

Carlton Athletics

Program Overview

Land Acknowledgement

In the spirit of reconciliation, we humbly acknowledge that we are on Treaty 6 Territory, the ancestral and traditional territory of the Nêhiyawak (Plains Cree), Nahkawiniwak (Saulteaux), Nakota (Assiniboine), Dakota and Lakota (Sioux), and Denesuline (Dene) peoples as well as the traditional homelands of the Métis people.

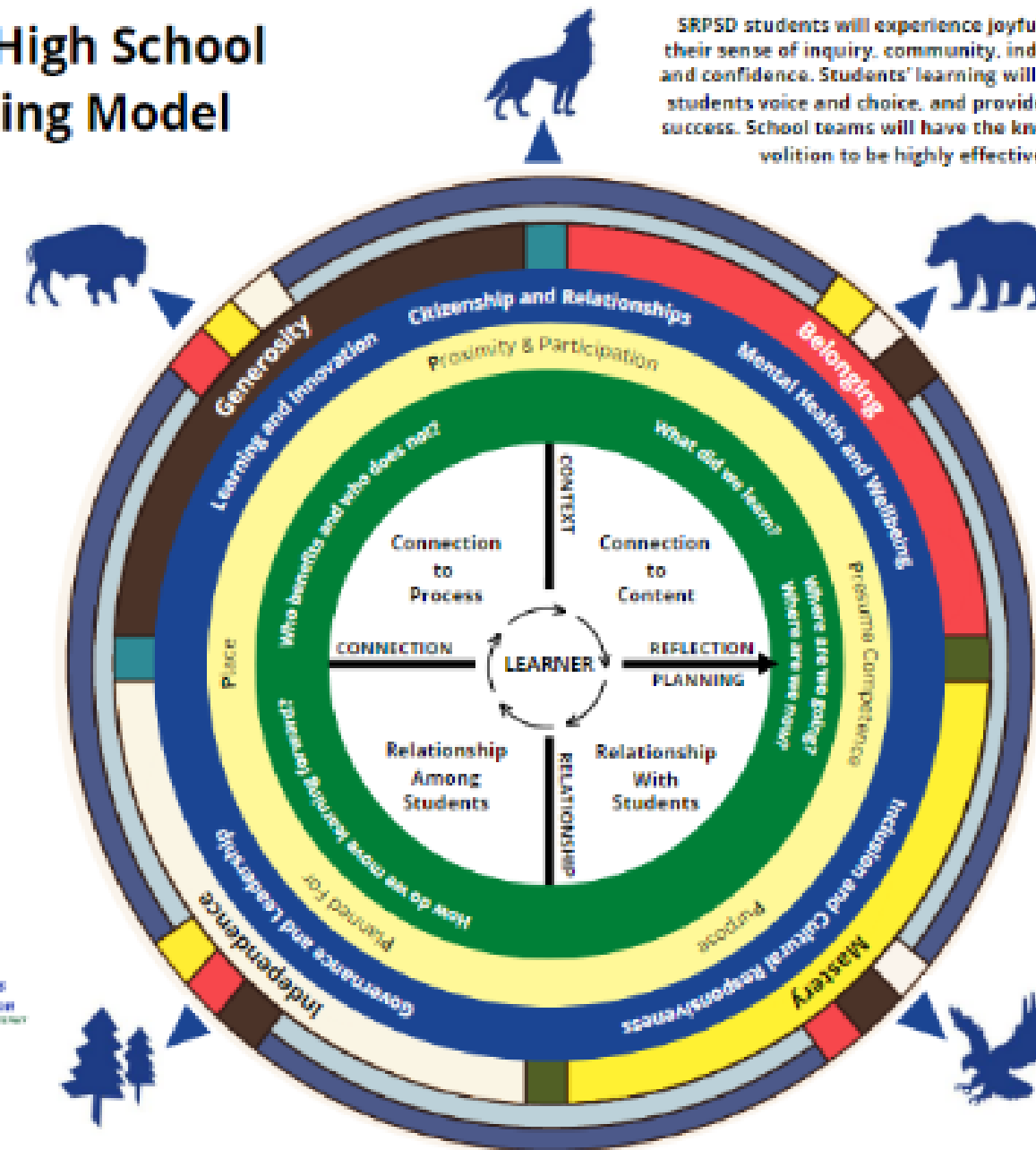
We recognize this land as sacred and honour the Indigenous Elders' and Knowledge Keepers' teachings of this place.

