

COLLINGWOOD
SCHOOL

Senior School Co-Curricular Guide

2024/2025



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Academics

We believe that the best preparation of our students for a meaningful life is grounded in the clear thinking and discipline that only a rigorous academic program can instill. We treasure genuine scholarship at Collingwood and understand how to make learning meaningful. Accordingly, we strive to deliver classes that are challenging and highly engaging. We also appreciate that our academic standards are connected to the collective quality of our teachers, and therefore go to great lengths to recruit and nurture those teachers who know their discipline inside and out and who can explain it with clarity, passion and insight.



Arts

We believe that a fundamental part of students' liberal education is the exposure to the Arts, and the opportunity to pursue the arts in its many forms. We believe this relationship with music, dance, theatre and visual arts not only enhances an individual intrinsically, but adds colour and richness to the whole school community.



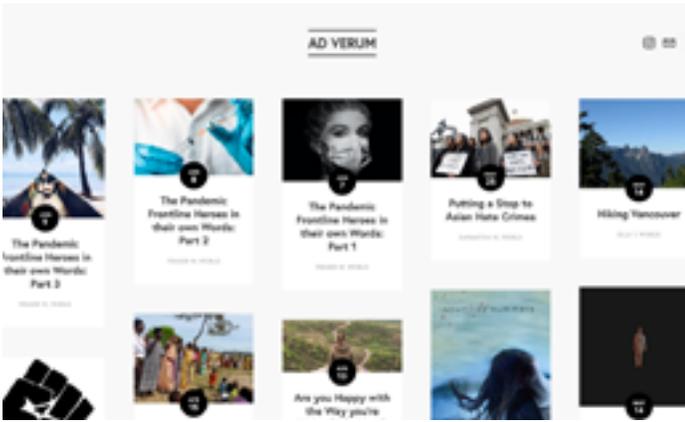
Athletics

We believe that there are unlimited, unscripted life lessons for all children in a well-run sports program. We understand and embrace the value of physical fitness, not only to enhance health and well-being, but also to develop a discipline that can be applied to every aspect of life. We know that character can be revealed and developed during the ups and downs of a game or a season, and we want our students to learn to face adversity and success with a similar amount of humility.



Service

We are blessed to be at a school like Collingwood in a country like Canada, and those blessings bring with them a responsibility to serve others. Accordingly, every program and practice at our school is aimed at weaving into the very soul of our students the determination to lead a life that makes a difference; a life that understands and embraces responsible citizenship; a life that seeks always to contribute to others positively.



AdVerum



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Ad Verum has proudly been Collingwood School’s student-run newspaper since 2014, featuring articles of a variety of genres and exploring a variety of topics. Our School section features everything Collingwood, including exclusive “Student Spotlights”, discussions about the school system and daily life as a student here at our school. If you’re looking for something to watch on Netflix during your free time, Ad Verum has recommendations ready for you in our Entertainment section.

The Ad Verum team loves to collaborate with clubs, classes and other students to make sure this newspaper shines on Collingwood School’s many faces and colourful personality.



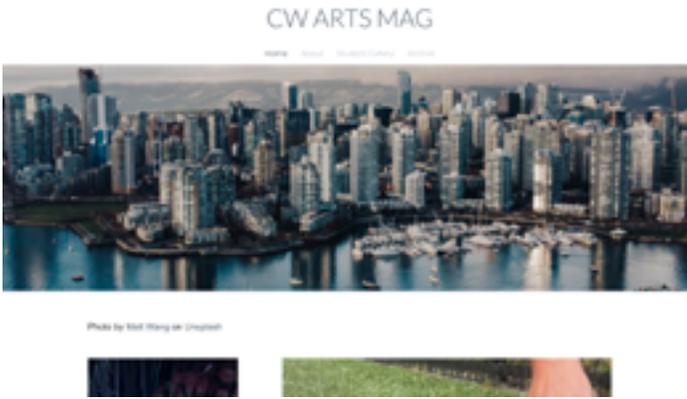
Admissions Ambassadors



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

The Admissions Ambassador Program is a leadership opportunity for students in grades 11 to 12 and a service opportunity for students in grades 8 to 12 who are dedicated to serving and representing Collingwood School throughout the year. Admissions Ambassadors are students who model the school’s values and embody the school’s vision and mission. They are students in good standing, engaged in their education, involved in the school community, and respected by their peers and teachers.

