

Transcona Collegiate



Board of Trustees 2017-2018

Our division – including its schools and school system – is governed by a board of nine trustees, who are accountable to the public for the safety, quality and cost of education via human resource practices, policies and budgetary decisions. Trustees are elected every four years during municipal elections and meet the first and third Tuesday of each month, 6:30 p.m. at the Administration Offices. (589 Roch St.)

Ward 1



Collen Carswell (Chair)

P: 204-222-1486

E: ccarswell@retsd.mb.ca



Jerry Sodomlak

P: 204-999-1409

E: jsodomlak@retsd.mb.ca

Ward 2



John Toews

P: 204-663-0475

E: jtoews@retsd.mb.ca



Rod Giesbrecht

P: 204-661-5984

E: rgiesbrecht@retsd.mb.ca

Ward 3



Eva Prysizney

P: 204-668-3501

E: eprysizney@retsd.mb.ca



Brianne Goertzen

P: 204-955-6782

E: bgoertzen@retsd.mb.ca

Ward 4



Peter Kotyk (Vice-Chair)

P: 204-668-4181

E: pkotytk@retsd.mb.ca



Brian Olynik

P: 204-661-6440

E: bolynik@retsd.mb.ca

Ward 5



Michael West (Vice-chair)

P: 204-990-3228

E: mwest@retsd.mb.ca

The RETSD board of trustees has identified three priorities for the 2017–18 school year:

- **Conduct a catchment area review of all middle years schools east of Lagimodiere Boulevard**
- **Conduct a review of the Specialized Learning Environment (SLE) program**
- **Conduct a review of French immersion enrolment and related catchment areas west of Lagimodiere Boulevard including Ward 5 (East St. Paul and St. Clements)**

Mail can be addressed to the Board of Trustees and sent to the Division Board Office at 589 Roch Street, Winnipeg, MB, R2K 2P7.

For more information about your Board of Trustees [click here](#).

Transcona Collegiate

HOME OF THE TITANS!



2017-2018
Parent Advisory Council
Chair: Brenda Kauk
For more information call TCI at
204-958-6440

Junior Varsity Girls league

Champions in KPAC Provincials

Our JV Girls were KPAC league champions this season. The girls went on to a great showing in the Provincials; losing a heartbreaker to the eventual Provincial Champions, Selkirk in the semi-finals. MacKenzie Hartle was named a Provincial all-star during the Championships. Christine Kolbuck was also recognized as the MHSAA athlete of the week in November.

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Principal's Message



TRANSCONA COLLEGIATE **...Where Character Counts**

Transcona Collegiate is the home of the TITANS and where character counts. At Transcona Collegiate we are Trustworthy, Inspirational, Team players, Ambitious, Nice and Scholars.

Semester 1 has quickly come to a finish. Students have been involved in a lot of activities inside and outside of the classroom to show their TITANS Spirit. As we end this term, I encourage all students to continue to be scholarly so that they may experience success in their academics.

Exams began on January 26th for all students. The Grade 12 students begin much earlier, with the ELA Provincial Exam being performed from January 9th to 12th, and the Provincial Math Exams during the week of January 23rd. Reports for semester 1 will be available on the parent portal February 9th.

Mid-term reports were issued on November 17th with parent teacher interviews held on the 23rd. Thank you for the efforts that parents/guardians are taking to contact teachers regarding their son/daughter's progress and to teachers for communicating the same to parents.

Congratulations to all those students who achieved Honour Roll Status for the 2016-17 school year. Their names are published in this newsletter. Students receiving Honour Roll Status must have an average of 80% with no mark lower than 70%. Congratulations to all recipients.

In October, students from our Global Issues group attended WE Day at the MTS Centre. We're looking forward to the work that these inspired students will do in support of communities in need. This will be a yearlong venture.

On November 8th, River East Transcona School Division and The Winnipeg Symphony Orchestra hosted an evening of music at the Centennial Concert Hall. Many of our choir students participated in this event. Our jazz band also performed during the intermission at the concert.

In the month of December we are reminded of the needs around us. Thank you to the many staff and students who donated non perishable food items and have assisted the leadership students. They were able to deliver 20 food hampers to families in need in the Transcona area.

If any parents are interested in attending our Parents Association they are welcome to attend. Please check the website for dates.



Our open house for the 2018-19 school year will be held on February 22. On this evening we have information sessions on the different streams of mathematics, as well as a presentation on High School Apprenticeship Program.

