

GRAHAM GRIZZLIES ATHLETICS



2019-2020 Graham Grizzlies Athletics

On behalf of the entire athletics department at Graham I would like to welcome everyone back for the start of our 14th athletics season! We are super excited about the upcoming year and can't wait to get started. We are super excited to begin our new era as Senior Secondary School. The days of welcoming the young grade 7 students into our school may be behind us, but we are ecstatic and fired up to offer our grade 9 through 12 student athletes with bigger and better opportunities in all High School Sports. With the transition to a senior high school we are working hard to continue to grow our established successful programs and planning to introduce new opportunities for student athletes in the near future. So make sure to continue to follow us on all social media for exciting announcements about the future of Graham athletics. With reconfiguration now complete we are all in with our new relationships with our community of schools and look forward to providing support to Mount Slesse and our elementary schools in way possible as our community of schools continues to take shape.

This year we have plans to continue to improve our forms of communication and social media so that families have full access to all of our Graham Grizzlies Athletics scheduling and events for all programs through the school year. Please take time to check out all our 2019-20 info attached.

The purpose of this email is to provide information to all families, so everyone is aware of what is starting up in the coming weeks with our fall seasons and winter preseason training. Lots of additional info will continue to come out the first week of school through individual coaches and managers.

Please make sure to check out all of our social media links, new athletics website and the school website, that includes our Athletics tab on the right side of the page.

If you have any immediate questions please feel free to contact Athletic Director Mouritzen directly at any time.

Jake Mouritzen
Athletic Director
GW Graham Secondary School
jake_mouritzen@sd33.bc.ca
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GRAHAM GRIZZLIES ATHLETICS
45955 Thomas Road, Chilliwack B.C. V2R-0B5
Phone: 604-847-0772
Fax: 604-824-0711
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PLEASE CONTINUE TO CHECK OUT ALL OUR SOCIAL MEDIA SITES

School website: <https://gwgss.sd33.bc.ca/> Click on the Athletics tab.

Our complete practice and competition schedules for all teams can be found on our google calendars under the athletics tab, as well as the link to our athletics website: <https://gwgrahamathletics.com/>

Join our Graham Athletics Facebook page. Find us at GW Graham Athletics

Follow us on twitter and instagraham @gwgathletics

Always feel free to make contact with our athletic director any time:

jake_mouritzen@sd33.bc.ca

Fundraising Opportunities

We are always looking for new sponsorship and fundraising opportunities for Graham Athletics. If you have any ideas and or are interested in getting involved with our fundraising efforts please contact our Athletic director ASAP.

jake_mouritzen@sd33.bc.ca

GRAHAM GRIZZLIES CLOTHING - ONLINE STORE OPENS SEPTEMBER 5TH.

Our Graham Grizzlies Online clothing store Opens on September 5th and will remain open until Sunday September 20th.

Please follow the instructions on the website to make your purchase:

GRAHAM GRIZZLIES ONLINE STORE: <https://gwgrahamspirit19.itemorder.com/>

Orders can me made online and the store will remain open during the first two weeks of the school year. The last day to purchase items on the store will be September 20th @ 11:59pm.

Please Note:

- **Our Basketball / Winter / Christmas Online store will open early October. During our second online store period you will also be able to order Rugby, Track, Ultimate and soccer clothing for the spring seasons.**

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IMPORTANT MESSAGE TO PARENTS

If you have any questions and or concerns during the season of play we **STRONGLY** encourage you to set up a time to meet in person with the coaching staff. We would kindly ask that you refrain from sending questions and or concerns through text messages and or emails to the coaching staffs of each sport. Our entire coaching staff is 100% committed to providing awesome elite athletic opportunities to our student athletes and are always willing to sit down with parents and athletes to discuss any questions that may arise during the season.

In addition, both our Athletic Director and Senior Administration team are always willing to talk with parents regarding any questions and or concerns. The ultimate goal of our athletics program is to offer unlimited opportunities for your sons and daughters to experience success both in the class room and in sport.