Participation in this program is through an application process, an interview, and extensive training. Students interested in this program have an opportunity to join in a Leadership position (for Gr.s 11-12) or a Service position (for Gr. 8-12). All members of the Admissions Ambassadors program are trained to lead campus tours, to serve as greeters and campus hosts at events, including speaking on a panel, and represent the School at community events. The application and selection of Admissions Ambassadors occurs annually.



Arts Mag



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Arts Mag is an online publication which features the artistic talents of the Collingwood community. We feature visual, performing, literary arts among others. Interested students would be responsible for interviewing the featured artist and writing an article on him/her. For more details, please check out <http://www.cwartsmag.com/>



Board Games Club

| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

A club that celebrates intelligence, creativity, strategy, and fun. We play a variety of board games that most people have never heard of. You will not find many classics like Monopoly, Risk, Yahtzee or anything similar here. Instead, you will find newer games that embrace strategic thinking, decisions that matter, learning how to work with someone else or possibly against someone else, or potentially just a way to let off some good laughter. New members are always welcome. Game rules are taught at each meeting and new games are introduced all the time.



Bouldering

| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Why lift weights when you can lift yourself? Come experience indoor climbing and see how your fitness improves! It is stress free! No tryouts, no competitions (except with yourself!), and no missed classes. You will improve your flexibility, balance, strength, and spatial awareness. You will develop some serious back and shoulder muscles. New and experienced climbers welcome.



Choir - Concert



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Have not sung before or lately?
 Interested in trying a large ensemble grade 8 - 12?
 Learn to read music in a gentle, non-threatening - or graded - way!
 Have your own folder filled with music ranging from pop to rock to musicals to music of past masters

7:30am Mondays
 8:15am Wednesdays



Choir - Senior Chamber



| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

16 students
 "All students join in the Concert choir as well"
 On mic Vocal Jazz style
 Off mic - Chamber Choir style
 Pop, classical, jazz - variety



Collingwood Business Organization



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Come make a difference to your community by developing and using your business leadership skills. Collingwood Business Organization strives to foster youth philanthropy, personal growth, and leadership through business, to facilitate meaningful change in the community.

We promote 3 areas: Impact driven initiatives for our community partners (we have 3), in house events and business/stem competitions.



Crossword Club

| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

Join our Crossword Club and embark on a wordy adventure that’s both challenging and fun! Whether you’re a seasoned cruciverbalist or new to crossword puzzles, our club is the perfect place to sharpen your word skills, expand your vocabulary, and enjoy the thrill of solving puzzles together.

Get ready to meet fellow word enthusiasts, exercise your brain, and have a blast with us as we unravel the mysteries of words and clues. All skill levels are welcome, so come join the crossword excitement!



Dance - Ballet Foundations



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

A progressive workshop designed for beginners to build a strong foundation in ballet, this course focuses on learning ballet terminology, technique, musicality, and repertoire in a supportive environment. Students in this course will have the exciting opportunity to participate in the GAME ON Show, a Physical Theatre and Dance performance taking place at the Collingwood Theatre from January 27 to 31, 2025



Dance - Hip-Hop Foundations



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

A beginner-friendly workshop exploring hip-hop dance basics, including isolations, grooves, and foundational steps. Students in this course will have the exciting opportunity to perform in the GAME ON Show, a Physical Theatre and Dance performance taking place at the Collingwood Theatre from January 27 to 31, 2025.



Dance - Jazz, Lyrical & Contemporary Foundations



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

An introductory course covering the basics of jazz, contemporary, and lyrical dance styles, emphasizing proper technique and expressive movement. Students in this course will have the exciting opportunity to perform in the GAME ON Show, a Physical Theatre and Dance performance taking place at the Collingwood Theatre from January 27 to 31, 2025.



Dance - K-Pop Foundations



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

An energetic class teaching popular K-pop dance routines and choreography, focusing on precision and synchronization. Students in this course will have the exciting opportunity to perform in the GAME ON Show, a Physical Theatre and Dance performance taking place at the Collingwood Theatre from January 27 to 31, 2025.



