



Co-Curricular Programs

Athol Murray College of Notre Dame's Co-Curricular Programs consist of three main areas:

- High School Sports
- Spiritual Development
- Clubs

Students are encouraged to participate in at least one of these Co-Curricular activities each season (fall/winter/spring).

High School Sports

Male High School Sports Programs include: Senior Football, Bantam Football, Cross Country Running, Senior Basketball, Senior Soccer, Senior Rugby, Junior Rugby, Senior Baseball, Junior Baseball, Badminton, Lacrosse, Wrestling, Golf and Track.

Female High School Sport Programs include: Cross Country Running, Senior Volleyball, Junior Volleyball, Senior Soccer, Senior Basketball, Junior Basketball, Badminton, Senior Rugby, Junior Rugby, Wrestling, Track, Softball and Golf.

Typically, junior athletes are students in grade 9 and 10 and our senior players are students in grade 11 and 12.

The majority of our teams play in the Regina High School Athletic Association.

Spiritual Development

Our Spiritual programs include our Hounds for Humanity group, Works of Mercy Program, Liturgical Choir, Sacramental Prep, Blood Donor Clinic, Worship/Prayer Group and Liturgical Team (lectors, altar servers etc.) These programs are open to all students, but priority is given to the senior students as they are expected to take leadership roles.

Works of Mercy: A program offered through our Christian Ethics classes that seeks to perform acts of love and kindness by providing our students opportunities to care for others. These opportunities help our students to grow in virtue and are ways to show our love for Christ. One of our mottos for the Works of Mercy Program is a quote from Mother Teresa who says to do “small things with great love”.

Hounds for Humanity: Is a volunteer senior student outreach group whose mission is to go “above and beyond” the required Works of Mercy Program. The group does not have political aims and simply tries to identify fellow human beings in our surrounding communities who are suffering and in need of some help.



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Clubs

Yearbook Club: The Athol Murray College of Notre Dame's yearbook is an annual publication that depicts every aspect of student life. The club is run by a staff advisor, senior student editor(s) and receives contributions from Multimedia Club members and faculty.

Multimedia Club: Students learn the combined elements of media, such as digital photography, i-Movie, music, lighting and desktop publishing. The club provides an important service to the school by recording many of the yearly productions and events.

Student Representative Council: The Student Representative Council provides a voice for the students to the school. The SRC co-ordinates activities like school dances and special events that keeps the spirit of the Hounds alive and well! Senior students are elected to the council but students of all grades can be members.

Outdoor Education: The goal of the outdoor education program is to expose students to a leadership-based, team building experience in the outdoors. Outdoor treks are intended to explore nature areas of Saskatchewan and Canada. Students learn to plan, pack and work together on various challenging trips in all four seasons.

Choral Club - The Notre Dame Canadians: Our choral/music department puts together a group of students known as the Notre Dame Canadians. The group performs throughout the year in Wilcox and surrounding communities. The Canadians go on tour in the late winter/early spring and are Notre Dame's musical ambassadors. The department also helps students develop an interest in music with the opportunity for instrument instruction. Some students form bands that perform short concerts for the school on weekends. Many members of the Choral group are also members of our liturgical choir. The majority of Choral members take a Choral class in the first semester and receive an academic credit.

Art Club: The Art Club promotes the visual arts at Notre Dame through student art exhibits, field trips to museums, galleries, student workshops, craft nights and visits by guest artists. Students can create their own "masterpiece" through activities such as pottery, jewelry making and stained glass.

Drama Club: The Drama Club hosts two major productions each year; one held at Christmas featuring a classic Christmas story and the second production in the spring. Auditions are open to all students.