



Important Links

LIMSSA Website:

<https://lowerislandschoolsports.ca/middle-schools/fall-sports/>



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Questions? Comments? If
so, please send an email to
damallet@sd61.bc.ca

Athletics Bulletin

Week of:

Jan 10

HAPPENING NOW

Jr. / Sr. Boys Volleyball:

Practice Times: Mon (PM), Wed (AM),
Thurs (PM)

Game Days:

Match Day 1 - Week of January 28

Match Day 2 - Week of February 11

Match Day 3 - Week of February 25

Jr. Girls Volleyball (Grade 6/7):

Practices Times: Wed (PM) and Thurs or
Fri (AM) (Exact day TBD)

Game Days:

Match Day 1 - Week of January 28

Match Day 2 - Week of February 11

Match Day 3 - Week of February 25

COMING UP!

Sr. Girls Volleyball (Grade 7 / 8) :

*****As there is only one coach and one team,
priority for the Sr. team will go to grade 8's
who have no other opportunity to play
volleyball this year.*****

Practices Times: M, Tu, Fri @ Lunch

Game Days:

Match Day 1 - Week of January 28

Match Day 2 - Week of February 11

Match Day 3 - Week of February 25

Basketball development for 6, 7, 8 boys takes
place every Tuesday morning (7:45am) and
Friday afterschool (3:00pm). Contact Mrs. Rud
(lrud@sd61.bc.ca) for more information

OVER THE HORIZON!

Swim Club continues at Oak Bay
Rec Centre on Wednesdays. Please
contact Mr. Brown
(mbrown@sd61.bc.ca) or Ms.
Shlakoff (lshlakoff@sd61.bc.ca) for
more information.