We also would like to remind all Graham Grizzly Fans that when attending Athletic events throughout the school year, please bring your school spirit and passion for the Navy and White...Last year, for the second straight year, our school was recognized by the provincial high school athletic community for our school spirit at athletic events. We remind all sports fans to cheer for OUR teams, but always show respect and sportsmanship to visiting athletes, coaches, fans and officials. BE PROUD – CHEER NAVY AND WHITE!!!!!!

FALL ATHLETICS INFORMATION

Junior and Senior Varsity Football

Junior and Senior Varsity football fall camp has been up and running since August 19th. Camp has run every day the past couple of weeks from 4:00 to 6:00. The teams will complete fall camp this Friday with a controlled scrimmage with WJ Mouat.

NEW PLAYERS ARE STILL WELCOME. Both junior and senior football team will be welcoming all new student athletes' right up to the end of the first week of school. NO EXPERIENCE IS REQUIRED.

If you have any questions about the Junior and or Senior Varsity Program please contact: Head Coach Luke Acheson: luke_acheson@sd33.bc.ca and or Program Manager Angela Myers: cmkaur@hotmail.com and or Athletic Director Jake Mouritzen: jake_mouritzen@sd33.bc.ca

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The Junior and Senior Varsity teams will be working hard every day the first week of school. Practices next week run Monday to Thursday 4:00pm to 6:00pm

NEW ATHLETES CAN COME OUT TO ANY OF THE ABOVE SESSIONS AND STILL JOIN THE TEAM THE FIRST WEEK OF SCHOOL.

REGISTRATION

The complete Junior and Senior Varsity Football schedule will be available the first week of school on our Athletics Calendars.

If your son or daughter plans to play Junior or Senior Varsity football this season please complete the online registration ASAP:

<https://grahamfootball.wufoo.com/forms/kdno8kx0bxs8i0/>

FOOTBALL MEDICAL FORMS

If your son or daughter is participating in the football program for the first time your family will need to complete all football medical forms. The football medical forms are attached to the Graham Athletics 2019 family email. You can also email Football program manager Angela Myers: cmkaur@hotmail.com and or Athletic Director Mouritzen with any immediate questions: jake_mouritzen@sd33.bc.ca

JUNIOR & SENIOR FIELD HOCKEY – FALL 2019

NO EXPERIENCE NECESSARY!!!

Teams:

- Junior – Gr. 9-10
 - Coaches: Ms. Warawa, Mrs. Wolbeck
- Senior – Gr. 10-12 (depending on numbers, Gr. 10s usually play on both)
 - Coaches: Mrs. Hartfield, Mrs. Barrow

Practices:

- Both teams will practice Monday through Thursday at Townsend Park turf – 3:30-5 pm (on days we don't have games). (Occasionally we will have nothing on a Wednesday afternoon due to staff meetings, etc.)
- Be ready for your first practice on the first Thursday back to school!
 - Please note – athletes need to arrange their own transportation to practices and home games

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Equipment:

- All players must have shin guards and a mouth guard for every practice
- Players are encouraged to have their own field hockey sticks, however, some school sticks are available

IMPORTANT INFORMATION – FIELD HOCKEY /VOLLEYBALL OVERLAP

Both our Volleyball and Field Hockey Coaching staffs fully support athletes participating in both Field Hockey and Volleyball during the fall season! Our coaches are working together to ensure both schedules will work and not overlap for those girls interested in doing both!

If you have any questions about playing both sports in the fall season please feel free to contact our Head Field Hockey Coach Erin Hartfield: erin_hartfield@sd33.bc.ca and or our Head Volleyball Coach Dane Larson: dane_larson@sd33.bc.ca.

Girls Volleyball

This year we are super excited to offer three girls Volleyball teams:

1. Grade 9 Girls
Coaching Staff: Kyra Wolbeck, Mackenzie Mueller, Jon Lee
2. Junior Varsity Girls
Coaching staff: Willie Wong and Gillian Hennessy
3. Senior Varsity Girls
Coaching staff: Dane Larson

Important Dates and times:

Tryouts for all three teams will take place Wednesday Sept 4th, and Thursday Sept 5th and Friday Sept 6th.

