



Competitive Culture

Westwood is very fortunate to have 10 Phys. Ed specialists on staff also 8 staff members who are former university/college or national level athletes. This helps create an atmosphere around the school that is active, supportive of sports and provides our student athletes with role models that they feel comfortable with going to for advice on how to reach their athletic goals.

Ms. Lundgren - Girls Basketball—2015 MB Basketball Coach of the Year

Mr. Enns—Girls Volleyball— 2017 VB MB Coach of the Year

Mr. Schmeichel—Boys Volleyball—2013 and 2019 VB MB Coach of the year

WARRIOR ATHLETICS

Student Athletes

Our school is committed to providing excellent athletic programming while maintaining a focus on academics and citizenship.

CIS Athletes since 2014

Brady Nault—Men's Volleyball, University of Brandon

Nikki Majewski—Women's Volleyball, University of Brandon

Tyneille Neufeld—Women's Volleyball, University of Brandon

Lauren Anderson—Women's Basketball, University of Brandon

Zach Nickerson—Men's Soccer, University of Calgary

Michelle Herms—Women's Soccer, University of Manitoba

Liam Grier—Men's Baseball, University of Winnipeg

Brynn Todd—Women's Golf, Davenport University

Ethan Duncan—Men's Volleyball, University of Winnipeg

Emily Dewey— Women's Basketball, University of Lincoln Nebraska

Jayda Nault—Women's Volleyball, Queen's University

Jordan Hamm—Women's Volleyball, University of Manitoba

Julia Horne—Women's Volleyball, University of Manitoba

Performance Training

Westwood Athletics takes great pride in their state of the art fitness center and provides athletes with the knowledge, support and confidence to maximize their performance through training.

- Olympic Lifting
- Sport specific team training programs
- Individualized training programs

Contact Peter Sdrolias—peter.sdrolias@sjasd.ca



WESTWOOD PHYS.ED

Grade 10 Option

- Foundations of Exercise and Sport Science

Grade 11 and 12 Phys. Ed Options

- Female Fitness (core)
- Advanced Fitness Training (core)
- IB Exercise and Sport Science

Grade 11 and 12 Phys. Ed Core

- Self Directed—Health and Activity hours are self directed.
- 75/25 Self Directed—Health taught in class. Activity hours divided between in class choices and self directed.



Grade 9 and 10 Phys. Ed

- Safe, welcoming, inclusive environment
- Choice based programming
- Strong fitness focus
- Confident learners
- Quality Daily Physical Education
- Technology based assessment
- Teaching games for understanding

Recreation Management

This course is designed to help students develop their individual and group management skills through a wide range of real-life situations and experiences. The goal is to become more confident in planning, organizing and administering activities in their school and community.



Sustainable Wilderness

The aim of this course is to introduce the novice to the outdoors, as well as expose the more experienced individuals to other outdoor pursuits. An interest in the outdoors and a desire to participate in outdoor activities such as camping, fishing, backpacking and canoeing are the only prerequisites.