Thank you to members of the SRPSD Elders Advisory Council who guided this project.



SRPSD High School Learning Model

SRPSD students will experience joyful learning that develops their sense of inquiry, community, independence, competence, and confidence. Students' learning will fulfill current needs, give students voice and choice, and provide a foundation for future success. School teams will have the knowledge, tools, skills, and volition to be highly effective and engaging.



Saskatchewan Rivers
Public School Division
Excellence for Every Learner
Jan 2023

Wolfe, G. & Whittington, R. (2010). The Learning Model. Saskatchewan Education Services.
 Miller, D., Proulx, M., & Proulx, M. (2010). The Learning Model. Saskatchewan Education Services.
 Proulx, M., Proulx, M., & Proulx, M. (2010). The Learning Model. Saskatchewan Education Services.
 Proulx, M., Proulx, M., & Proulx, M. (2010). The Learning Model. Saskatchewan Education Services.
 Saskatchewan Rivers Public School Division (SRPSD).
 Learning Model 2023

Offering athletic programming at Carlton promotes connection and strengthens relationships within the school community. The Carlton athletic program supports students as they work toward independence and mastery of extra-curricular skills.

Athletic Philosophy

Extracurricular athletics are provided at Carlton because they enhance the holistic development of student athletes. The Carlton athletic program develops these areas by promoting...

- The pursuit of personal and team excellence by instilling values such as co-operation, respect, time management and self-discipline
- The development of positive lifetime fitness habits
- The creation of as many opportunities for participation as possible
- The principles of fair play and objectives set out by SHSAA

High School Athletics

Carlton belongs to the North Central District (NCDAA), which is a member of the Saskatchewan High Schools Athletic Association (SHSAA).

The NCDAA is run by **teacher volunteers** who meet regularly to offer athletic programming in the district.



Fall Sports Offered at Carlton...



Volleyball



Soccer



Cross-Country



Golf



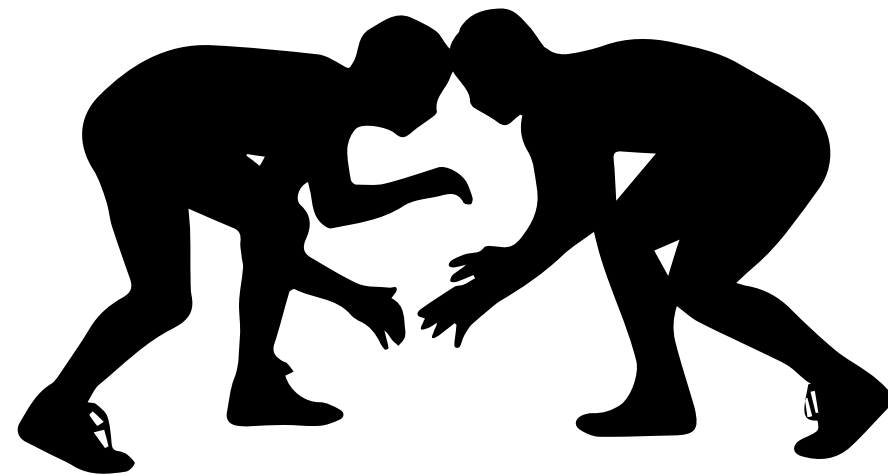
Football

Golf and Football also have training in the Spring!