**Ms. S. Dzuba, Principal,
Transcona Collegiate**

Graduation Information 2018

Dear Parents, Guardians and Grads,

Below I have listed all the important dates for grad this year. It may seem like June is far from now but it will be here before you know it! If there are any questions, please send me an email at tromu@retsd.mb.ca and I'll get back to you as quick as I can. Please remember that there are still some more fundraising opportunities coming up.

Grad Info 2018

- 1) Grad Rehearsal - Tuesday June 26th - 9 am TCI Rehearsal for convocation Attendance MANDATORY
- 2) Convocation - Wednesday June 27th - 10am North Kil-donan Mennonite Brethren Church on the corner of Gateway and Springfield Grads there no later than 8:30 Parents and guests will not be admitted until 9:15 No ticket necessary Dress is semi- formal. No flip flops or runners. Pants and a collar shirt for the guys, spring dress or dress pants and blouse for girls.
- 3) Dinner and Dance - Thursday June 28th - 5:30pm Delta Hotel Downtown Cocktails 5:30, Program starts at 6:30, supper served at 7.

Dress is formal.

ID MUST BE PRESENTED

Ticket required for admittance

- 4) Ticket Sales - June 4th to June 8th ONLY

Must have the DD Form filled out before buying tickets.

Tickets will only be sold at lunch in room 403 CASH ONLY

\$80 per ticket, each grad gets 4 tickets, one of which must be for the grad.

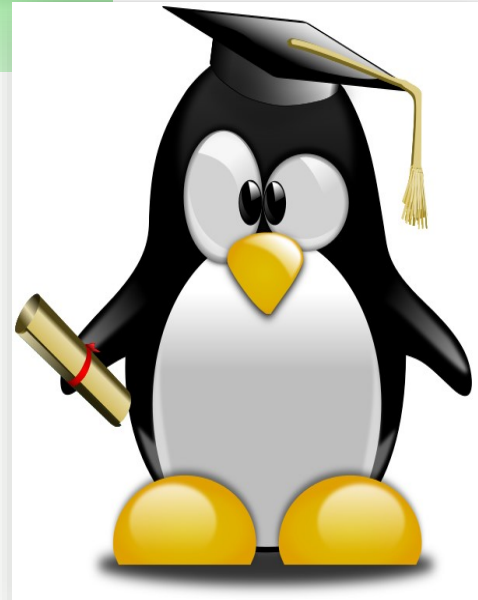
If you require extra tickets, they will be sold first come first served on Friday at lunch.

You can choose where you sit. There are only tables of 10 with set number of tables available.

****If you plan on going to safe grad, you must attend the Dinner and Dance.****

Sincerely,

Tracy Romu





Student Council 2017-2018

The 2017-2018 Student Council was off to a busy start this September. On the first day of school we organized a BBQ to welcome all of the new Grade 9 students to T.C.I. Students participated in a "Get to Know T.C.I." Scavenger Hunt and had a lunchtime BBQ with a hot dog, chips and a drink. A big

thank you to all of the executive, student council committee chairs and teachers who assisted in making the event a success.

We had our first Titan Pep Rally where we introduced various sports teams and students had the opportunity to participate in Minute-To-Win-It games. On Friday October 13th, Titans tested their luck by estimating how many "Skittles" were in a mason jar. Congratulations to Jack Sears and Nathan Tan who had the closest estimation.

Halloween featured a number of SPOOKtacular costumes in our annual costume parade, along with a chance to participate in scary games in the gym. Our Remembrance Day Ceremony also took place in November with the student council hosting, doing the readings and laying the wreath at the cenotaph. TCI students, who are also cadets, provided the honor guard and the TCI band provided the music. We also sponsored some special lunch days in November and it was welcome change from sandwiches!

In December, before the break, we planned a Spirit Week with dress up days: PJ Day, formal day, twin day and holiday sweater day. The Grade Wars Competition with everyone one in grade colours took place on the Friday. After all the games and activities, it was very close race with the Grade 12's currently leading.

Second semester will see more Grade Wars and other special activities for Valentines Day and Easter. There will be more special lunch days and the annual spring BBQ.

Students and parents are encouraged to follow our Student Council Twitter account @TITANS20172018 which will update not only student council activities but all important TCI happenings!

