

# Athletics at King's-Edgehill School

## A Photojournal



King's-Edgehill School



King's-Edgehill School

# Athletics Overview

Success in school isn't just about cultivating the mind - it's also about cultivating the body and spirit through fun physical activity.

Sports are an integral part of life at our school because they help build healthy habits, teamwork, skills, discipline, mental acuity and self-confidence for life. Athletics are a fundamental part of our curriculum for students of all ages, and are scheduled almost every afternoon.





















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# Sports and Activities Offered

We offer a wide array of sports and fitness opportunities throughout the year. While some sports are offered throughout the year (i.e. fitness), students change their athletic selection each term.

Students can choose to participate in a sport recreationally or competitively, encouraging all students to participate and discover new sports while still challenging students with advanced skills.

FALL SPORTS 	WINTER SPORTS 	SPRING SPORTS 
 Boys' Prep Hockey	 Basketball	 Badminton
 Cross Country Running	 Biathlon	 Outdoor Pursuits
 Equestrian	 Boys' Prep Hockey	 Equestrian
 Fitness	 Fitness	 Fitness
 Girls' Prep Hockey	 Girls' Prep Hockey	 Golf
 Soccer	 Skiing	 Rugby
 Swimming	 Snowboarding	 Swimming
 Tennis	 Swimming	 Track & Field
 Sr. Girls Varsity Volleyball	 Wrestling	 Yoga
 Yoga	 Curling	 Table Tennis
 Cycling	 Girls' Prep Basketball	 Ultimate Frisbee
 Dance	 Dance	 Dance
 High Performance Training	 High Performance Training	 High Performance Training
 Prep Sr. Girls' Basketball	 Prep Sr. Girls' Basketball	
	 Cadets	

Note: this is a typical sports line up, the offering does change year to year based on student interest.



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# Cross Country Running

Coach: Phillip Hadley  
Assistant Coach: Broderick Robinson  
Open to: Junior and Senior  
School students



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# Fitness

Coach: Jason Verryn-Stuart (Seniors)  
Taya Shields (Juniors)

Assistant Coach: Rev. David Curry

Open to: Junior and Senior  
School students

Fitness is offered in all three terms.



Strength & Conditioning/Mentor coach:  
Shauna Forsyth (Seniors)



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# Equestrian

Coach: Sally Wride  
Keith Hynes

Open to: Junior and Senior  
School students

The equestrian program is offered in  
fall and spring.



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# Soccer

## Boys Division I Soccer

Mentor Coach: Graham Chandler

## Girls Division II Soccer

Head Coach: Graham Chandler

Assistant Coach: Mary Ann Dufour

## Junior Boys A Soccer

Head Coach: Eric Kershaw

Mentor Coach: Graham Chandler

## Junior Boys B Soccer

Head Coach: Paul Hollett

Mentor Coach: Graham Chandler

Coach: Eric Kershaw

Coach: Kevin Lakes

## Junior Girls Soccer

Head Coach: Monica Schafer

Assistant Coach: Michael Cecchetto

Mentor Coach: Graham Chandler



## Junior Girls Soccer

Head Coach: Monica Schafer

Assistant Coach: Michael Cecchetto

Mentor Coach: Graham Chandler



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# Swimming

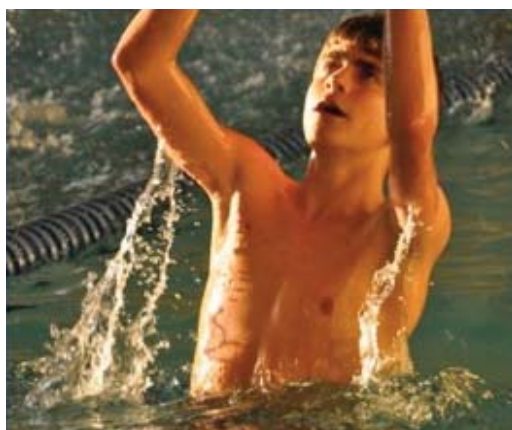
Coach: Kevin Lakes

Assistant Coach: Angie Folker

Assistant Coach: John Kennedy

Open to: Junior and Senior  
School Students

Swimming is offered in all three terms.



