



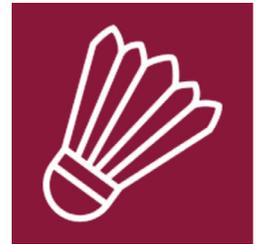
SPORTS AND CLUBS

Badminton:

Badminton is a spring sport. Tournaments take place in March, April and May. Try-outs for the team are in March and the tournaments are in March, April and May. The levels of competition are Novice (Grade 9), Junior (Grade 10), and Senior (Grade 11 and 12). For the team we hold a round robin tournament and select the following for each level: 2 Boys' Singles and 2 Doubles, 2 Girls' Singles and 2 Doubles and 2 Mixed Doubles.

Season: March until May

Coach: Mr. Pietrangelo and Mrs. Connor.



Boys Baseball:

The boys of spring hit the diamond at the beginning of May. Tryouts take place in early April. Typically, 14-15 players are selected for the team. Practices start in April but are limited to two per week, including sessions at Bulletproof Baseball Academy in Welland. The regular season consists of five games plus a tournament with playoffs to follow. We have the makings of a very good team!

Season: April until May

Coach: Mr. Cukierski



Sr. Boys Basketball:

The senior boys basketball team is composed of grade 11 and 12 students who have experience playing basketball. The team takes part in a regular season as well as tournaments to provide students with exposure and opportunities to further develop their basketball skills.

Season: November until March

Coach: Mr. Bomberry



Jr. Boys Basketball:

The regular season comprises 7 games ; 1 game per each of the NCDSB schools. The team tries to participate in at least 2 tournaments during the season. Boys in Grade 9 and 10 who are basketball savvy, are encouraged to try out. The emphasis of the program is to help improve the skills of the players, be competitive and to prepare them for the senior team.

Season: November until February

Coach: Mr. Bobyk





SPORTS AND CLUBS

Varsity Girls Basketball:

Varsity girls basketball is provided for girls in all grades and provides an opportunity for females to be part of a competitive team environment and learn the systems and skills needed to succeed in the sport. They participate in NCAA games against other Catholic high schools and if they finish first they have the opportunity to participate in SOSSA and OFSAA.

Season: November until February

Coach: Mr. Barbatano & Mr. Germano



Cheerleading:

The Mustang Cheer team is a group of highly talented athletes, ranging from grade 9 to 12, who bring a level of spirit to our school like no other team can. The team cheers at Football games and leads the autumn pep-rally with enthusiasm. Donning the Mustang cheerleading uniform reflects spirit and dedication, and is a symbol of an important piece of the Saint Michael Community.

Season: September until November

Coach: Ms. Kirley



Cross Country:

Cross country is a fall sport that runs from September until November. We try to compete in one or two invitational meets to practice for our zone meet at Fireman's Park. Runners that make it on from zone compete in Sossa and furthermore Ofsaa. Runners are encouraged to run after school but can also train within their running clubs or at home. Come on out if you're a runner or you just enjoy running and give cross country a try!

Season: September until November

Coaches: Mr. Vic Pietrangelo & Mrs. Keighan-Jones



Curling:

The St. Mike's curling team is a wonderful winter sport that anyone, young or old can play. We curl out jointly out of the Niagara Falls Curling club and the St. Catherine's Golf and Country Club. We offer male, female and mixed teams. Come and join us!

Season: Late October until March, Practice weekly, league games and tournaments weekly.

Coach: Mrs. Caruso





SPORTS AND CLUBS

Varsity Football:

Football is the ultimate team sport. No prior experience or knowledge of the sport is required to play. Everyone who comes out, moreover, will make and have a role on the team. The physical and social benefits of football are many and you are encouraged to be a part of our growing program. The season starts the first day of school and runs 10 weeks until the second week of November. Games begin the third week of September. We practice every day, with some exceptions, from 2:30 p. m. to 4:30 p. m.