Good luck to everyone on their January exams,

The Student Council Executive (Jack, Manjyot, Ainsley and Megan)

Student Council Executive 2017-2018

Student Council Executive

President:	Jack Richards
Vice President:	Manjyot Kalkat
Treasurer:	Megan Dyck
Secretary:	Ainsley Brown

Staff Advisors

D. Ball
C. Duffield
K. Fewer



Committee Chairs

Awards:	Student Council Exec.
Global Issues:	Megan Dyck, Ainsley Brown, Khyln Cruz & Brooklyn Apostle
Grad:	Caitlin Davidson & Brooklyn Apostle
Titan Pride:	Thomas Hickey
Pep Rally/Spirit:	Page Kauk & Mercedes Sousa
Philanthropy:	Ainsley Brown
TADD:	Ryin Choiselat

Publicity/Advertising
Titans 4 Tomorrow:
TV Promotion:
Yearbook:
Titan Tavern:

Student Council Executive
Rosemarie Tamondong
Student Council Exec.
Allana Entrada
Jacob Yerlitz , Rosemarie Tamondong, Darby Peacock
Mitchell Macleod

Committee Chairs

Sports Chair:	Hayden Brander & Thomas Raynberg
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Global Issues 2017 - 2018

The Global Issues Group consists of 3 wonderful leaders and students from grades 9-12 who meet weekly at lunch. They generate both large and small group discussions that involve reflective thinking about a global topic or issue and how they can raise overall awareness to make a difference internationally. The ongoing enthusiasm of this year's group has provided a positive energy that continues to encourage success with each event that they plan and implement.

They started off the year once again by taking part in the Winnipeg WE DAY Event. This Gen -WE group of individuals made sure to offer Winnipeggers a jam packed event where they would gain an understanding of issues from around the world and become inspired to make a difference this year through a variety of awareness events. Operation Christmas Child was carried out right before Christmas. This is an event where the students raise awareness about impoverished children from around the world. They then collect items such as toys and school supplies, which are then packed neatly into an Operation Christmas Child shoeboxes and sent off to children in Developing Countries.

For the upcoming second semester the students are in the initial stages of planning a school wide carnival which will be held during a to-be-announced lunch hour. The money raised will be then distributed to World Vision. One of the biggest pcoming events of the school yehat both the students who belong to the Global Issues Group as well as other students from T.C.I. look forward to is the 30 Hour Famine. This is a fun filled event where there are numerous activities planned from early evening until the wee hours of the morning which are used as motivators as they abstain from food in order to raise continued awareness about the issues of world wide hunger.

Sincerely,

The Global Issues Committee, along with
Ms. Winiarz

& Mrs.Martin



Counsellor's Corner - January 2018



Welcome to the Counsellor's corner!

This year has been exciting and busy with lots of opportunities for students to participate in school activities as well as explore what their next steps might be after high school.

In the fall the University of Winnipeg, University of Manitoba and Red River Community College were here to talk to the grade 11 and 12 students about courses of study and programs that might interest them. Also in the fall, the grade 9 students had a

chance to participate in the national "Take Our Kids to Work" day on Wednesday, November 1st. Many work experiences on that day opened possibilities for the grade 9 students to begin exploring further.

In February of this year we will host our inaugural Mental Wellness Fair at Transcona Collegiate. It will kick with a whole school assembly on the 12th with a keynote presentation by Craig Heisinger of True North Sports and Entertainment. Over the next two days all students will have the opportunity to participate in a variety of sessions/activities that foster their ability to take care of their mental well-being. Lunchtime activities during the week will also offer students more choices to do the same.

December 2017 was the first year that the Counselling Department and the Phys. Ed. Department partnered to present *Everyone Matters Manitoba* – a youth suicide prevention presentation. All students in grade 9 had the chance to learn key concepts regarding their wellness, and were provided with resources to help them take care of their mental health.

In April 2018 our grade 10 students will attend the Rotary Career Symposium – where they will have the chance to interact with a wide variety of successful business and trades people and learn what "a day in the life of ..." might look like.

As we wind down the first semester we want to encourage everyone to do well on their final exams, and remember that we are here to help – exams can be a stressful time.

Have an awesome second semester and take care of yourself – kindness is one of the greatest gifts you can give yourself!

Mrs. Young and Ms. Knutson

Checkout the [Transcona Collegiate website](#) for Scholarship information.
[Click here](#) to go directly to the Scholarship page.

Music Notes - January 2018

Hello Parents:

Our Flute Quartet performed at the Solo & Ensemble Festival January 18th and received a Superior Performance award. Congratulations on your hard work and awesome performance ladies!!

Our grade 10-12 Concert Band is performing at the Optimist Festival February 21 at 2:00pm. Parents are welcome to come to the Convention Centre and watch!

Our Jazz Bands are performing at Jazz Optimist Festival at the beginning of March. Grade 9 (March 1 @ 1:40pm), Grade 10 (March 1 @ 6:30pm), Grade 11/12 (March 2 @ 8:00pm)

All payments for our Camp Nutimik Band Retreat need to be in to Mr. Steinhilber on Monday, February 5.

