



# Regina Christian School

## Extracurricular Opportunities

Regina Christian School believes it is important to provide a varied extra-curricular program that offers its students opportunities to enhance their school experience through athletics, the arts, leadership and spiritual life activities. RCS has a number of extra-curricular opportunities at the elementary and high school levels.

This grid is meant to be a helpful resource as you choose activities that fit for your child's gifts, interests and your family schedule. Please note that some of these activities are based upon interest. New clubs and activities may also be added throughout the school year.

Activity	Contact Person re: Sign up Questions	Anticipated Start Date	Time Commitment	Length of Program
<b>ELEMENTARY</b>				
Girls Volleyball Grade 7/8	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	First day of School	3 times per week	Sept – End of Nov
Boys Volleyball Grade 7/8	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	First day of School	3 times per week	Sept – End of Nov
Girls Basketball Grade 7/8	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Dec.	3 times per week	Dec - End of February
Boys Basketball Grade 7/8	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Dec.	3 times per week	Dec - End of February
Badminton Grade 7/8	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Mid March	1 time per week	Mid March - Early May
Cross Country Grades 6-8	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Start of School	2-3 times per week	Sept-Mid Oct.
Cubs Basketball Camp-Grades K-7	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	March-April	2 times per week	10 sessions
Track and Field Grades 4-8	Elementary teachers	May	Varies	May, June
Golf	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Spring	2 times per week	6 weeks each session
ESports	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	Sept and January	Weekly	Sept-Dec Jan-May
SLC Grade 7/8	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	September Application process	1 time per week	June

Junior and Acapella Choir- Grades 2-8	Mrs. Juan-Marie Watkis <a href="mailto:juanmarie.watkis@rbe.sk.ca">juanmarie.watkis@rbe.sk.ca</a>	September	1 - 2 times/week plus performances	May
Praise and Worship- Grades 6-8	Mr. Robert Webb <a href="mailto:robert.webb@rbe.sk.ca">robert.webb@rbe.sk.ca</a>	September	3 recess or noon practices per week	June
Summer Robotics Camp- Grades 3-8	Mr. Chris Reed <a href="mailto:chris.reed@rbe.sk.ca">chris.reed@rbe.sk.ca</a>	July/August (varies)	5 days	1 week
Local Missions Trip-Grade 7&8	Mr. Thiessen Chaplain <a href="mailto:tim.thiessen@myrcs.org">tim.thiessen@myrcs.org</a>	November-applications due	Noon hour weekly. Jan-Easter break	Easter break

## HIGH SCHOOL

Activity	Contact Person re: Sign up Questions	Anticipated Start Date	Time Commitment	Length of Program
Jr. Girls Volleyball	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	First day of school	4 times per week plus approx. 2 tournaments	Sept – mid Nov
Sr. Girls Volleyball	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	First day of school	5 times per week plus approx. 4 tournaments	Sept – mid Nov
Boys Volleyball	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	First day of school	5 times per week plus approx. 4 tournaments	Sept-mid Nov
Jr. Girls Basketball	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Mid Nov	4 times per week plus approx. 2 tournaments	Nov – Feb
Sr. Girls Basketball	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Mid Nov	5 times per week plus approx. 4 tournaments	Nov – Mid March
Jr. Boys Basketball	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Mid Nov	4 times per week plus approx. 2 tournaments	Nov – Feb
Sr. Boys Basketball	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Mid Nov	5 times per week plus approx. 4 tournaments	Nov – Mid March
Badminton	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	March	4 times per week plus city finals	March – Early May
Curling	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	October	2 times per week	Oct to end of January
Cross Country	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	September	3-4 weeks one event per week plus personal practice time	September-early October

Updated: January 11, 2023

Golf	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Spring	Practice 1 time per week, 3-4 tournaments per year	September & May
Track and Field	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	May	Varies dependent on event	May-June
Concert Choir	Mrs. Sharon Rilling <a href="mailto:sharon.rilling@rbe.sk.ca">sharon.rilling@rbe.sk.ca</a>	Semester 1	2-3 times per week, during lunch plus choir tour	Sept-January
Praise and Worship Team	Mr. Maxwell <a href="mailto:jeff.maxwell@rbe.sk.ca">jeff.maxwell@rbe.sk.ca</a>	September	One time per week plus leading worship at events	June
Spring Musical	Mrs. Sharon Rilling <a href="mailto:sharon.rilling@rbe.sk.ca">sharon.rilling@rbe.sk.ca</a>	February auditions	3-5 times per week plus performances for major roles A variety of other roles exist as well	March-beginning of June
Guatemala Mission Team	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	September applications due	5 major planning meetings plus 10 day mission trip over Easter plus debrief follow-up	Sept to June
Inner City Mission Team	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	September	At a minimum course completion days plus additional as arranged with Mrs. Munson	Sept to June
Mentorship Program	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	October	1 time per month plus 4 additional group activities	Sept - June
International Student Buddies	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	September	1 monthly event plus ongoing contact	Sept. to June
Robotics	Mr. Chris Reed <a href="mailto:chris.reed@rbe.sk.ca">chris.reed@rbe.sk.ca</a>	October	2 times per week at lunch	Oct to March
Vida Nueva Club	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	September	1/month & as needed	Sept to June
ESports	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	Sept	Weekly	Sept to June

Yearbook	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a> (Elementary and High School)	September	Lighter commitment Sept – March then 2 hours a week April – June	Sept to June
Cubs Coaching	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Mid April	twice a week for 5 weeks	Same as the sports team schedules
Sports Team Managers	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Same as the sports team schedules	Same as the sports team schedules	Same as the sports team schedules
Sports Team Assistant Coaches	Mr. Geoff Glasspell Athletics Director <a href="mailto:geoff.glasspell@rbe.sk.ca">geoff.glasspell@rbe.sk.ca</a>	Same as the sports team schedules	Same as the sports team schedules	Same as the sports team schedules
Audio Visual Club	Mr. Chris Reed <a href="mailto:chris.reed@rbe.sk.ca">chris.reed@rbe.sk.ca</a>	March	2 times per week	June
HS Student Leadership Council	Mrs. Krista Munson Vice-Principal <a href="mailto:krista.munson@rbe.sk.ca">krista.munson@rbe.sk.ca</a>	Applications due in June for the following school year	Weekly meetings plus additional meetings to plan and run special events	August to June
Board Game Club	Mr. Chris Reed <a href="mailto:chris.reed@rbe.sk.ca">chris.reed@rbe.sk.ca</a>	Ongoing	Noon hours when interested students are free	Ongoing
Local Missions Trip	Mr. Tim Thiessen Chaplain <a href="mailto:tim.thiessen@myrcs.org">tim.thiessen@myrcs.org</a>	November-applications due	Noon hour weekly. Dec-Easter break	Dec-Easter break
Photography Club	Mrs. Nina Brailean <a href="mailto:development@myrcs.org">development@myrcs.org</a>	Two sessions- -Fall -Spring (4 meetings each session plus field trip)	Meet once a week each session. Need smartphone or camera	Fall and Spring