

## LFMSS Extracurriculars 2025-26

SPORTS	HOW	WHAT	GRADE	WHEN	WHERE	TEACHER SPONSOR
<b>Alpine Sports Program</b>	Registrations in October	<ul style="list-style-type: none"> <li>Skiing</li> <li>Snowboarding</li> </ul>	Gr. 6-12	January – February	Cypress Whistler	Mr. Bresett
<b>Badminton Club</b>	Drop in		Gr. 9-10 Gr. 11-12	(Mon) 3:00 – 4:30 PM (Thu) 3:00 – 4:30 PM	Small Gym	Mr. Horita
<b>Badminton Team</b>	Tryouts in early March		Gr. 8 Gr. 9-10 Gr. 11-12	April – June	Large Gym	Mr. Horita
<b>Basketball Team</b>	Tryouts in November		Gr. 8 Gr. 9-10 Gr. 11-12	December – March	Large Gym	Mr. Johnson
<b>Cross-Country Team</b>	First Meeting Practice in September		Gr. 6-7 Gr. 8-12	September – October September – November		Mr. Stickney
<b>Golf Team</b>	First Meeting in March/April		Gr. 8-12			Mr. Bourget
<b>Ice Hockey Team</b>	Tryouts in early April		Gr. 8-12	May – June	Langley Twin Rinks Sportsplex	Mr. Stickney
<b>Soccer Team – Boys</b>	Tryouts in September		Gr. 8-10 Gr. 11-12	September – November		Mr. Ladefoged
<b>Soccer Team – Girls</b>	Tryouts in early March		Gr. 8-10 Gr. 11-12	April – June		Mr. Ladefoged
<b>Track &amp; Field Team</b>	First Meeting Practice in February		Gr. 8-12	March – June		Mr. Johnson
<b>Volleyball Team</b>	Tryouts in early September		Gr. 8 Gr. 9-10 Gr. 11-12	September – November	Large Gym	Mr. Horita
<b>Weight Room Club</b>	Drop in				Weight Room	Mr. Stickney

MUSIC	HOW	WHAT	GRADE	WHEN	WHERE	TEACHER SPONSOR
<b>Brass Quintet</b>		<ul style="list-style-type: none"> <li>Tuba, French horn, Trumpets (2), Trombone</li> </ul>			Music Room	Mr. Jamieson
<b>Concert Choir</b>	Full-Year Course Outside the Timetable	<ul style="list-style-type: none"> <li>Sing in a large ensemble with grade 8-12 students.</li> <li>Learn how to sing.</li> </ul>	Gr. 8-12	(Mon) 3:00 – 4:30 PM (Wed) 7:00 – 8:30 AM	Music Room	Mr. Jamieson
<b>Jr. Jazz Band</b>	Full-Year Course Outside the Timetable	<ul style="list-style-type: none"> <li>Introduction to jazz style and concepts by playing in a small group.</li> <li>Learn to improvise and solo.</li> </ul>	Gr. 8-9	(Tue) 3:00 – 4:00pm (Thu) 7:00 – 8:30am	Music Room	Mr. Jamieson
<b>Sr. Jazz Band</b>	Full-Year Course Outside the Timetable	<ul style="list-style-type: none"> <li>Advanced jazz course requiring previous jazz experience.</li> <li>Focus on playing more difficult music, improvisation and other concepts.</li> </ul>	Gr. 10-12	(Tue) 7:00 – 8:30am (Thu) 3:00 – 4:30pm	Music Room	Mr. Jamieson
<b>Jazz Choir</b>	Audition	Auditioned singing group.	Gr. 10-12		Music Room	Ms. Robertson Ms. Joo
<b>Jazz Combo</b>	<b>Full-Year Club (grade 10-12)</b>	Small group of instruments that play jazz music and focus on improvisation.	Gr. 10-12		Music Room	Mr. Jamieson
<b>Musical Theatre</b>	Full-Year Auditioned	Ensemble members who dance, sing, and/or act on stage for the musical theatre production.	Gr. 6-12	(Wed) 3:00-5:00 *Some Saturdays 9:00-3:00	Music Room	Mr. Jamieson
<b>Theatre Production</b>	Full-Year *See Mr. Jamieson if interested.	Backstage/lighting/sound/video production for the musical.	Gr. 8-12	Times TBD	Music Room	Mr. Jamieson
LEADERSHIP	HOW	WHAT	GRADE	WHEN	WHERE	TEACHER SPONSOR
<b>Grad Council</b>		<ul style="list-style-type: none"> <li>Grad events and activities planning</li> </ul>	Gr. 12		W11	Ms. Graham

<b>Leadership</b>	Full-Year Course Outside the Timetable		Gr. 10-12	(Tue) 3:00 – 4:20 PM (Thu) 7:00 – 8:20 AM	S23	Ms. DelaMorandiere
<b>Student Council</b>	Application in September	<ul style="list-style-type: none"> <li>School Events</li> <li>Community Outreach</li> <li>Charity Drives</li> </ul>	Gr. 6-12	(Thu) 11:50 – 12:25 PM	E7	Mr. Bresett
<b>Titan Ambassador</b>	Application in October	<ul style="list-style-type: none"> <li>Be role models for other students</li> <li>Act as mentors and guides for new students</li> <li>Help with parent-teacher interviews and parent information evenings</li> <li>Assist with student lockers</li> <li>Help to set up and coordinate school events</li> </ul>	Gr. 7-12			Mr. MacIver
<b>OTHERS</b>	<b>HOW</b>	<b>WHAT</b>	<b>GRADE</b>	<b>WHEN</b>	<b>WHERE</b>	<b>TEACHER SPONSOR</b>
<b>Debate Club</b>	Drop in	Your best weapon in life is your voice.	Gr. 10-12	(Tue) 3:00 – 4:00 PM (Thu) 11:50 – 12:25 PM	W16	Mr. Lay
<b>Math Club</b>		<ul style="list-style-type: none"> <li>Promote interest in math</li> <li>Improve mathematical thinking</li> </ul>	Gr. 8-12		W13	Mr. Low
<b>Ocean Environment Protection Club</b>	Drop in	To protect our oceans, raise awareness, and take action against pollution and climate change.	Gr. 8-12	(Wed) 11:50 – 12:25 PM	W22	Ms. N
<b>Podcast Club</b>			Gr. 6-7	Every Other Week (Thu) 11:50 – 12:25 PM	LLC	Mr. Reves
<b>Robotics Club</b>	October	Students learn engineering and programming as they complete robotics challenges	Gr. 6-8		W17	Mr. Bourget

<b>Rubik's Cube Club</b>	Drop in	High School students will have the opportunity to attend a competition.	Gr. 6-12	(Fri) 11:50 – 12:25 PM	W13	Mr. Low
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