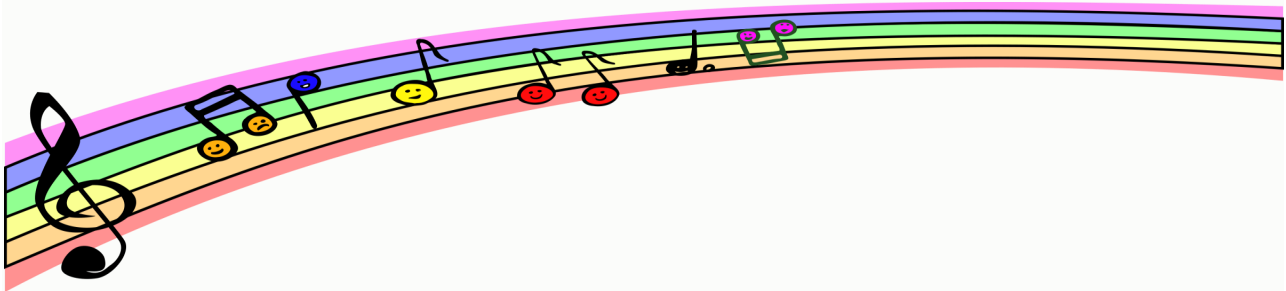
Our next Banff payment is due February 16 (\$150). At that point, students should have paid \$600.

Thanks,

Dan Steinhilber
Music Teacher

Transcona Collegiate
204.958.6440, ext. 2805

[Teacher Website Link](#)



[Click here for Mrs. Amato's website](#)

[Click here for Mr. Steinhilber's website](#)



Christmas Hampers

With the combined efforts of students and staff at Transcona Collegiate, 18 hampers were prepared for 18 families in the community. This endeavor is massive, and truly takes a lot of dedication and time from many involved. Special thanks to those who were involved in multiple deliveries, picking up items, wrapping presents, and doing inventory. Thank you to a former TCI family providing 2 full hampers and other alumni and their families for contributing numerous presents. Even with the donations from the school body, without the combined generosity of everyone, we would not have been able to continue this tradition of 13 years. If you happen to visit or interact with people associated with these supporters mentioned below, please extend a thank you to them, because it isn't just one donation that they are making – it is a donation that brings joy to 18 families, and the people that rely on Winnipeg Harvest. For each pound of Christmas Hamper donations, Peak of the Market donates a pound of food to Winnipeg Harvest. Our deepest, heartfelt thanks goes out to everyone who contributed to this year's Christmas Cheer Board Hampers. Special thanks goes out to the Superstore on Regent, Councillor Russ Wyant, Rona on Panet, Inter Graphics on De Baets Street, Kub Bread on Regent and Giant Tiger on Regent. We look forward to your continued support next December.



Titan Hockey Team

Our Titan Hockey Team is having another great season, and we look to be building momentum going into the playoffs. This year's team is built around many returning veteran players, and

with the league continuing to grow in strength, a decision was made to have TCI compete in the newly expanded A division.

It turns out the decision to go A division was the right way to go. The boys currently sit 5th in the 14 team division. The competition has been steady, and our boys have a winning record, and compete hard in every game. The team has a number of strong leaders in the room, and they have an experienced coaching staff, who work extremely hard to prepare the boys each and every time they hit the ice.

The boys look to expand on the hardware they have already achieved this year with a long playoff run. The boys won the Chicago Fall Classic this past fall in Chicago, and they won the B-Side championship at the Brandon Tournament.

On behalf of all Titan fans everywhere, we wish the boys the best of luck going into the playoffs. Go TITANS!



Winter Bus Cancellation Rules

GENERAL RULE

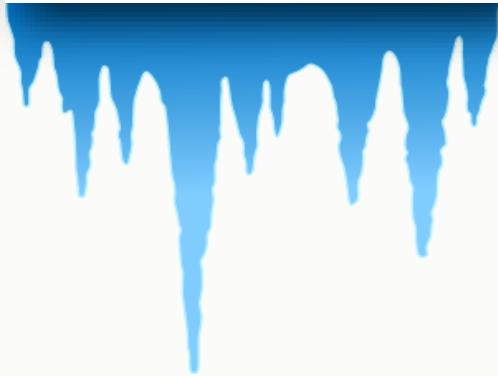
All of Metro Winnipeg School Divisions follow one system. At about 6:10 a.m. River East School Division (RETS) will consult the Environment Canada weather information – either on television or via its [WEBSITE](#).