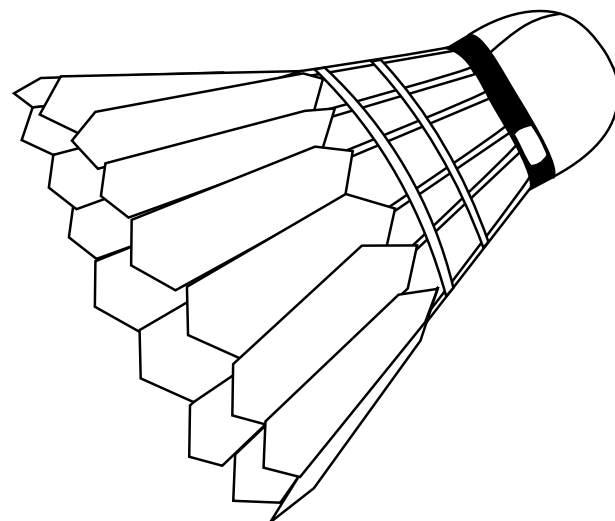
Winter & Spring Sports Offered at Carlton...



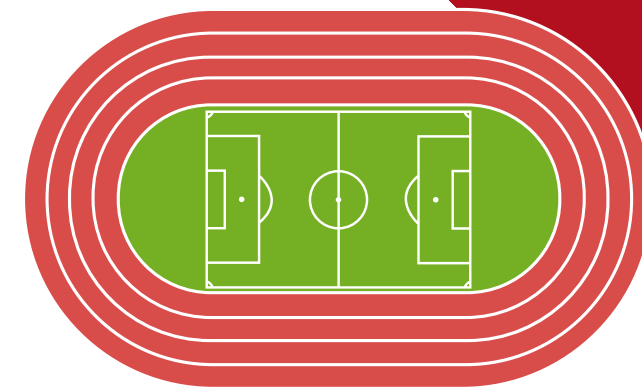
Basketball



Wrestling



Badminton



Track & Field



Curling

Facilities

CPAC → Open to Students at Lunch

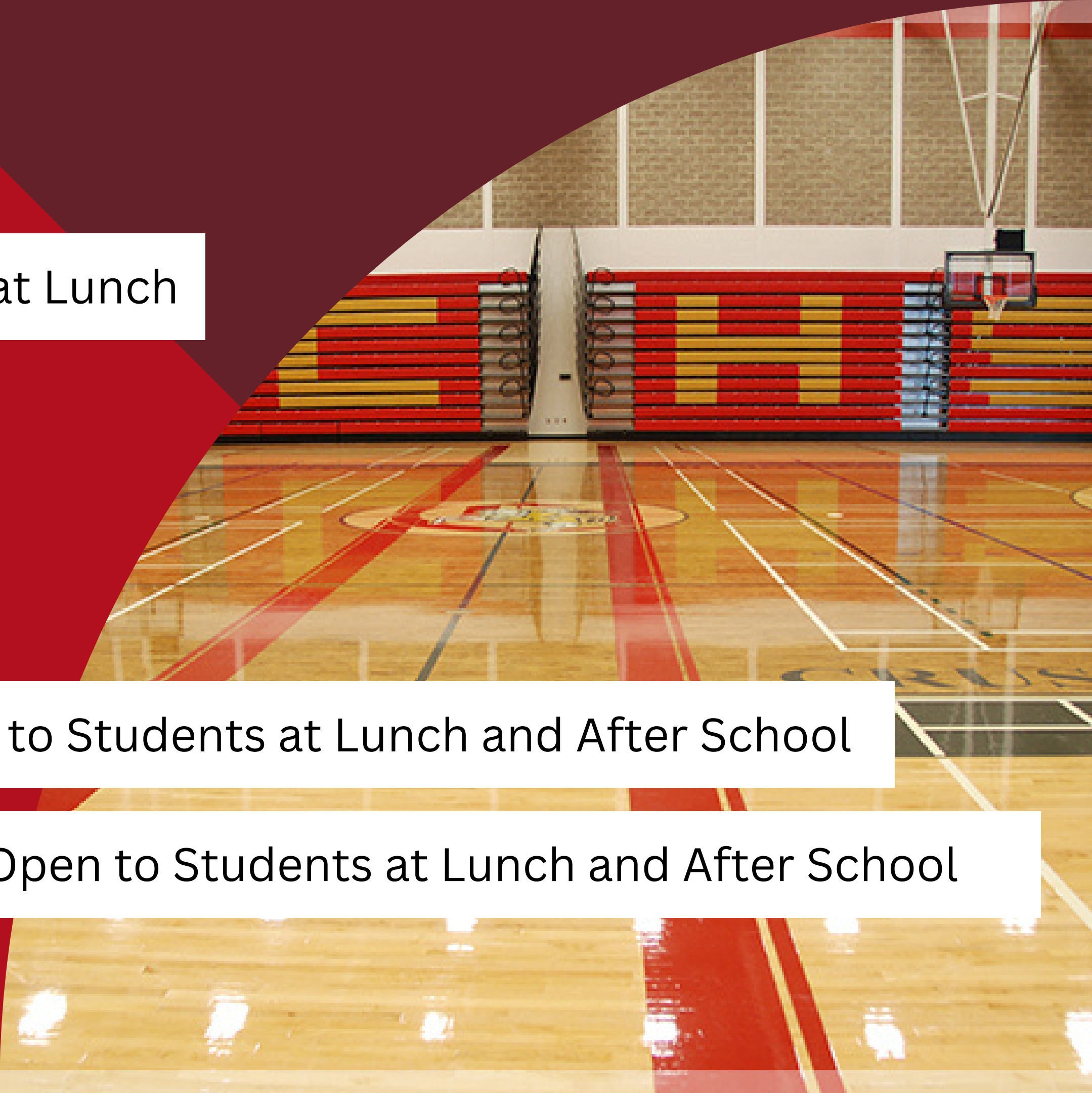
Red Gym

Gold Gym

White Gym

Fitness Center → Open to Students at Lunch and After School

Frank Dunn Pool → Open to Students at Lunch and After School



Before Your First Day at Carlton..



Follow Carlton on Instagram and/or Facebook!

Stay up to date with what's happening at the school and look for important announcements.



Sign Up for the Carlton Sport Camp!

Look for more details coming in May or June.

What to Expect on Day One..



Be Ready for Try-Outs!

Football starts before the first day of school.

Soccer and Volleyball try-outs will start on the first day of school.

What Coaches Have to Say...



“Coaching at Carlton is an incredibly rewarding experience and something I look forward to every year. There is nothing like working along side athletes through their highs and lows on and off the court. The improvement of athletes at the competitive and developmental levels throughout the season is incredible to watch. One of the many pros about Carlton is there is a team for everyone. Extra-curricular contributes to such a huge part of many students’ High School careers. I think back to my school experience and the best times in my opinion were road trips, tournaments and getting to hang out with teammates multiple times a week while working towards a common goal. I highly encourage everyone that is coming into the building to get involved in some type of extra-curricular club to meet new people and do something you enjoy.”

-Coach Brooke Dallyn (Volleyball, Track & Field)

What Coaches Have to Say...



“I enjoy coaching at Carlton because it allows me to build relationships with students in a different setting and work toward individual and team goals. The connection built through sport is unique and special on so many levels. We are seeing kids shine partaking in the sports they love most! A big reason I became a teacher was to stay involved in athletics. I cherish my memories playing numerous sports here at Carlton as a student and my hope is I can give kids a similar experience so that they love their time in High School. Being part of a team is fun and you also meet new people. I recommend that everyone attending Carlton tries at least one sport during their time here.”

-Coach Cole Puetz (Football, Basketball, Track & Field)

What Coaches Have to Say...



Each year the Carlton Golf Team plays in 2 separate seasons. In the Fall, Carlton players have the opportunity to play in the District and Provincial tournaments. In the Spring, our athletes also have the opportunity to play in 3 additional tournaments. Playing on the Carlton Golf Team enhances the high school experience by providing a sense of camaraderie, promoting physical activity, and teaching valuable life skills such as teamwork, discipline, and sportsmanship. It also offers opportunities for personal growth, building friendships, and creating lasting memories. Overall, being part of the team can truly enrich your high school journey in a unique and rewarding way.

-Coach Chad Basaraba (Golf)