Season: September until November

Coach: Brian Carter (assistant coaches - Loris Lucchetta, Steve Roach and Jason Cukierski)

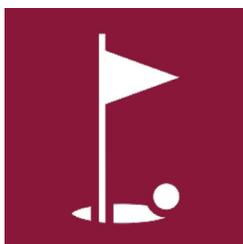


Golf:

Saint Michael's golf presents a unique opportunity to be a part of a team environment and make memories that will last a lifetime. As a high school golfer, you have the chance to play in local, regional and provincial events. The team consists of five golfers who compete both individually and as part of a team. If successful, the team/individual advances to SOSSA. There are both boys and girls' tournaments for golf

Season: September until October

Coach: Mrs L. Ciccarelli



Varsity Boys Hockey:

The Varsity Boys Hockey program at Saint Michael has been quite successful over the years. The team has won many zone and regional championships and has competed at the All Ontario (OFSSA) finals 5 times. We also host our Saint Michael Invitational Hockey Tournament that has had teams competing from all over Ontario, New York, Pennsylvania and Ohio. Former Mustang players have gone on to play at the Jr. B, OHL, NCAA and professional levels. The coaching staff is proud of our hockey program and spend a countless amount of time developing players and more importantly, developing valuable members of society and future leaders.

Season: November to March

Coach: Greg Kelly





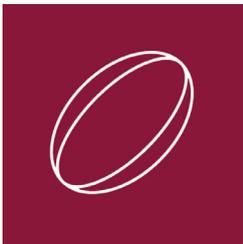
SPORTS AND CLUBS

Varsity Girls Hockey:

The Mustang Girls Hockey team is a fun, competitive hockey program that plays against all other schools in the NCAA. We are always looking for players of all levels (house league or travel hockey). We are happy to help ringette players or figure skaters learn the game also.

Season: November until February (practice 1-2 days a week)

Coaches: Mrs. Matesa, Mrs. Keighan-Jones & Mr. Chase



Boys and Girls Rugby:

Rugby is a full contact sport for both boys and girls and requires committed players willing to learn this exciting and action-packed sport. One of the fastest growing sports in the world.

Season: April until May

Coach: Mr. Carter

Jr. Boys Soccer:

The team consists of grades 9-10 boys who are interested in playing competitive soccer against other schools. Come out if you are interested in honing your soccer skills in a fun and competitive environment.

Season: March until June

Coach: Mr. Luchetta



Sr. Boys Soccer:

The team consists of players from grades 9-12. The program offers practices Monday through Friday with two scheduled games per week. There are also two tournaments throughout the season. Dedication and commitment are integral to the success of this team.

Season: March until June

Coach: Mr. Ricci



SPORTS AND CLUBS

Varsity Girls Soccer:

The Varsity Girls Soccer Team consists of female students in Grades 9-12. This group of talented athletes knows what it takes to be successful and understands the hard work, commitment and dedication it takes to get there. This team has been on top of the NCAA standings numerous times and has an impressive 5 year consecutive run at OFSAA, with 2 quarter final births and earning 3 silver medals at the AA and AAA level. This team continues to attract athletes who understand the mentality that the preparation for tomorrow comes from the hard work they put in today. Tryouts are held around the end of February/early March and runs until the end of May/early June.

Season: February until June

Coaches: Mrs. Benoit & Mrs. Matesa



Swimming:

Saint Michael's swim team presents a unique opportunity to be part of a team environment and make memories that will last a lifetime. As a high school swimmer, you have the chance to swim in local, regional, and provincial events. There are junior, senior, and para categories for both boys and girls. You do not need to have any previous competitive swimming experience to be a part of the team but must know how to swim. Swimmers are guaranteed entry into at least three swim meets with the possibility of more depending on placement and times. Swim team is a great way to get out and be a part of a team!

Season: October until March

Coach: Mrs. L. Ciccarelli



Jr. and Sr. Tennis:

Saint Michael is proud to offer both a Junior and Senior Tennis Team. Students try out to participate in groups such as Boys Singles and Doubles, Girls Singles and Doubles, and Mixed Doubles in their appropriate age category. Students compete in a one-day Zone tournament, where they have the opportunity to play against other schools in our school board. Teams who finish in either first or second place advance to the SOSSA championships, where they compete against other schools in our region. Senior players that finish in either first or second in SOSSA will then move on to compete in OFSAA against other teams in the province.

Season: September until the end of October

Coaches: Mrs. DiCarlo and Ms. Saltarelli





SPORTS AND CLUBS

Track & Field: Track and Field takes place during the spring sports season. Athletes will have the opportunity to participate in different events, including sprints, hurdles, jumping, and throwing. No experience is needed to join, but many athletes train with an outside school track and field coach. The goal is to have fun, train hard, and strive for a personal best.