If the wind chill is -45°C or colder at the Winnipeg Airport, RETSD will cancel buses, but schools usually remain open.

WHERE TO GO FOR INFORMATION AFTER 6:30 a.m.

Please listen to the major radio stations. Generally, they broadcast cancellations about every 15 minutes.

Additionally, tune into television Stations CKY, or CITY TV. Also, if you have access to a computer, please click on the RETSD Website (www.retsd.mb.ca) to see whether or not buses are cancelled.



Dog Therapy



The therapy dog program provides an opportunity for students to:

Talk with the volunteer and the dog.

Feel, touch, pet and cuddle the dog.

Receive unconditional love from the dog.

Carry-out or practice an activity in the presence of the dog. The program offers many benefits, improving quality of lives.

Some of the reported benefits include: Greater social engagement with individuals/students talking more, participating more in activities, and smiling more.

Stress relief and distraction from pain,

Comfort and calming

Improved self-confidence and self-esteem

Therapy Dogs: Skye, Carmon and **Bentley (picture above)**

Thank you to Caroline and Carrie for their dedicated work.



Uncomplicated Banking



TITAN CREDIT UNION

Hey titans the TCU is open for another year, come on down to the titan credit union room 102 and help us celebrate our 20th Anniversary.

WHAT IS THE TCU?

The TCU is a youth branch of the Casera Credit Union. It is open to students and staff at Transcona Collegiate. The TCU has been serving students financial needs for over 19 years under the supervision of a teacher. It provides an outstanding service for the members of the TCU.

The TCU is a financial institution that allows students to earn a grade 12 credit and get work experience. For more information, [click here](#) to visit the TCU website or come down to the TCU in room 102.



Badminton



Please keep badminton in mind for the spring! The Badminton season will start in the last week of March. I know that sounds like a long time from now, but it will be here before you know it. Our practices involve mini lessons, conditioning, and a lot of round robin competition. It is a fun way to improve fitness and skills so I hope to see a lot of students out this spring!



Grade 9 Honour Roll

Luis Baquiano	Angelo Lanticse-Peralta
Kyla Abdullah	Mckenna Lorentz
Hailey Allen	Carter Mahy
Brianna Betts	Bernard Manishimwe
Elizabeth Bouneev	Morgan Massett
Austin Cripps	Emma Moar
Ethan Cripps	Haily Muzik
Ghia Erin Cruz	Kade Osadchuk
Thomaz Cunha	Haley Osborn
Ribeiro De Oliveira	Tracey Pham
Kaden Davis	Dalton Reidke
Elizabeth Delacruz	Richard Allen Reyes
Lexie Desjarlais	Ryan Ritter
Cooper Dyck	Braden Shellenberg
Cassandra Friesen	Connor Shields
Thomas Hickey	Steven Simmonds
Anastasia Hodnett	Eric Stechkewich
Adam Hoes	Reine Tahimic
Nadia Hossain	Brendan Tracy
Caroline Hunter	Josiah Seth Uminga
Manpreet Kaur	Anton Prince Villafranca
Deluca Klatt	Jeremy Watcher
Jesse Klaverkamp	Madison Zadro
Christine Kolbuck	Eric Zarecki
Brandon Kowalchuk	
Austin Lafave	
Darian Lagman	

2016-2017

Titan Tavern



The Tavern team is off to a great start, this year. Come in and enjoy a TCBY frozen yogurt or a bowl of noodles. Our team is friendly and the store is stocked with tasty snacks and beverages, so the next time you are in the building over lunch hour stop by and say 'hello'.

The Addictions Foundation of Manitoba

AFM contact: Jeremy Hennessay Ph # 204-223-9952
AFM Youth Services, 200 Osbourne Street North
Phone # 204-944-6235

Grade 10 Honour Roll

Roselle Jane Abella	Breanna Lasko
Boru Ali	Marielle Anne
Earl Sebastian	Leyva
Alminana	Jose Antonio
Nicholas Andrade	Linsangan
Lyle Angelo Arcinas	Chloe MacDonal
Mackenzie Bennett	Madison Major
Braden Bileski	Delaney Martin
Malcolm	John Michael
Nicholas Brown	Merene
Genesis Hannah	Jason Nguyen
Cabungcal	Mya Oakley
Irene Chan	Micayla Oliveira-
Dennis Daniel	Sousa
Del Rosario	Gayle Rowend Paguio
Kaylee Champagne	Trynity Paluch
Tyra Dunits	Hannah Parkinson
Raihanne Ellis	Erica Ritter
Mary Joyce	Ela Sadovski
Geodisico	Marina Saunders
Thelma Hernandez	Coleton Seniuk
Kristen Hrem	Carmeline Silva
Shaylene Karnafel	Emma Wedlake
Avery Keen	Danae Wirth
Jason Kotchon	Brooklynn Wood

