

# **Carlton Cafetorium Menu**

**Friday November 15, 2019**

**Breakfast**

**Mini Breakfast**

**Lunch**

**Poutine Bar**

**Soup / Salad**

**Baked Potato Soup**


**Dessert**



# TODAY'S BELL SCHEDULE

## BELL SCHEDULE

Period 1	8:55 – 9:58
Period 2	10:03 – 11:08
Period 3	11:13 – 12:16
Period 4	1:05 – 2:08
Period 5	2:13 – 3:16

The image features a pair of deep red, plush curtains with gold tassels, pulled back to reveal a solid black background. The text is centered in the black area.

**Students interested in  
performing and sharing  
their talents are asked to  
sign up in the music room -  
Y100.**

# MEDIA CLUB

Are you interested in photography and/or videography? Do you want to attend Carlton events and capture the action? Maybe shoot portraits for the Human of Carlton project? Would you like to help shape Carlton's social media feeds?

We Meet Every

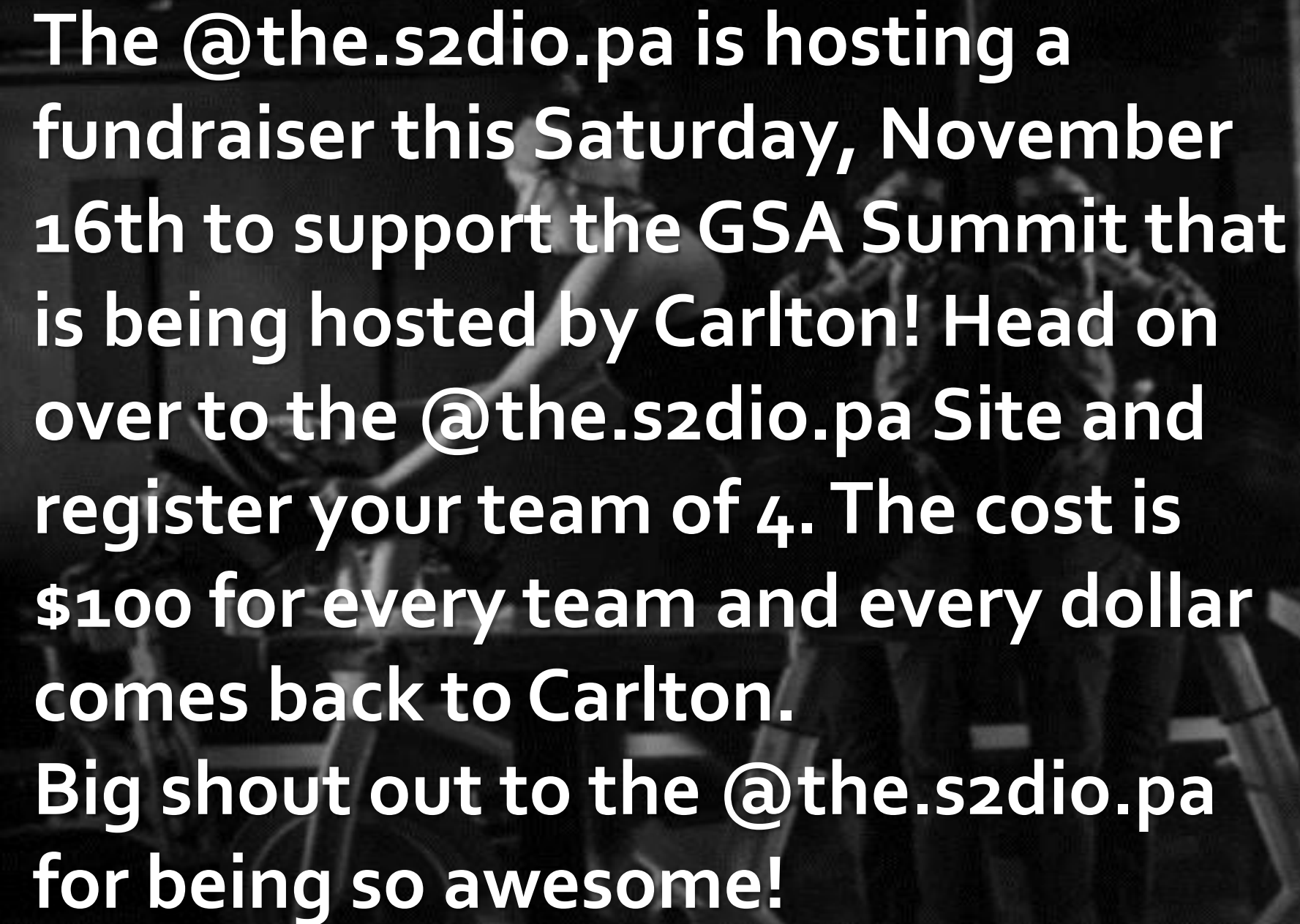
**TUESDAY @ LUNCH**

In the

**R210**





A black and white photograph of a group of people exercising on stationary bikes in a gym setting. The image is slightly blurred, suggesting motion. The text is overlaid on the left side of the image in a large, white, sans-serif font.