Debate



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

What We Do

- develop and debate both sides of a case
- engage in cross-examination, Canadian National Debate Format, British Parliamentary, and World Schools styles
- encourage participation in school-based, regional, provincial (and beyond) tournaments



Econ Club



| | |
|-------------|-------------|
| Duration | Nov-May |
| Eligibility | Grade 10-12 |

The Econ Club is open to students who are currently taking AP Economics, took the course in the past or are planning to take AP Economics in the future. The meetings of the club run from November to May. The Economics Club is a dynamic and enriching initiative completely run by students. It offers students a unique opportunity to delve deep into the world of economics! This co-curricular not only equips participants with an understanding of economic principles but also fosters critical thinking, analytical skills, and a global perspective that are invaluable in today's world. Whether you're a budding economist, an aspiring entrepreneur, or simply curious about the forces shaping our global economy, the Economic Club co-curricular promises an exciting journey and a period of time to have fun.

During the club, students have the opportunity to meet guest speakers from various fields of economics and gain new perspectives. In the previous year, we had Collingwood alumni present to us on such topics as financial engineering, history of economics, and quantitative analytics. The club also dedicates a lot of time to expand students' knowledge on economics through various presentations done by our leaders, as well as kahoots, and quiz bowls (prizes Included). We hope we will be able to see you this upcoming year!



EDI Student Leadership



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

The EDI (Equity, Diversity, & Inclusion) student leadership team (including representation from Gender & Sexuality Alliance, Thrive, and Anti-Racism Alliance), working in collaboration with the student executive, seeks to amplify student voice and agency around EDI initiatives. Help us foster the inclusion of all cultures, perspectives, and beliefs! We will take part in organizing school-wide activities to celebrate holidays and special events such as Hanukkah, Asian Heritage Month, Pride, Eid, and Black History Month. We hope that through our work, we will help make Collingwood a more welcoming, empowering, and safe space for learning, where diversity is celebrated, everyone feels understood and valued, and there is a strong sense of belonging.



Fashion Design



| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

Design for a better world! Join CW Fashion Design Club and embark on a transformative journey that not only ignites your creativity but also makes a positive impact on the community and environment through sustainable fashion.

Your style journey begins here, where fashion meets purpose. Be a part of something meaningful, where your designs don't just make headlines but also make a difference.

French Club



| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

Are you a beginner in French who wants extra help with homework?

Or maybe you want to practice speaking French in a friendly, no-pressure environment?

Either way, the new Collingwood French Club is a great place for students who want to improve their French skills!

Learn from and interact with, your fellow classmates who are fluent!

Join us as we immerse ourselves in French culture through conversations, watching French language films/shows, and even trying French foods from time to time!

We welcome all grades and levels!



Gender & Sexuality Alliance



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Allies is a student group that brings 2SLGBTQIA students and allies together to create a safe and welcoming space. Our primary goal is to support one another and foster friendships in an environment free from judgment and discrimination. We meet weekly to engage in open discussions about various topics such as identity, inclusivity, allyship and current events. Through discussion we hope to create a sense of belonging and understanding among our members. Additionally, we organize events and campaigns within our school community to promote awareness, celebrate the Queer community and emphasize the importance of unity among all students. Everyone is welcome!



Girls Weight Training Club

| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

All abilities are welcome to join sessions in the Fitness Center!

Every session will be a new style of exercise and activity.

Come make new friends and prioritize wellness!



History Club

| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

We love history!

Join us on Thursdays at lunch in the EDI Hub for weekly discussions on everything historical- food, fashion, technology, trade, conflict... Loosely based on the AP World History Curriculum.

Homework Hub



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Do you struggle to complete your homework or start it? Are you easily frustrated by the complexity of some of your homework assignments or with concepts? If so, homework hub could be your answer.

We'll help you work through challenging assignments and concepts, learn how to apply new skills and develop better study habits and routines. It can also just be a space for you to do work. If this seems right for you, come and join us!



Imagine Morven

| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

A student-run physical publication featuring student portfolios, works, clubs, and more! You can read our first publication by visiting the Morven Library. We meet through Discord calls are there are no fixed meeting times.



Interdisciplinary and Transdisciplinary Research & Art Making



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Dive into a world where art meets academia!