2016-2017

Grade 11 Honour Roll

Brooklyn Apostle	Nicholas Kozak
Scott Bailer	Michael Laden
Ireland Bayrak	Hayden Mahy
Ainsley Brown	Braden McIvor
Owen Burland	Adrian Mendoza
Khylne Cruz	Ma Erica Cassand
Sarah Delacruz	Ocampo
Caitlin Davidson	Ayden Offenloch
Tyler Drozdowski	Rhyss Janvierre
Megan Dyck	Parale
Dylan Elias	Lilith Perun
Eugene Cryus	Mandy Preece
Eugenio	Jack Richards
Haleigh Flis	Nyl Dranreb
Dylan Gatz	Salvador
Darian Halabuza	Damien Teichmann
Charles Hunter	Elyza Angel Villar
Shaelynn Jones	
Manjyot Kalkat	
Anastasia Kory	

2016-2017

Golf

Noah Lorentz, Eric Johnson, Travis Willerton and Nick Brown competed in the KPAC Zone Championship. Thank you to Mr. Wiebe for coaching



Titan Sports Report - Winter 2017-2018

Volleyball

Our JV Girls were KPAC league champions this season. The girls went on to a great showing in the Provincials; losing a heartbreaker to the eventual Provincial Champions, Selkirk in the semi-finals. Mackenzie Hartle was named a Provincial all-star during the Championships. Christine Kolbuck was also recognized as the MHSAA athlete of the week in November.

The JV Boys team made huge improvements throughout the season and showed they were able to compete with the best teams in our conference.

The Varsity Girls made it to the KPAC final after a huge semi-final win over Murdoch Mackay.

The Varsity boys had success this year at a number of tournaments and were strong competitors in the league playoffs.

The varsity teams co-hosted the first inaugural Transcona Invitational Volleyball tournament with Murdoch Mackay on October 13th and 14th.

Thank you to the coaches who put in the time and effort to coach our amazing teams this year.



Grade 9 Girls Volleyball

Haley Osborn
McKenna Lorentz
Kayla Zamonsky
Cassie Friesen
Madi Zadro
Tiana Desharnais
Kristen Farr
Nyah Edwards
Katarina Benoit
Coach: Ms. Gerwing

Junior Varsity Girls Volleyball

Lexie Desjarlais
Christine Kolbuck
Mackenzie Hartle
Deluca Klatt
Jessica Pretula
McKenna Lorentz
Madison Zadro
Kayla Zamonsky
Jersey Anderson
Kristinelle Salvador
Janelle Daniels
Coaches: Ms. Martin
Ms. Keenas

Junior Varsity Boys Volleyball

EJ Rivera
Dalton Reidke
Harvey Salvador
Ralph Navidad
Jordan Kleyh
Nick Vinnik
Kurt Batac
Evan Piec
Dhemir Punay
Dennis Kombo
Jace Porter
David Horbaty
Coaches: Mr. Stubler, Mr. Burniak

Varsity Girls Volleyball

Cassandra Tokar, Brooklyn Apostle
Megan Dyck, Shaylene Robinson
Caitlin Davidson
Mercedes Oliveira-Sousa
Aryel Reidke, Taylor Lavallee
Shaelynn Jones
Brittney Seievwright
Brittney Dengl
Chloe Fockedeey
Coaches: Ashley Rosenthal
Ms. Ilchyna

Varsity Boys Volleyball

Stefan Petroman, Travis Willerton
Teo Hoppe, Eddie Bashir
Manjyot Kalkat, Sebastian Naungayan
Colton Smith, Marc Courteau
Brian Villanueva
Braeden Chiborak
Hayden Brander
Coaches: Mr. Duffield
Josh Kjarsgaard
Josh Maniaco
Keren Cheeang
Franz Natoc



Titan Sports Report - continued

Basketball



Our basketball program is underway with all of our teams working hard as we are in the early stages of the season. All of our teams will be a part of the KPAC conference and will be competing with up to 11 other high schools. Each team member was provided a schedule of all of their league and tournament games. A full schedule of all KPAC basketball games including results can be found at: www.kpac.ca Players are reminded to check the paper schedule outside the gym office for any last minute updates to practices or games.