The @the.s2dio.pa is hosting a fundraiser this Saturday, November 16th to support the GSA Summit that is being hosted by Carlton! Head on over to the @the.s2dio.pa Site and register your team of 4. The cost is \$100 for every team and every dollar comes back to Carlton. Big shout out to the @the.s2dio.pa for being so awesome!



**Driver's Ed:**

**Next after school class begins**

**Nov 18, 2019 @3:30**

**Class list posted outside main  
office and in the learning  
commons**

**Still space available!!!**

## Basketball Open Gym Times

Tuesday, Nov. 12      3:30-5:00      CPAC  
Wednesday, Nov. 13      3:30-5:00      Red Gym  
Thursday, Nov. 14      3:30-5:00      CPAC  
Noon Hours      12/13/14/15      Girls – CPAC      Boys - Red

## Basketball Tryout Times

Time	Facility	Monday Nov. 18	Tuesday Nov. 19	Wednesday Nov. 20	Thursday Nov. 21
3:30-5:30	CPAC	9/10 Boys	9/10 Girls	Sr. Girls (top 20)	Sr. Boys (top 20)
3:30 – 5:30	Red	9/10 Girls	9/10 Boys		Jr. 'A' Boys
5:30 – 7:30	CPAC	11/12 Boys	Sr Girls (Top Prospects)	Sr. Boys (top20)	Sr. Girls
5:30 – 7:30	Red	11/12 Girls	Sr Boys (Top Prospects)		Jr. 'A' Girls

If you cannot make one of the practices, you must let your coach know.

If you have any questions, boys talk to Mr. Strom (Sr.'s) or Mr. Bender (Jr.'s), girls talk to Mrs. Pearson (Sr.'s) or Ms. Boy (Jr.'s)



## DIRECTED BY:

NBA SHOOTING COACH  
DAVE LOVE

PRINCE ALBERT, SK  
CARLTON COMP HS

Nov 17, 2019

9am - 4pm

Ages 11+

Cost: \$125

## TO REGISTER FOR THIS CLINIC VISIT:

[www.theloveofthegame.com](http://www.theloveofthegame.com)

## SPONSOR:

Golden Ticket Sports

## BONUS EXTRAS:

Direct access to NBA Shooting Coach Dave Love.

The Love of the Game Lanyard.

Bonus Content provided via email before and after the clinic, including a development course to continue building the skills learned.

Access to Coach Dave Love's free newsletter.

# Coach Dave Love SHOOTING CLINIC

Do you feel like you have a lot *more potential as a shooter* but don't know how to achieve it?

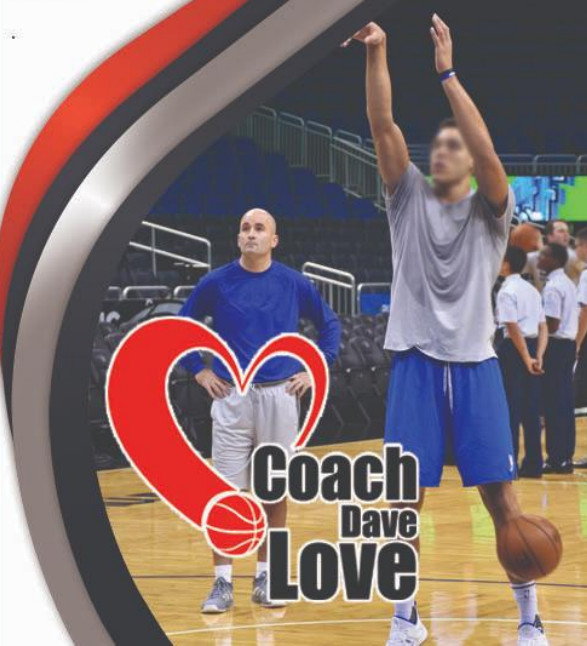
Do you worry that *your shooting will hold you back* from achieving the things you want to in the game of basketball?