Season: Spring

Coach: Mrs. R Bianco



Jr. Boys Volleyball:

Any grade nine or ten boys who are athletic and enjoy volleyball are encouraged to try out. Follow the STM Athletics Instagram page for more information

Season: September until November

Coaches: Mrs. Schoonings & Mrs. Emond

Sr. Boys Volleyball:

Senior boys volleyball is for male athletes in grades 11 & 12. Student athletes will be provided with an opportunity to be a part of a team environment. NCAA (Niagara Catholic Athletic Association) consists of eight schools which makes up for a seven game season. The program also offers a minimum of two tournaments to improve upon game skills.

Season: September until November

Coach: Mr. Ricci



Jr. Girls Volleyball:

The team consists of grade nine and ten girls who are interested in playing volleyball.

Season: November until February

Coach: Mrs. DeMarchi

Sr. Girls Volleyball:

Senior girls volleyball is for girls in grades 11 & 12 and provides an opportunity for females to be part of a team environment. They participate in NCAA games against other Catholic high schools and if they finish first they have the opportunity to participate in SOSSA and OFSAA.

Season: November until February

Coach: Mr. Germano





SPORTS AND CLUBS

Art Club:

Art Club hosts fun, hands-on after-school workshops throughout the year. This club is open to everyone, and supplies are provided free of cost. Some examples of past art club workshops include a Bob Ross Paint Along, Black Light Glow Art, Button Making and Sidewalk Chalk Art. Students involved in Art Club often help with the creative needs of the school (spirit wear shirt logos, banners, sets and costumes for theatrical performances, parade floats etc.) and play an important role in preparing for our annual Arts Show and Film Festival. Check out the Art Club highlights on the @saintmikesvisualarts Instagram Account!

Season: September until June

Teacher Leads: Mrs. DiMercurio, Ms. Karolyi, Ms. Yablo



Athletic Council:

Our STM Athletic Council is a wonderful group of grade 11 and grade 12 student leaders who take initiative and have a passion for sport and physical activity. Our council is responsible for promoting sports throughout the school on our Instagram page, scorekeeping for home games, running tournaments, buy-outs and any sport related assemblies. Our big event that we coordinate every year is our Athletic Banquet to celebrate all of our athletes both individually or as part of a team achievements throughout the year.

Season: September until June

Teacher/Staff Lead: Mrs. Benoit, Mrs. Matesa, & Mrs. Keighan-Jones

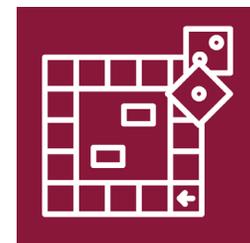


Board Gamre Club:

Students gather weekly after school to play board games. A different game is played each week. New members are always welcomed

Season: All year

Teacher/Staff Leads: Mrs. DeMarchi



Book Club:

If you like to read books and talk about them, then the Book Club is the club for you! The books are agreed upon by the group and then we get together with tea and cookies to discuss what we have read.

Season: September to June (Once per month)

Teacher/Staff Leads: Mrs. Calvert & Mrs. O'Brien





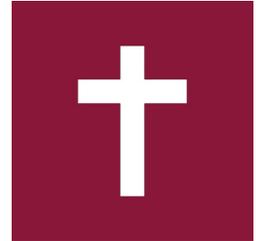
SPORTS AND CLUBS

C.I.A. Christ In Action (STM Chaplain's Crew):

Our group is made up of students who take on leadership roles within the school to promote the values and teachings of our faith. Our students meet on a bi-weekly basis and are involved in various ways such as helping with school masses, liturgies, prayer services, retreats, conferences, breakfast club, conferences, and living out our faith every day.

Season: September until June

Teacher/Staff Leads: Dahlia Brannigan



Dance Club:

St. Mike's Dance Club is a student-centered club that brings students with a shared passion for artistic expression together using movement. There are many opportunities for the Dance Club to perform at various school events, masses, assemblies and showcases throughout the school year. Anyone and everyone with an interest in dance - regardless of their experience or abilities, are welcome to join. The purpose of Dance Club is to instill a growth mindset while working towards effective teamwork in a collaborative environment.

Season: September until June **Teacher/Staff Leads:** Ms. Demizio & Mr. Cioffi



Drama Production:

This is the annual theatre or musical club led by the arts department. Past productions were the Addams Family, The Lion, the Witch and the Wardrobe and Shrek-the musical. Rehearsals start at the end of September with performances at the end of April. Rehearsals are twice a week.