For results that include all of the basketball games across the province including tournament results please refer to the Manitoba High School Athletics Association website. <http://www.mhsaa.ca/>

Our grade 9 boys are playing in a league with 7 other high schools. They currently have a record of 1-1 with their first win coming against Maples Collegiate.

Our grade 9 girls team opened their season with a win against Kildonan East as well as River East. They lost their home opener by 3 points to Miles Mac in what was a very exciting game.

Our Junior Varsity boys are in a tough conference where they are currently sitting with 3 wins and 4 losses. The highlight of their season thus far was their overtime win against their cross town rivals Murdoch Mackay in our own Transcona Invitational Classic tournament held at TCI in December.

Both the Varsity girls and Varsity boys teams are off to a great start. Both teams are currently undefeated with the girls currently sitting at 6-0 and our boys at 5-0.

We wish all teams the best of luck with the remainder of their seasons. A huge thank you to all of our volunteer coaches who are giving countless hours to our athletes....thank you for your time and commitment.

Varsity Girls Basketball

Cassie Friesen
Thelma Hernandez
Taylor Lavallee
Umuhawa Senesie
Madi Zadro
Rosemarie Tamondong
Jaden Popiel
Kaila Jessop
Emma Moar
Summer Stibbs
Shayna Christie

Coaches: Breanna Jones

Team Manager: Jersalem Gebreezgi

Varsity Boys Basketball

Andre Sta. Ana
Austin Asbury
Braeden Chiborak
Colton Smith
Deng Jok
Hayden Brander
Jack Sears
Jacob Braun
Jeremy Coutu
Logan Lawrence
Michael Merene
Nathan Tan
Nick Scharlet
Travis Willerton
Coach: Mr. Tibbs

Junior Varsity Boys Basketball

JR Baquiano
Dalton Reidke
Alex Flain
Bernard Manishimwe
Harvey Salvador
Ranz Lisaba
Josiah Uminga
Mike Sears
David Londono
Anton Villafranca
Tyson Clarke
Ralph Navidad
Nathan Warren
Coach: Mr. Korkosh



2016—2017 Titan Yearbooks are in.
Pick up your copy in the school office.

Titan Sports Report - continued



Athlete of the Month

Every month a Titan athlete or athletes are selected by their coaches as the Titan Athlete of the Month. The following are the recipients for this school year thus far:

Manjyot Kalkat - Grade 12 Varsity Boys Volleyball

As a grade 12 player, this starting left side embodied what it means to be a team player. Always cheering and rallying around his fellow team mates, Manjyot consistently gave his best effort in both practice and games. His improvement on the court throughout the year helped the varsity boys finish the season on a 6-1 run. He is the type of player anyone would want on their team

Raihanne Ellis - Grade 11 Varsity Girls Volleyball

Raihanne has displayed her impressive leadership qualities by constantly supporting her teammates on and off the court. She shows up every day with a positive attitude that rubs off on her teammates. She is always ready to practice to the best of her abilities and make herself and her team better.

Deluca Klatt - Grade 10 Junior Varsity Girls Volleyball

Deluca helped lead the Titans to a KPAC League Championship and a semi final finish in the Provincials. She leads by example with her consistent play on the court and is always looking for ways to make the team better. Her controlled aggression on offense constantly makes her a threat to score points for our team and her attention to detail has made her a major force on defense.

Dalton Reidke - Grade 10 Junior Varsity Boys Volleyball

Dalton has been an impressive leader, not only this month, but the whole season. He has lead by example during practice by being one of the hardest workers and always arriving on time. Dalton has drastically improved his setting accuracy over the year by always expecting the most out of himself. His consistency in setting has helped the attackers on the team improve, which in turn has helped his team improve as a whole.

Sebastian Naungayan - Grade 12 Varsity Boys Volleyball

Sebastian has been a spark plug for the varsity boys this month-bringing energy on and off the court in both practices and games. He uses his voice as a court leader and is constantly there to bring other players up if they're in a rut. Sebastian has become a go-to player when the team is looking for some offense, and has become much better at making decisions when blocking. His energy and defensive tenacity will be important as the varsity boys look ahead to the playoffs.



Titan Sports Report - continued

Braeden Chiborak - Grade 12 Varsity Volleyball

On the volleyball court, Braeden can usually score at will. Whether he's picking apart open spots on the court, hitting high off of blocks, or just plain hitting the ball as hard as he can --

Braeden is a force whether he is in the front row or back row. He punishes service targets and plays great defence, but the most impressive thing Braeden has done this year is lead. This 4th year TITAN has been an excellent captain and leads by example on and off the court.

