



September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
No School 4	5	6 Early Dismissal Intro & Expectations Cross Country Running Field Games	7	8 1-Rugby 2- Tennis
Rugby 11	12	13 Grade 7's - Hiking @ Elk Island National Park Grade 8's - Disc Golf @ Rundle Park	14	15 1-Tennis 2- Rugby
Rugby 18	19	20 Grade 7's - Disc Golf @ Rundle Park Grade 8's - Hiking @ Elk Island National Park	21	22 1-Rugby 2- Tennis
Tennis 25	26	27 All students @ Rollers Roller Rink	28	29 1-Tennis 2- Rugby

Notes

BEHAVIOUR

Students are expected to follow all Sports for Life Program rules and guidelines. All rules and expectations will be outlined in the handbook and/or discussed with students on the first day or prior to the activity.

PERMISSION FORMS

It is the student's responsibility to ensure that their permission forms are signed by a parent/guardian and returned so that they will be able to attend scheduled activities.



CLOTHING

Students are responsible for ensuring they are prepared each day with appropriate active clothing and a pair of indoor shoes. Students should also be prepared for outdoor activities and dress appropriately.