Grade 9 and Junior Varsity: 5:00pm to 6:30pm

Senior Varsity: 6:30pm to 8:00pm

If you have any questions regarding girls volleyball please contact our Volleyball Head Coach Dane Larson: dane_larson@sd33.bc.ca.

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Junior Varsity Boys Volleyball

We have had some interest and questions regarding Boys Volleyball taking place this fall at Graham. We will have an information meeting for boys in grades 9 and 10 interested in playing volleyball this fall. If we have the athletes interested in playing volleyball this fall we will look to secure a coaching staff. At this time, we do not have a coaching staff for boys volleyball.

If you are interested in playing Junior Varsity Volleyball this fall please attend the following meeting: Junior Boys signup meeting: Thursday Sept. 5th at the lunch bell in the main gym.

If you are a parent and or community member and are interested in being a part of the Junior Varsity Boys coaching staff, please email athletic director Mouritzen asap:
jake_mouritzen@sd33.bc.ca

Cross Country

Information Meeting – Thursday September 5th at Lunch in the Main Gym.

Swimming

Information Meeting – Thursday September 5th at Lunch in the main Gym.

Junior and Senior Varsity Boys Soccer (Grades 9 to 12)

Information/sign up meeting – Wednesday September 4th in the Main Gym
For any questions and or additional info please contact Coach Mummery:
shane_mummery@sd33.bc.ca

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Additional Information

Fall Early Morning Basketball – Guest Coach – Training Sessions

This fall Grizzlies Basketball is once again excited to announce that we will be teaming up with a number of different college, university and private coaches in our region to offer early morning skill, strength, flexibility, agility and injury prevention development and training sessions. This is an amazing opportunity for our basketball players at Graham. All training sessions will be open to boys and girls in grades 9 thru 12 planning on playing basketball for the Grizzlies this season. There will be no cost to attend these sessions. All costs will be covered by the Graham Basketball Program. Any student athletes that plan to play basketball for the Grizzlies this year are invited and strongly encouraged to attend all of the training sessions scheduled this fall.

Coaches will be working on individual player development with players during these sessions and a variety of different themes will be covered each morning. We strongly believe these sessions will benefit ALL of our basketball players and better prepare them for their high school season. Sessions will run from 6:45 am to 8:00 am. We ask that all athletes are on the floor ready to begin the session right at 6:45am. We ask that all players make sure they bring a water bottle to any session they attend. If you have any questions about the Grizzlies Preseason Training and Development program please contact Athletic Director Jake Mouritzen: jake_mouritzen@sd33.bc.ca .

A Schedule for the fall sessions will be released in the next couple weeks. This year we will also have many of our guest coaches involved in our Basketball Athletics classes at the grade 9 through 12 levels.

Junior and Senior Varsity Boys Basketball (Student Athletes in Grade 9, 10, 11 and 12)

Info Meeting Friday September 6th

Location: weight room.

Time: First Lunch Bell

Information meeting for ALL boys in grades 10, 11 and 12 that are interested in playing Junior and Senior Basketball this winter. Off season training sessions will begin for those athletes not playing football and or another fall sport the second week of school.

ALL boys interested in playing this season (including fall sport athletes) are STRONGLY ENCOURAGED to attend this meeting.

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Note: If you are a fall student athlete you will not be required to attend ANY of the preseason training, and will not be required to attend basketball commitments UNTIL YOUR FALL SEASON IS COMPLETE. Any participation, by fall sport student athletes, during the basketball preseason will be optional on a student by student basis.

Coming This Winter:

**Grade 9 Boys Basketball
Grade 9 Girls Basketball
Junior Varsity Girls Basketball
Junior Varsity Boys Basketball
Senior Varsity Girls Basketball
Senior Varsity Boys Basketball**

We are always looking for additional coaches at all levels. If you are interested in becoming part of the Graham Coaching family please contact us ASAP. Coaching training, mentorship, and certification is available through the Graham Athletics Department.

For any questions about the upcoming basketball seasons please contact Jake Mouritzen:
jake_mouritzen@sd33.bc.ca