Kaylyn Davis - Grade 12 Varsity Volleyball

Kaylyn actively displays leadership skills on the volleyball court. As the assistant captain on the team, she always encourages her teammates and maintains a positive attitude both on and off the court. In a recent tournament, she even stepped in to set for her team, and made an extraordinary effort to provide accurate sets for multiple positions, which allowed the team to increase the intensity of their offensive plays. Kaylyn actively seeks out feedback on her skills so she can continue to improve as a player. Kaylyn is a true TITAN and a player her teammates can look up to.

EJ Rivera - Grade 10 Junior Varsity Volleyball

EJ has displayed an outstanding work ethic to begin the season which has led him to improve his skills and become an important leader to the JV Boys Volleyball Team. EJ has been extremely coachable which has propelled him to become a go attacker for the team and as well one of their best passers. EJ has been an excellent player and teammate for the Titans.

Jessica Pretula - Grade 10 Junior Varsity Girls Volleyball

Jessica is a multi-faceted player who contributes with her commitment, intensity, athleticism and energy on the court. Jessica faced a challenging injury to start the season and she has been able to battle through it becoming one of the team's best blockers and servers. As the team enters playoffs, Jessica will definitely play a key role in the Titan's success.

Lexie Desjarlais - Grade 10 Junior Varsity Volleyball

Lexie has become a go to player for the JV Girls volleyball team. She has flourished in a dual role playing as a right side and a setter.

Lexie has an incredible work ethic and is a very coachable player. She is very skilled at adapting to any situation and is a great teammate.

For the most up to date information regarding our Athletic Program including a calendar of events and announcements please go to the [Transcona Collegiate Athletic Website](#).

Cross Country



Cross Country

Our cross country team participated in a series of meets within the Kilcona Peguis Athletic Conference. Our runners raced at Kildonan Park, Kilcona Park and Birds Hill Park.

Mr. Korkosh is looking forward to coaching all of our returning runners in the years to come.

Cross Country Team: Hayden Mahi, Tyra Dunits, Cassie Friesen, Ema Moar, Vadym Khlebnykov Terik Kozakowski, Thomas Hepworth **Coach:** Mr. Korkosh

Transcona Collegiate would like to give a big thank you to the following organizations who have contributed gift cards to support our lunch program initiative.

Safeway – Kildare Avenue East

Giant Tiger – Regent Avenue West





**KEEP
CALM
AND
PASS YOUR
EXAMS**

How to Ace your Exams!

START EARLY!

These are the top ten things that you need to know to ace exams!

- 1) **Give yourself plenty of time.** Cramming doesn't work. It just doesn't. When you start to study weeks ahead, you have plenty of time to read everything. It also gives you time to ask questions about anything you don't fully understand.
- 2) **Use an Agenda.** Write your study time in your agenda, even if it's only 20 minutes a night. An agenda is one of the best organizational tools you have to help you prepare for your exams.
- 3) **Set up a study stadium.** Okay, it doesn't have to be an actual stadium—just an area where you can leave your notes, your pencils, and your dictionary. A place where you are comfortable and where there is little distraction—that means no TV or blaring music!
- 4) **Look at the big picture.** How many pages in total do you have to study? How much time? If you have 50 pages to cover in 10 weeks, then that is only 1 page a night on weekdays, with weekends off. That's not so bad! You can even write down what pages to study on what night.
- 5) **Study a little bit every night.** When you start early enough you can easily avoid the stress and anxiety of pulling an all-nighter. And, you can move at a steadier pace—20 minutes a night is easier to handle than 7 hours the night before. By the week before the exam you'll have read everything at least once and you'll be prepared!
- 6) **Make your own notes.** Look at the chapter or unit or section. What are the titles, heading and subheadings? Are there any bolded words? Write these down. These are key words, and they are great indicators to help you know what the material is about.
- 7) **Put it in your own words.** This is known as paraphrasing and it's a great technique to help you really understand the material. Memorization and rote repetition? That's for robots! You need to understand the material to succeed!
- 8) **Cover, recite and check.** But how do you paraphrase? It's as easy as reading over a page, a paragraph, or a sentence, then covering it up, and saying it back in your own words!
- 9) **Don't study the stuff you know well.** Start with the most challenging sections and move on from there. There is no point studying material that you are confident you know. A quick review to make sure you remember everything is enough.
- 10) **Make classroom time active learning time.** The best study tip is one that doesn't even involve studying, but happens way before studying—in the classroom. The secret to easy studying is to be an active learner in the classroom. Raise your hand. Ask questions. Participate in discussions. Don't just sit and wait for the teacher