



May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
6 Drea Lee Fitness	7	8 A - House of Wheels B - Fitset Ninja C - Activity (weather-dependent) & Leadership Prep	9	10 1 - Dryland Training 2 - Velodrome
13 Dryland Training	14 Track and Field Day	15 OLA - Field Day Practice SJ23 - Beach Volleyball @ Lendrum	16 ←	17 No School →
20 →	21	22 Switch Day (Monday) Grade 7 @ Fort Edmonton Park (all day) & Grade 8 Retreat (all day)	23	24 1 - Softball 2 - Drea Lee Fitness
27 Softball	28	29 Fun Day @ OLA SJ23 - Bike Tour	30	31 1 - Drea Lee Fitness 2 - Softball

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