This innovative course bridges diverse disciplines with creative expression. Students will explore cutting-edge research methodologies to tackle complex themes from multiple perspectives. Imagine translating climate change into a visual masterpiece, expressing medical concepts through dance, or communicating social issues through music and drama. This course challenges you to think beyond boundaries, fusing knowledge and creativity in unexpected ways.

Optional: Students in this course will also have the exciting opportunity to participate in the research process and/or showcase their interdisciplinary projects in the GAME ON show, a physical theatre and dance performance taking place at the Collingwood Theatre from January 27 to 31, 2025.



iSTEM AI Lab



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Are you fascinated by the incredible advancements in artificial intelligence (AI) and machine learning? Want to learn more and get hands-on experience in this rapidly evolving field? Join the AI Club at Morven!

In the AI Club, you'll have the opportunity to: Learn about the latest AI technologies, algorithms, and real-world applications from expert guest speakers and tutorials

Collaborate with peers on exciting AI projects, from building intelligent chatbots to developing computer vision systems

Gain practical skills in programming, data analysis, and model development using popular AI frameworks and tools

Participate in AI-focused hackathons, competitions, and research opportunities

Network with industry professionals and connect with the vibrant AI community

No prior experience is required - just a curious mind and a passion for innovation. All students, regardless of their major, are welcome to join.

This is your chance to dive into the world of AI and be a part of shaping the future. Sign up for the AI Club today and unlock a world of possibilities!



Junior Leadership



| | |
|-------------|-----------|
| Duration | All Year |
| Eligibility | Grade 8-9 |

This club is open to Grade 8 and 9 students and designed to improve your skills and support you with leadership opportunities at Collingwood. There will be regular meetings, workshops, resources and lots of opportunities to grow as a leader!



Karaoke/Music Club

| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

Looking for a way to cheer others up during an ordinary lunch break? Look no further than Karaoke/Music Club! During the pandemic, we cannot run Karaoke, but we can definitely play music during our lunch break.

The Club is looking for an interested student or group of students to prepare a playlist and play it during lunch break.



Knitting & Crochet Club

| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

We know there are lots of crocheters and knitters out there so bring your yarn, needles/hooks, and let's get together and share our love for this craft.

This is a casual get together to learn and be inspired by other creative types.



Math Club



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Are you passionate about numbers, games, or problem-solving? Whether you are a serious mathlete, or just looking for a way to sharpen your skills, Collingwood’s math club has something to offer for everyone. Throughout the year, students can participate in prestigious competitions at Collingwood hosted by organizations such as the CEMC, the Canadian Mathematical Society, and the Mathematical Association of America. You’ll get the opportunity to meet like-minded people, explore creative concepts outside the standard curriculum, and collaborate with peers to tackle complex problems.



Medical Diagnosis Club



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

The Medical Diagnosis Club is an opportunity for grade 10-12 students to explore the world of medicine. Each month, students will construct a diagnosis and treatment report for an undiagnosed medical case, which will allow participants to gain a better understanding of medical life, and be exposed to different real-life illnesses and their conditions.



Model UN Club



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Are you passionate about international issues and political discourse? Come out and join Model UN, a club that celebrates collaboration, internationalism and the art of diplomacy! We attend both local and international conferences, in which we simulate the UN and meet fellow students from around the world.



Mural Club

| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

The Mural Club meets weekly to decorate the walls of CW with beautiful paintings. Our previous projects include the nurse's office and the robotics arena. This year, we will be taking on more projects as well as completing a second mural for the robotics arena.



Music Clubs



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

All musicians welcomed! Please see google classroom for more information.

- TOP40 SHOWBAND
- JUNIOR JAZZ BAND
- WIND ENSEMBLE
- STRING ENSEMBLE
- DRUM CORPS



Netball Club



| | |
|-------------|------------|
| Duration | Term 3 |
| Eligibility | Grade 8-12 |

Netball is one of the most popular sports for girls in the world and is quickly growing in participation. A highly inclusive sport, there is a position for everyone who wants to try it out! If you ask a netballer to explain the game, they would have you imagine combining basketball and ultimate into one game.

It's fun, it's fast, and it's for everyone!

We play against other teams in the Province for a Provincial title. We also get the pleasure of playing against visiting teams from Australia and England! If you can run, pass, catch, and throw - you can play netball!



