

## ***Get Active with ACTIVITIES @WDHS***

**Athletic Council** – The Athletic Council helps with score keeping, the Terry Fox Run and the Athletic Awards.

**Best Buddies** - A school program to help create durable friendships between people with and without an intellectual or developmental disability (IDD).



**DECA** - prepares emerging leaders and entrepreneurs for careers in marketing, finance, hospitality and management in high schools and post-secondary institutions around the globe. Students may participate in regional, provincial and international competitions.

**Girls Respect Group** – plans activities like the International Women's Day Breakfast and works with women's groups in the community.

**JUMP** - Justice-Inspired, Understanding, Motivated People. JUMP plans the Bullying Awareness Week and activities for Mental Health Week among other things.

**Interact Club** - WDHS Interact is a community service club affiliated with Waterdown Rotary and Rotary International. The club is mandated to organize and hold fundraising or community service events for international, community and school causes. Interact members develop teamwork, organization and responsibility skills as they help to make their school, community and the world a better place.

**Music Executive** - Plans and organises Music Department concerts, excursions, events and team building. Open to all music students in grades 9-12. Meets every other Thursday after school.

**Positive Space Club** – This club discusses and runs events to show support for the LGBTQ community and their allies.



**SOLID** - Student Organization for Learning About International Differences

**Student Parliament** - Grade 9 Rep elections are held in late September/Early October

**Tech Crew** - This club works behind the scenes to provide sound, lighting and A/V support for school events and productions. See Mr. McEwen in room 1237 for details.



## **Get Active @WDHS**



**Listen to morning announcements to find the exact day, time and location for all activities. Announcements are also posted on the school website:**  
<http://www.hwdsb.on.ca/waterdown/>

## ***Get Active with ARTS @WDHS***

**Languages Club**

**Spoken Word/Poetry Club**

**School Newspaper - WDHS Chronicles**

**Yearbook Club**

**Art Club - The Studio** - is an after school program for all students interested in exploring the arts and creative interests.

**Film Club** - this club collaboratively produces video productions for the school such as PSA's, event commercials, and other school based video requirements.

**Jazz Band** - Open to music students in grades 9-12. Rehearses on Wednesdays after school.

**Junior Band** - Open to grade 9 music students. Rehearses during a portion of period 4 lunch 2-3 times a week. Members earn an AMR10 credit.

**Senior Band** - Open to students in grades 10-12. Rehearses Tuesdays after school and Thursdays before school. Members earn an AMR credit.

**Vocals Club** - Open to all students in grades 9-12 who like to sing. Runs semester 2.



## Get Active with **SPORTS @WDHS**

**Alpine** (Ski & Snowboard) - dryland training in the fall. Season runs February & March.

**Badminton** - tryouts begin in February and the season ends in April.

**Varsity Baseball** - (Boys) tryouts in September and the season ends in October.

**Basketball** - (Girls Jr. & Sr.) team tryouts start during the first week of school. The season ends in November.

**Basketball** - (Boys Jr. & Sr.) team tryouts start in November and the season ends in March.

**Basketball** - (Grade 9 Boys and Girls) tryouts are in March and season is in April.

**Cricket** - Starts in October on Fridays after school and tournaments are TBD.

**Cross Country** - practices start early September and races take place in October.

**Curling** - tryouts are in November with tournaments throughout the season.

**Dance Team** - tryouts begin the second week of school. The team practices and performs until June.



**Varsity Touch Football** - (Girls) team tryouts September with tournaments in September and October.

**Touch Football** - (Boys Gr 9) team tryouts September with a tournament in September.

**Football** - (Junior) tryouts start in April & season ends in May.

**Football** - (Senior) tryouts begin in late August and the season finishes in November.

**Golf** - runs in September.

**Varsity Hockey** - (Girls) tryouts are the end of October and the season runs from November until March.

**Varsity Hockey** - (Boys) tryouts are in October and the season ends in February.



**Junior Hockey** - (Boys) tryouts are in February and the season ends in March.

**Pickleball** - tryouts are in November and tournaments are in December and February.

**Varsity Rugby** - (Girls) practices all year starting in September

**Varsity Soccer** - (Boys & Girls) tryouts start in March and the season ends in June.

**Soccer** - (Grade 9 Boys & Girls) tryouts in September and with a tournament at the end of September.

**Varsity Slo-Pitch** - (Girls) tryouts begin in April and the season ends in June.

**Swim Team** - practices begin in October twice a week from 3-4 at the YMCA pool and the season ends in February.

**Track & Field** - practices begin in April and meets are in May and June.

**Tennis Team** - tryouts start in early September and the tournament takes place in October.

**Ultimate Frisbee** - (Co-ed) tryouts are in September and tournaments are in the fall and spring

**Volleyball** - (Boys Jr. & Sr.) tryouts begin the first week of school and the season ends in November.

**Volleyball** - (Co-ed Jr. & Sr.) tryouts, practices and tournaments in April and May

**Volleyball** - (Girls Grade 9) tryouts and practices start in November with tournaments TBD

**Volleyball** - (Girls Jr. & Sr.) tryouts are the first week in November and the season ends in March.

**Waterpolo** - (Girls Jr. & Sr.) tryouts begin the first week of February and the season ends in April.

**Waterpolo** - (Boys Jr. & Sr.) training begins October and tryouts begin the first week of November and the season ends in January.

