



## **Athletic Offerings at New Westminster Secondary School**

International students are welcome and encouraged to join any of the teams and clubs offered at New Westminster Secondary School. Joining a team is an excellent way to make new local Canadian friends, improve their English skills and to receive regular exercise.

Please note that some teams are select teams. In other words, students both local and international must first try-out and be selected to “make the team”. In the past international students have been successful in being selected for teams, so students should not view this as a barrier to trying out or participating.

Students can visit <http://www.nwss.ca/> and click on the extracurricular tab for more information.

In addition to team sports there are evening and weekend “drop ins” for sports such as basketball, volleyball and badminton. Students should consult the New Westminster Parks and Recreation seasonal “Active Living” guide for more information.

New Westminster Parks and Recreation: <http://www.newwestpcr.ca/>

### **Sports Teams at New Westminster Secondary School**

#### **Fall Sports: September to November**

- All levels of Girls Volleyball
- Junior and Senior Boys Volleyball
- Junior and Senior Boys Soccer
- Bantam, Juvenile and Junior Boys Rigby
- All levels of Boys and Girls Cross Country Running
- Swimming
- Junior and Senior Boys American Football
- Field Lacrosse

#### **Winter Sports**

- All levels of Boys and Girls Basketball
- All levels of Boys and Girls wrestling
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#### **Spring Sports**

- Senior Boys and Girls Rugby
- Junior and Senior Girls Soccer
- Golf
- All levels if Boys and Girls Track and Field
- Tennis
- Conditioning Program for Junior and Senior American Football