Parkour and Martial Arts Tricks



| | |
|-------------|------------|
| Duration | Term 1-2 |
| Eligibility | Grade 8-12 |

A dynamic class combining parkour movements with martial arts-inspired acrobatics for improved agility and body control.

Optional: Students in this course will have the exciting opportunity to perform in the GAME ON Show, a Physical Theatre and Dance performance taking place at the Collingwood Theatre from January 27 to 31, 2025.



Physical Theatre



| | |
|-------------|------------|
| Duration | Term 1-2 |
| Eligibility | Grade 8-12 |

A course exploring the principles of physical theatre, focusing on complex movement techniques and storytelling to create theatrical performances.

Students in this course will have the exciting opportunity to perform in the GAME ON Show, a Physical Theatre and Dance performance taking place at the Collingwood Theatre from January 27 to 31, 2025



Psychology Club



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Why are lottery winners not necessarily happier than the survivors of severe car crashes? Are there neurological differences between serial killers and average humans? If you're fascinated by human behaviour, Collingwood psychology club is the perfect place for you! This year, you'll be able to engage in experiences of a lifetime: publishing psychology articles, producing psychology podcasts, eating snacks on movie afternoons, going on field trips to university labs, and presenting your psychology project at a city-wide conference! What are you waiting for?



Public Speaking



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

We practice and compete for Collingwood in public speaking events, including impromptu speaking, radio-newscast, cross-examination debate, parliamentary debate, after-dinner speaking, persuasive speaking, solo acting, and interpretive reading. Competitive opportunities may include in-house tournaments, online tournaments, and annual provincial, national, & international tournaments.



Racial Equity Alliance



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Part of the trio of alliance groups under the EDI team (Gender & Sexuality Alliance, Thrive and Racial Equity Alliance), the racial equity alliance is a team of students that strive to actively work against systemic racism. They do this through furthering their own education on racism and racial oppression and creating opportunities for others to learn more about how they too can be anti-racist.



Reach For The Top (Jr & Sr)



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Schoolreach is a co-curricular subscription program for high school students. Reach teams represent their schools in a fast-paced trivia challenge testing both their knowledge and speed of recall.



Robotics Club & Class



| | |
|-------------|---------------------------------------|
| Duration | All Year |
| Eligibility | Club: Grade 8-9 Class: Grade 10-12 |

Come and learn about Robotics with the hands on, practical and challenging VEX “Over Under” Challenge.

Robotics takes place after school on Tuesday and Thursday and runs from Sept to Spring Break.

The program is open to all students, no experience or skills necessary. If you are interested in any of the following; engineering, robotics, coding, product design or teamwork please stop by to see if Robotics is for you.

Please note that the season starts right away and if you wait more than a week or two there may not be room for you on a team.



Science Club Junior



| | |
|-------------|-----------|
| Duration | All Year |
| Eligibility | Grade 8-9 |

The club is all about pursuing various interests in science outside of the regular class curriculum. Students in the club prepare and participate in the following 3 science competitions throughout the year:

The Kwantlen Challenge - Grades 8-12.

The Physics Olympics- Grades 8-12.

JPEC - Grades 8-10 only.



Science Club Senior



| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

The club is all about pursuing various interests in science outside of the regular class curriculum. Students in the club prepare and participate in the following 3 science competitions throughout the year:

- The Kwantlen Challenge - Grades 8-12.
- The Physics Olympics- Grades 8-12.
- JPEC - Grades 8-10 only.



Senior Book Club



| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

Select and discuss a new novel each month.



Sketchbook Club



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

'Art Haus' is taking on a new and exciting form this year, and is open to all Creative Minds. Join us on Wednesdays at lunch for a Brain Break and creative outlet.

This is time to unwind, and take on a new creative challenge each week. No experience required. Artists will be given a mini-sketchbook, and prizes will be awarded for weekly participation. Local adventures in the works for urban sketching.

Connector

Supports students in collaborating with BC-based community organizations in exploring an idea or curiosity that influences positive change in their local community



Innovator

Supports students to test a new idea and take initiative in confronting social and environmental issues through working with relevant community partners and stakeholders



Social Impact Labs



| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

Welcome to Collingwood's new approach to student-led initiatives.