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# Team or Individual

Some students thrive as part of a team, while others prefer to compete individually to improve their personal bests. We value both types of competition, and we encourage our students to challenge themselves, try new activities, and experience all the great benefits that come from physical activity



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# Tennis

Coach: Patrick LePoidevin  
(Juniors)  
Jeff Smith  
DJ deCoste (Seniors)

Assistant Coach: Natalie Hardy  
Open to: Junior and Senior  
School Students



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# Volleyball

Coach: Karlee Sinclair  
Assistant Coach: Janice Kleiner  
Assistant Coach: Matthew Trace

## Senior Girls Varsity

Coach: Karlee Sinclair  
Assistant Coach: Natalie Hardy  
Assistant Coach: Matthew Trace

## Senior Boys Recreational

Assistant Coach: Matthew Trace

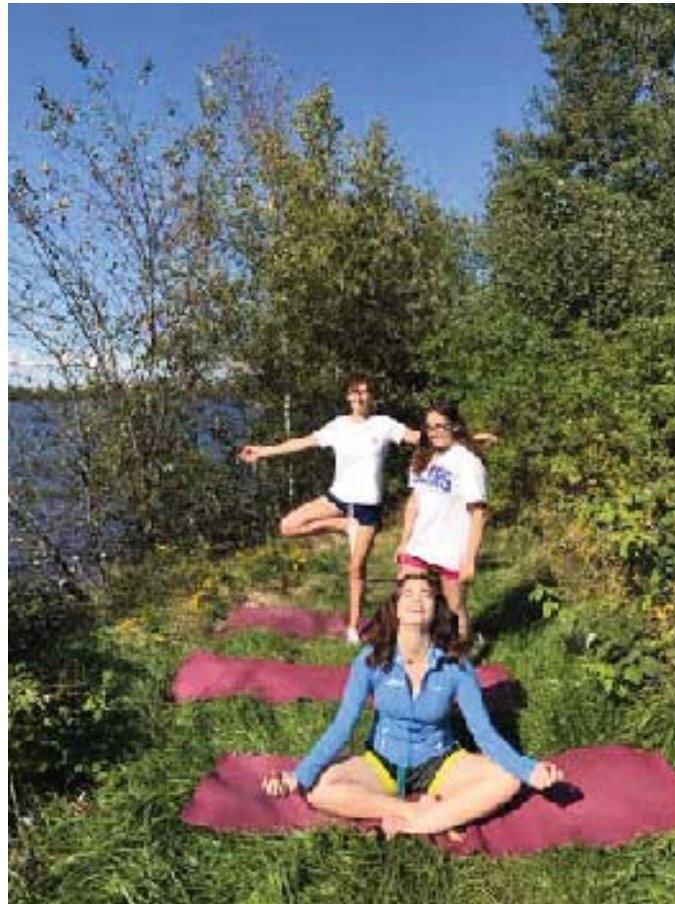


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# Yoga

Coach: Jenna Pennington  
Aynsley Sasaki

Open to: Junior and Senior  
School Students



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# Basketball

## Boys' Division II Basketball

Head Coach: Derek Bouwman  
Assistant Coach: Glen Faucher  
Trainer: Susan Cole  
Trainer: Jennie Weisner

## Senior Boys' Junior Varsity (JV) basketball

## Girls' Division II Basketball

Head Coach: Heather Strickey  
Assistant Coach: Susanne Bouwman  
Assistant Coach: Morgaine Sullivan  
Trainer: Susan Cole  
Trainer: Jennie Weisner



## Junior Boys' Basketball

Head Coach: Kevin Lakes  
Assistant Coach: Rev. David Curry  
Trainer: Susan Cole

## Junior Girls' Basketball

Assistant Coach: Jenn Shaw  
Head Coach: Rory Campbell  
Trainer: Susan Cole

## Prep Sr. Girls' Basketball

Coach: Marc French  
Assistant Coach: Meghan Keoughan



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# Biathlon

Head Coach: MacKenzie Seagram  
Coach: Major Keith Hynes  
Open to: Junior and Senior  
School Students



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# Curling!

Coach: Patrick LePoidevin



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# Hockey

## Boys' Prep Hockey

Coach: Ryan Hillyard

## Developmental Hockey

Associate Coach: Matthew Tracy

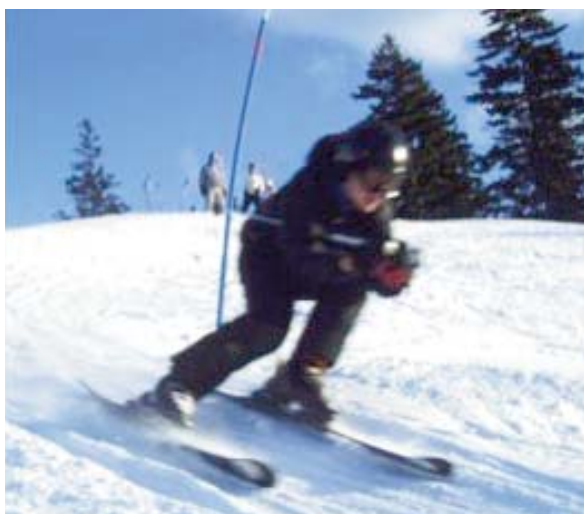
Coach: Pat LePoidevin



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# Skiing

Coach: Mary Ann Dufour  
Associate Coach: Phillip Hadley  
Assistant Coach : Jeff Smith  
Open to: Junior and Senior  
School Students



