	Contact Ms. Simpson in the Library
Makers Space	Ms. Simpson	Learn to design and create using a 3D printer, button maker, etc.	Drop in Wednesdays at lunch	Contact Ms. Simpson in the library to learn more
Math Club	TBA	Math and problem solving activities and assistance. Open to grades 9-12	Tuesdays at lunch in room 102	TBA
Model UN	Ms. Rimnyak/Mr. Pollock	Students research specific countries and attend conferences to debate world issues in a mock United Nations setting.	Meetings are Mondays at lunch in room 215	
Muslim Student Association	Ms. Nora Baboudjian	(MSA) is the organ of Westdale's Muslim students and is also open to students interested in learning more about Islam. Last year, Westdale's MSA won Hamilton's Best MSA Award! Meetings take place weekly or on an ad hoc basis at lunch in Room 209. Activities from MSA's 2015-16 year included: Charity Samosa Sales, a clothing drive for Syrian refugees, a guest lecture, a field trip, a World Food Court, and MYST competition."	Meetings in room 209 Thursdays at lunch	Contact Ms. Baboudjian
Nutrition Action Team	Mrs. Tobias	To oversee implementation of school's nutrition policy	Student representation at one meeting per semester	Contact Mrs. Tobias in room 317.
OSSLT After school prep course	TBD	Meet in the seminar room after school to focus on a different aspect of the Literary Test.	Meeting 10 times on Wednesday between December and March	Contact the library, or any Guidance Counsellor
Peer Support Club	Mrs. Linton	Peer support designed to help support students with their homework. Gr 9-12	Lunch on Wednesdays in room 107	Contact Mrs. Linton
Positive Space	Ms. Simpson Mr. Murphy	Westdale's Positive Space Group is for LGBTQ youth and their allies. We meet for discussions, guest speakers and event planning	Meeting Thursday at lunch in the library	Contact Ms. Simpson in the Library
Recycling Club	Mrs. Forrester	Collect recyclable materials from classrooms	Mondays after school	Contact Mrs. Forrester
Robotics Club	Mr. D. M. Christie Math dept.	Team will design, build and compete in various robotics competitions.	Thursday after school in room 201	Email dmchrist@hwsb.on.ca
Sears Ontario Drama Festival	Mr. Iachelli	Students produce a production to enter into the Sears Drama Festival. Can be involved as actors and/or crew	Rehearsals begin in Semester 1 and run to late March. Practice times TBA	Contact Mr. Iachelli in room 401
Student-created School Newspaper The Westdale Sequitur	Ms. Baboudjian	The Westdale Sequitur is Westdale's student-created, student-run newspaper. A paper and digital edition is published every other month. The Sequitur welcomes Westdale's writers, poets, journalists, artists, recipe testers, astrologers, and photographers to contribute.	Meets in room 209 Wednesdays at lunch	Contact Ms. Baboudjian in room 209
Stage Crew	TBA	Responsible for running equipment in auditorium during assemblies, etc.	Brief weekly meetings Thursday after school and as needed for events	TBA
Students Bridging Borders (SBB)	Mr. Gadjanski,	SBB is a social justice and environmental issues group at Westdale S.S. We are a federally registered NGO with charitable status (pending) involved in four areas of action: international development, relief of poverty, environmental stewardship and education.	Weekly lunchtime meetings, with additional commitments as determined by ongoing project work (e.g. weekend construction, international trips, etc.).	Contact Mr. Gadjanski in the Science Office room 303
Tea Club	Mr. Timms	A meeting place for students of all personalities to talk, play cards, video games, eat lunch, do school work and drink tea	Before school, at lunch or after school everyday	Come to room 312
Triune	Ms Adachi	Student council. All welcome to meetings.	Mondays at lunch in Triune room in Cafeteria	

Universal Breakfast	Mrs. Tobias	Universal breakfast serves any student who would like to access nutritional services	Tuesday, Thursday and Friday from 8:10-8:40am in room 315	Contact Mrs. Tobias in room 315
Walk-in-closet	Student Services	Assistance for students including clothing and grocery cards. Application process through student services.	All year	Contact Student Services
Warriors for Wellness (W4W)	Mrs. Gordon	The group is dedicated to supporting the health and well being of Westdale students through interactive student led awareness campaigns and health promotion activities.	Tuesdays at Lunch in 317	Contact Mrs. Gordon in room 315