Students are invited to join and go through the steps of grant writing/application for our Connector or Innovator grants.

- Engage with communities in need and volunteer to discover organizations, charities, needs, and resources
- Research and seek expertise and lived experiences as site of knowledge to learn from in a reciprocal manner
- In direct partnership with relevant stakeholders, develop an action plan that is realistic and informed by project timelines
- Complete initiative and report back to supporting communities and individuals who inspired action on the initiatives outcomes



Sustainability Council



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

The Collingwood Sustainability Council is a student-driven organization that actively promotes sustainability and environmental awareness within the school. Meeting once every week, this group of students is constantly working on projects or initiatives to encourage the school community to become a more environmentally friendly space. Some major school-wide events include Waste Reduction Week (October) and Earth Week (April). We also host beach clean ups, bottle drives, help with recycling and sorting waste properly throughout the school and at school events. There are many leadership opportunities as students can bring their own ideas and are supported to make change happen.



Theatre



| | |
|-------------|------------|
| Duration | All Year |
| Eligibility | Grade 8-12 |

Our Theatre program produces two plays every school year. This years shows:

ALMOST, MAINE

Rehearsals Sept to Dec. Performances run Dec 2-6

WITNESS FOR THE PROSECUTION

Performances April 22-25 3

Join the Google Classroom and speak to Mr. Wener for more information about auditions and obtaining audition material.



Thrive



| | |
|-------------|---------------|
| Duration | September-May |
| Eligibility | Grade 10-12 |

THRIVE is a group of dedicated students who care about issues related to social, emotional and mental health.

We work to support every member of our community to THRIVE through media campaigns, special events and carrying out supportive and caring acts. We are excited to expand our membership this year, do a fun field trip, meet other school clubs and have fun - join us!



Touch Rugby



| | |
|-------------|------------|
| Duration | Term 3 |
| Eligibility | Grade 8-12 |

Touch Rugby (girls). Interested in learning about the sport of Rugby. Join the “touch” team! Open to all abilities and grades. We practice, play exhibition games and travel to the island for a training weekend.



Yearbook Club



| | |
|-------------|-------------|
| Duration | All Year |
| Eligibility | Grade 10-12 |

The Yearbook club is a leadership and service opportunity for students in grades 8-12 who are interested in creating an annual memory book for our school. This is an excellent opportunity for grades 10-12 students to either apply for a senior or junior editor position for various sections of the yearbook, or for students in grades 8-12 to sign up for researcher roles to help gather information/photos/stories for each of the yearbook sections.

Students have the chance to design and complete layouts, have a voice in the annual theme, use their artistic/tech/writing/photography/interview skills and help market it to the Collingwood community. Senior/junior editor positions are selected annually through an application process.



Fall Athletics

- Cross Country - Senior Boys and Girls
- Junior Field Hockey - Blue Team
- Junior Field Hockey - Gold Team
- Field Hockey - Senior Girls
- Rugby - Grade 8 Boys
- Rugby - Grade 9 Boys
- Soccer - Senior Boys
- Swimming - Senior Boys and Girls
- Volleyball - Grade 10 Girls
- Volleyball - Grade 8
- Volleyball - Grade 9 Girls
- Volleyball - Senior Girls
- Basketball - Grade 9 Boys
- Basketball - Grade 9 Girls
- Basketball - Senior Boys
- Basketball - Senior Girls
- Wrestling - Senior Boys and Girls

Spring Athletics

- Badminton - Junior Boys and Girls
- Badminton - Senior Boys and Girls
- Cricket - Senior Boys and Girls
- Golf - Senior Boys and Girls
- Mountain Biking - Senior Boys and Girls
- Rugby - Grade 10 Boys
- Rugby - Senior Boys
- Rugby Girls
- Soccer - Junior Boys and Girls
- Soccer - Senior Girls
- Tennis - Junior Boys and Girls
- Tennis - Senior Boys and Girls
- Track And Field - Senior Boys and Girls

Winter Athletics

- Alpine Team - Senior Boys and Girls
- Basketball - Grade 10 Boys
- Basketball - Grade 10 Girls
- Basketball - Grade 8 Boys
- Basketball - Grade 8 Girls