NBA Shooting Coach Dave Love has been *trusted by NBA teams, players and agents* to help players unlock the potential of their jump shots, and he can do the same for you. Every player that Coach Love has worked with has shot a *career high* in their time working together.

Coach Love has *helped players identify flaws in their shot*, and given them a practice plan that has helped players improve by as much as *30% in one season*.


Another player went from buried on the bench, hardly playing because he wasn't a strong shooter, to *now starting in the NBA*, shooting 3 pointers at a high percentage, and making millions of dollars.

Come learn from one of the *best shooting coaches in the world* and unlock the potential of your jump shot!




# NBA shooting coach Dave Love is putting on a clinic in the CPAC on Nov, 17, 2019.

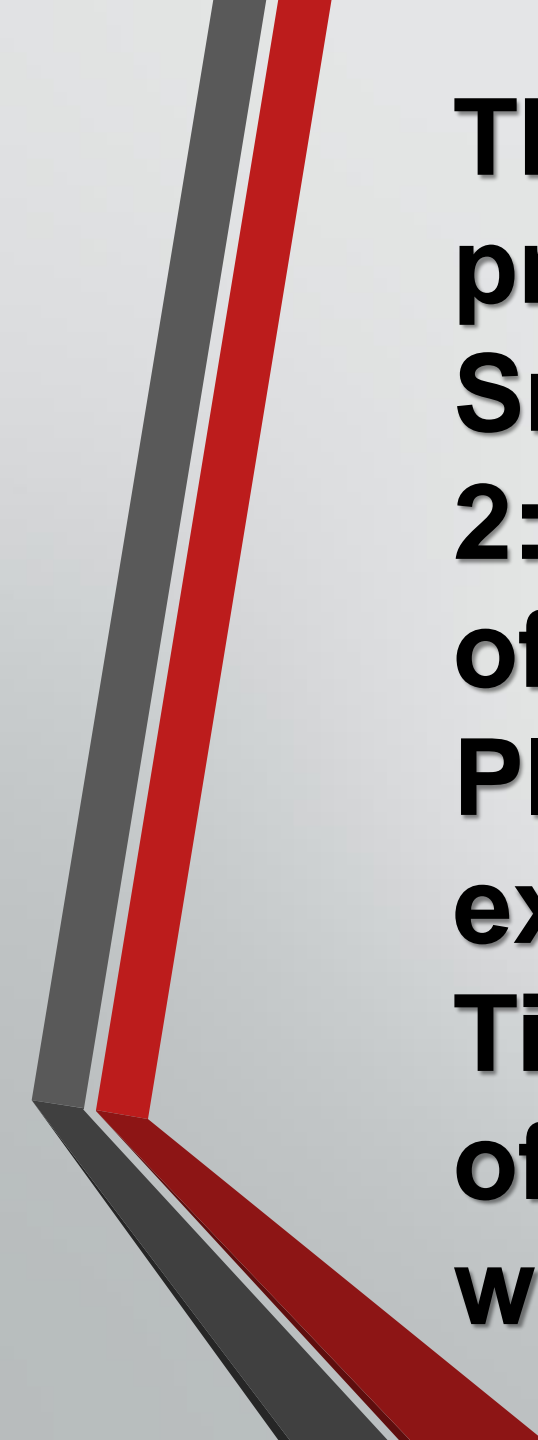




The Carlton Wrestling Team will have an open workout on Wednesday, November 13th, 2019. All boys and girls in all grades are welcome. The official practice season kicks off on Monday, November 18th, 2019. All practices are in the white gym from 3:20 to 5:00.

An abstract watercolor painting in shades of purple, magenta, and gold, with a soft, textured appearance. The colors are blended together, creating a dreamy, ethereal effect. The text is overlaid on the right side of the image.

Take ten minutes to chill.  
Join us at y103 noon  
hours on Thursdays for  
Meditation.



**The Mad Hatter Theatre Company  
proudly presents the classic tale of  
Snow White on Sunday November 17 at  
2:00pm at the E. A. Rawlinson Centre  
of the Arts.**

**Plan now to attend and experience the  
excitement pf live theatre.**

**Tickets available at the centre box  
office and online from the centre  
website.**

# Fall Food Fair

Cultural, Healthy Food For All!

Presented by:

4th Year UofS College of Nursing Students  
& Prince Albert Food Coalition



November 19, 2019 @ 5pm

Booths & Door Prize Entries 5pm-6pm  
Program & Supper 6pm

YWCA Wesley Site  
65 11 St E, Prince Albert, SK