Season: September until April

Teacher/Staff lead: Mrs. Rees & Mr. Cioffi



Film Club:

Film club is the place for any budding film directors, writers, actors, videographers and anyone interested in gaining experience with the creative process of filmmaking. Students collaborate on projects and develop their ideas through pre and post production. The club meets weekly to work on ideas and scripts that will be shown at the annual Saint Michaels Arts and Film Festival and also to learn new skills using video editing software.

Season: Sept-June

Teacher/Staff lead: Ms Karolyi





SPORTS AND CLUBS

Food Festival Committee:

This group highlights and celebrates the cultural diversity of Saint Michael. Students showcase their culture through food, dance, and song. Multicultural Food Festival takes place in May during Catholic Education week. The atrium and cafeteria are transformed into a culinary extravaganza where students can sample cuisine from around the world

Season: May

Teacher/Staff lead: Mrs. DeMarchi & Mrs. Disley



Key Club:

Key Club is the largest international service organization for high school students. As a student-led organization, Key Club's goal is to encourage leadership through serving others. Members have the opportunity to gain volunteer hours by participating with local charities or global organizations. Visit @stmkeyclub on Instagram for more information.

Season: September to June

Teacher/Staff lead: Mrs. Schoonings & Madame Lambert



House Band:

Our House Band is a place for students who play guitar, piano, bass, drums and horns to come together to learn music. This group is responsible for playing at all masses and assemblies as well as performing in the community!

Season: September until June

Teacher Leads: Mr. Mancuso & Mr. De Angelis

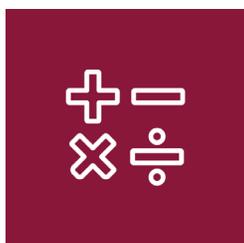


Mathletes:

Mathletes participate in a math competition against other schools. It is non-curriculum based and the competitions focus on problem solving skills. This group provides a great opportunity for math enrichment.

Season: November until January

Teacher/Staff lead: Mrs. Milinkovich





SPORTS AND CLUBS

M.O.B. Mustangs Oppose Bullying:

Mustangs Oppose Bullying is for all students who want to work together to raise awareness on bullying with a focus on prevention. We take part in numerous events throughout the school year to ensure our students feel welcomed and safe.

Season: October until June

Teacher/Staff lead: Ms. Starks



Pilgrimage Committee:

Pilgrimage committee begins the first week of the new school year. and culminates with our annual Pilgrimage at the end of October. Students plan and organize our annual pilgrimage fundraiser. We need a variety of talents: tech savvy students, digital artist, speakers, organizers, and planners. It's a great way to develop leadership and communication skills. We welcome all students to be part of this wonderful committee!

Season: September until the end of October

Teacher Lead: Mrs. Caruso-Leitch



Saint Michael Choir:

The Saint Michael Choir is a space where students who enjoy singing can come to work on songs and learn about singing technique and vocal harmony. This group performs at all masses and assemblies, and also competes in music festivals!

Season: September until June

Teacher Leads: Mr. Mancuso & Mr. De Angelis



School Reach Club: Club Name - REACH

Do you know random facts about sports, history, music, science or pop culture? Or do you like trivia in general? If so, REACH is the club for you! The REACH team competes in fast-paced trivia games against other schools in our board for a chance to earn the REACH Champs title.

Season: Once a week November-February

Teacher/Staff lead: Mrs. O'Brien and Mr. Putman





SPORTS AND CLUBS

Skills Competition Training:

Students enrolled in technology and trades based classes have the opportunity to compete in local, regional, provincial and national competitions each year. Some of these competitions focus on culinary, baking, electric, manufacturing, automotive skills, construction, computer engineering, coding, animation, hair styling, graphic design, photography and many more categories. Students interested in these competitions are encouraged to speak with one of the technology teachers at the school for further information on competition dates, training, etc.

Season: All Year

Teacher/Staff lead: All technology teachers



Student Council:

Saint Michael Student Council is committed to providing a student government elected by the STM student body. The role of Student Council includes providing leadership opportunities, initiating school wide co-curricular activities and social events for students. Throughout the school year, activities and events such as Fall Fest, school dances, Semi Formal, Colour Wars, holiday activities and fundraisers are organized to encourage student spirit and faith.

Season: All Year

Teacher/Staff lead: Mrs. Kukla



Tech Crew:

Tech crew is a club that meets weekly to take on numerous roles at Saint Michael Catholic High School. Students in this club get to explore a variety of different technologies and assist with logo design, photography, video production, tech needs, designing school posters, and running the technology for masses and assemblies.

Season: September until June

Teacher Lead: Mr. Beatty