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# Snowboarding

Coach: Sven Dietrich  
Coach: Jeff Smith  
Mentor Coach: Mary Ann Dufour  
Assistant Coach: Nicholas Robichaud  
Trainer: Phillip Hadley  
Open to: Junior and Senior  
School Students



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# Wrestling

Coach: Kim Walsh  
Coach: Jason Velyn-Stuart  
Associate Coach:  
Open to: Junior and Senior  
School Students



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# Badminton

Coach: Alan Dick (Seniors)  
Paul Holett (Juniors)  
Assistant Coach: Janice Kleiner  
Assistant Coach: Allyssa Murphy  
Open to: Junior and Senior  
School Students



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# Outdoor Pursuits

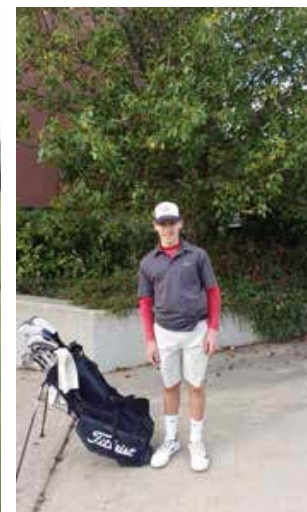
Coach: Chris MacLean  
Assistant Coach: Eric ???  
(Seniors)  
Assistant Coach: Monica Schafer  
(Juniors)  
Open to: Junior and Senior  
School Students



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# Golf

Coach: Glen Faucher  
Assistant Coach: Kim Walsh  
Open to: Junior and Senior  
School Students



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# Rugby

## Junior Rugby

Associate Coach: Monica Schafer

## Boys

Coach: Jason Verryn-Stuart

Associate Coach: Joe Seagram

Assistant Coach: David Foley

## Girls

Head Coach: Rory Campbell

Assistant Coach: Natalie Hardy

Assistant Coach: Kiaya Bell

## Senior Girls

Coach: Natalie Hardy

Assistant Coach: David Foley



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# Track and Field

Coach: Phillip Hadley  
Susanne Bouwman

Assistant Coach: Marc French  
Broderick Robinson  
Jeff Smith  
Mark Walker

Open to: Junior and Senior  
School Students



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# Cycling

Coach: Chris MacLean  
Assistant Coach: Cynthia Velyn-Stuart  
Kim Walsh  
Open to: Junior and Senior  
School Students



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# Dance

Coach: Stephanie Cummings

Open to: Junior and Senior School students



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# Ultimate Frisbee

**Coach:** Eric Kershaw  
**Associate Coach:** Monica Schafer  
**Open to:** Junior and Senior  
School Students



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# Senior Girls' Softball

Coach: Karlee Sinclair  
Assistant Coach: Hannah Sinclair



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# Table Tennis

Coach: DJ DeCoste  
Associate Coach: Mark Walker



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Head Boys Soccer Coach, David Foley, runs the High Performance programme. David hails from Westport, Ireland where he spent his whole life playing varying sports and competitive levels. David holds a Bachelors Degree in Sports Science and in Sport and Adventure Management. David also has gained qualifications in S.A.Q. as well as the FA's Level's 1 and 2 coaching badges.



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The evening sessions are sport specific. Many of the athletes taking part are in the same sport, and group sessions for a certain sport will happen at least once a week. The other evenings, the athletes have sport specific gym plans to work on.

As part of the High Performance Programme we have Shauna Forsyth available for students who want to work with her. She is also responsible for the year-round program design of both the male and female hockey teams. Her services are available, for a fee, in addition to the High Performance Programme and compliment what the programme offers athletes.



# Plan Your Visit.

[info.kes.ns.ca/planavisit](http://info.kes.ns.ca/planavisit)

We've watched every one of our students find a sport that excites and challenges him or her. And we've seen the wonderful people they become, with Athletics as an important part of their development.

Of course, the best way to experience King's-Edgehill School, our facilities, our character, and all our offerings is in person. We'd love to meet your family and show you around!



## King's-Edgehill School

33 King's-Edgehill Lane, Windsor Nova Scotia BoN 2To • [info.kes.ns.ca/planavisit](http://info.kes.ns.ca/planavisit)