

## LFMSS Extracurriculars 2024-25

SPORTS	HOW	WHAT	GRADE	WHEN	WHERE	TEACHER SPONSOR
<b>Alpine Sports Program</b>	Registrations in October	Skiing Snowboarding	Gr. 6-12	January – February	Cypress Whistler	Mr. Bresett
<b>Badminton Club</b>	Weekly Signups Online		Gr. 9-10 Gr. 11-12	Every Week Thu @ 3:00 – 4:30 PM Mon @ 3:00 – 4:30 PM	Small Gym	Mr. Horita
<b>Badminton Team</b>	Tryouts in early March		Gr. 8 Gr. 9-10 Gr. 11-12	April – June	Large Gym	Mr. Horita
<b>Basketball Team</b>	Tryouts in November		Gr. 8 Gr. 9-10 Gr. 11-12	December – March	Large Gym	Mr. Johnson
<b>Cross-Country Team</b>	First Meeting Practice in September		Gr. 6-7 Gr. 8-12	September – October September – November		Mr. Suriya Mr. Johnson
<b>Golf Team</b>	First Meeting in early April		Gr. 8-12			Mr. Bourget
<b>Ice Hockey Team</b>	Tryouts in early April		Gr. 8-12	May – June	Langley Twin Rinks Sportsplex	Mr. Stickney
<b>Soccer Team – Boys</b>	Tryouts in September		Gr. 8-10 Gr. 11-12	September – November		Ms. Shearon
<b>Soccer Team – Girls</b>	Tryouts in early March		Gr. 8-10 Gr. 11-12	April – June		Ms. Shearon
<b>Track &amp; Field Team</b>	First Meeting Practice in February		Gr. 8-12	March – June		Mr. Suriya

<b>Volleyball Team</b>	Tryouts immediately in September		Gr. 8 Gr. 9-10 Gr. 11-12	September – November	Large Gym	Mr. Horita
<b>MUSIC</b>	<b>HOW</b>	<b>WHAT</b>	<b>GRADE</b>	<b>WHEN</b>	<b>WHERE</b>	<b>TEACHER SPONSOR</b>
<b>Brass Quintet</b>		5 instruments (typically – tba, fhorn, trumpet (2), trombone).			Music Room	Mr. Jamieson
<b>Concert Choir</b>	Full-Year Course Outside the Timetable	Sing in a large ensemble with grade 8-12 students. Learn how to sing.	Gr. 8-12	Every Week Mon @ 3:00 – 4:30 PM Wed @ 7:00 – 8:30 AM	Music Room	Mr. Jamieson
<b>Jr. Jazz Band</b>	Full-Year Course Outside the Timetable	Introduction to jazz style and concepts by playing in a small group. Learn to improvise and solo.	Gr. 8-9	Every Week Tues @ 3:00-4:00pm Thurs @ 7:00-8:30am	Music Room	Mr. Jamieson
<b>Sr. Jazz Band</b>	Full-Year Course Outside the Timetable	Advanced jazz course requiring previous jazz experience. Focus on playing more difficult music, improvisation and other concepts.	Gr. 10-12	Every Week Tues @ 7:00-8:30am Thurs @ 3:00-4:30pm	Music Room	
<b>Jazz Choir</b>	Audition	Auditioned singing group.	Gr. 10-12		Music Room	Ms. Joo
<b>Jazz Combo</b>		Small group of instruments that play jazz music and focus on improvisation.			Music Room	Mr. Jamieson
<b>Songwriting</b>	Full-Year Course Outside the Timetable	Introduction to writing music. No previous training required.	Gr. 10-12		Music Room	Mr. Jamieson
<b>LEADERSHIP</b>	<b>HOW</b>	<b>WHAT</b>	<b>GRADE</b>	<b>WHEN</b>	<b>WHERE</b>	<b>TEACHER SPONSOR</b>
<b>Grad Council</b>		Grad events and activities planning	Gr. 12		W11	Ms. Graham

<b>Leadership</b>	Full-Year Course Outside the Timetable		Gr. 10-12	Every Week Tue @ 3:00 – 4:20 PM Thu @ 7:00 – 8:20 AM	S23	Ms. delaMorandiere
<b>Student Council</b>	Application in September	School Events Community Outreach Charity Drives	Gr. 6-12	Every Thursday @ 11:50 – 12:25 PM	E7	Mr. Bresett
<b>OTHERS</b>	<b>HOW</b>	<b>WHAT</b>	<b>GRADE</b>	<b>WHEN</b>	<b>WHERE</b>	<b>TEACHER SPONSOR</b>
<b>Crochet Club</b>			Gr. 6-12	Every Friday @ 11:50 – 12:25 PM	W10	Ms. Haugland
<b>Math Club</b>		Promote students' math interest and improve their ability to think critically.	Gr. 8-12		W13	Mr. Low
<b>Podcast Club</b>			Gr. 6-7	Every Second Thursday @ 11:50 – 12:25 PM	LLC	Mr. Reves
<b>Robotics Club</b>		Students learn engineering and programming as they complete robotics challenges	Gr. 6-8	Jan – Competition Feb – No Competition	W17	Mr. Bourget
<b>Rubik's Cube Club</b>		High School students will have the opportunity to attend a competition.	Gr. 6-12	(Fri) 11:50 – 12:25 PM	W13	Mr. Low