Yoga	Ms. Simpson	Drop in yoga in the library seminar room	Fridays per. 3 lunch in the library	contact Ms. Simpson in the library
Band (Junior)	TBA	For grade 9 students who would like to perform with a large concert band. Each year the ensemble performs at various events in school and at festivals. Students should be experienced music students enrolled in grade 9 music and repertoire	Thursday at 7:30 a.m. and Tuesday 3:00 – 4:00 p.m.	Contact Mr. Abell rm 337
Band (Intermediate)	TBA	For grade 10 students who like to perform with a large concert band. Each year the ensemble performs at various events in school and at festivals. Students should be experienced music students enrolled in grade 10 music and repertoire.	Monday at 7:30 – 8:30 a.m. and Wednesday 3:00 – 4:00 p.m.	Contact Mr. Abell rm 337
Band (Senior)	Mr. Abell	For senior students who would like to perform with a large concert band. Each year the ensemble performs at various school events, festivals and tours each spring to an international destination. Students should be experienced music students enrolled in grades 10, 11 or 12 music and repertoire.	Monday at lunch and Tuesday at 7:30 a.m. all year	Contact Mr. Abell rm 337
Chamber Orchestra	Mr. Abell	For students interested in being a part of an Elite string ensemble. The group is auditioned in Sept. Each year the ensemble gives performances at various events. Students should be experienced string students in grade 9, 10, 11 or 12 & be members of either Jr Orchestra or Sr Orchestra.	Wednesday after school all year	Contact Mr. Abell in room 337
Choir	TBA	Open to male and female students in grades 9 through 12. The choir sings in school and community events and participates in local music festivals.	Choir meets on Tuesday and Wednesday at lunch.	Contact Mr. Abell in room 337
Jazz Band (Junior)	TBA	A student led assembly for students in grade 9 and 10. Open to student enrolled in Junior Band.	Thursday and Friday at lunch all year.	Contact Mr. Abell in room 337
Jazz Band (Senior)	Mr. Abell	For students in grades 10 through 12. Open to student enrolled in Senior Band.	Monday at 7:40 am all year.	Contact Mr. Abell in room 337.
Music Council	Mr. Abell	Open to all Music students interested in planning events for the music department.	Fridays at lunch in room 337	Contact Mr. Abell in room 337
Orchestra	Mr. Abell	Competition in local and provincial festivals. Open to students enrolled in AMS10, AMS20, AMS3M and AMS4M. Will receive a credit in AMR10, AMR20, AMR3M or AMR4M.	Tuesday and Thursday at 7:40 am all year.	Contact Mr. Abell in room 337.
HWDSB Concours Oratoire (French Public Speaking contest)		Preparation and practice for local and possibly provincial contests in French speech.	Competition in March each year	
Math Contest Registration	Mrs. Quaglia	Register for all Math Contest's written throughout the year for grades 9-12.	Early September	Contact Mrs. Quaglia

Michael Smith Challenge	Dr. Turner	Canada wide Grade 10 Science Challenge.	April.	Contact Dr. Turner in the Science office
National Biology Competition	Ms. Attridge	University of Toronto competition, 50 multiple choice questions for scholarships, cash prizes etc http://biocomp.utoronto.ca	Thursday April 26, 2012 1:00 – 2:30 p.m.	See Ms. Attridge in room 204 by Wed. Feb. 29, 2012 \$7.00 entry fee
Physics Contests	Mr. Christie, Mr. Hrycenko	Grade 12 – SIN Exam, Grade 11 – OAPT Exam, Grade 11/12 – CAP Exam, Mac Physics Online	Dec., April to May	Contact Mr. Christie
Reach for the Top Team	Ms. Baboudjian Ms. Murdoch	Participate in trivia competitions	Mondays and Tuesdays in room 209 at lunch	Contact Ms. Baboudjian in room 209
Skilled Trades Competition	Mr. Kipp Mr. Mlekuz	Students participate in Skilled Trades and other High Skilled areas at the school level to showcase their skills and have an opportunity to advance to the board wide and Provincial Competitions. (Auto – Construction – Cabinetmaking – Video Production – Tech Design – GIS – Food Services, and more)	Competition will run late March. Practice starts at the beginning of the 2nd semester.	Contact any Tech Teacher for more information
University of Toronto National Biology Competition	Ms. Attridge	75 minute multiple choice Biology test here at Westdale. Open to all students	May 1, 2008	Contact Ms. Attridge in room 204
Video and Animation Club	Mr. Moore	Students interested in creating short video and animations. Meet approximately once per week .		