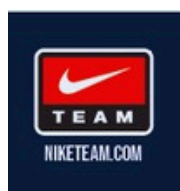


GO GRIFFINS



EMHS ATHLETICS 25/26

COMMUNITY AND CULTURE

At Ernest Manning High School, our athletics program revolves around community and culture. We aim to create an environment where student-athletes are supported by coaches, teachers, teammates, and peers, helping them excel in their sport, academics, and the broader school community.

Over the past two years, we've ended our athletics season by asking our senior student-athletes what it means to be a Griffin. Their responses included: "to not be afraid to fail," "to take chances," "never giving up," "embodying leadership, sportsmanship, and teamwork," "pushing yourself to new limits," "being part of a community that pushes you to work hard," "being a positive influence," and "striving for excellence." These principles define the Ernest Manning Athletics Culture.

At Ernest Manning, we have approximately 500 student-athletes. We encourage all students to take an active role in EM Athletics, whether that be trying out for one of our competitive teams, joining a non-cut team, or attending games to support our Griffins. We want YOU involved in Griffin Athletics.

Most of our teams are led by in-school coaches who not only demonstrate knowledge of the sport but also serve as role models for our students. These coaches play a crucial role in shaping the character and skills of our athletes, ensuring they reach their potential within their sport and the classroom.

Our first meeting for the 2025/26 Athletic Calendar will be at our Fall Sports Fair on **Tuesday, September 2nd**. At this fair, students can find more information about the fall sports we offer and have an opportunity to meet our coaches.

Griffin Athletics offers something for every student! I look forward to meeting our new Griffins and seeing what they bring to our athletics program, as well as watching our returning Griffins continue to push the culture forward.

Go Griffins!

Mike Klukas
Athletic Director

August

21 Football SR/JR
Training Camp

27 Senior Boys/Girls
Volleyball Tryouts

28 Senior Girls Soccer
Tryouts

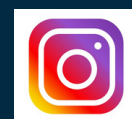


Fall Sports

- Football
- Volleyball
- Golf
- Cross Country
- Girls Soccer
- Swimming

Follow us on Instagram!

@emhs.athletics @emhs_cbe



GO GRIFFINS

FOOTBALL

Ernest Manning boasts highly competitive Senior and Junior football teams. Both teams compete in Division One, with the Senior team playing in the Alberta Tier 1 provincial division. The Senior Football team has seen great success in recent years, winning the Division 1 city championship in 2022 and 2023, and finishing as a finalist in 2024. In 2023, Ernest Manning captured the Tier 1 Brian Fryer Provincial Championship for the first time in school history.

Over the past two seasons, 21 Griffin student-athletes have committed to playing football at the U Sports or Junior level. Leading our Senior Coaching Staff for his third year is the 2023–2024 Football Alberta Coach of the Year, Garth Melrose. Coach Melrose's staff brings a wealth of experience, including four former CFL athletes and multiple coaches with coaching or playing experience at Team Alberta, the CJFL, and U Sports football programs.

Coach Rondeau will begin his first year as the head coach of our Junior Football team. A former U Sports athlete at St. Francis Xavier University, Coach Rondeau has previously coached both Junior and Senior football at Ernest Manning and has also served as the head coach of the Senior Boys Basketball program. He will be supported by a dedicated and highly experienced coaching staff committed to developing our student-athletes both on and off the field. Like the Senior team, the Junior team has enjoyed significant success in recent years, capturing the Division 1 city championship in 2019, 2021, and 2024, when they overcame a 29–7 fourth-quarter deficit to win 39–32 in overtime.

Safety is and always will be our top priority. To support this, we have Certified Athletic Therapists at all practices and games, and all players complete baseline concussion assessments (SCATs) with Certified Athletic Therapists at the start of each season. Additionally, we adhere to a limited contact coaching philosophy in practice, and all of our coaches are Safe-Contact Certified through Football Canada. Our helmets meet or exceed all safety standards. Football is a program where we seek to develop our school's best athletes, and there is a position for all body types, experience levels, and abilities. Our focus is on developing skills, athletic abilities, and personal qualities that can be transferred to other sports and used to achieve many life goals. Many of our players are trying football for the first time each year, so students should not be afraid to come tryout for football at any age or grade level.

FOOTBALL TRAINING CAMP BEGINS THURSDAY, AUGUST 21st, FOR SENIORS AND JUNIORS

For more information on EMHS Football or to join our mailing list, please contact:

Senior Head Coach - Garth Melrose (gcmelrose@cbe.ab.ca)

Junior Head Coach - Jeff Rondeau (jbrondeau@cbe.ab.ca)



Follow us on Instagram!

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GO GRIFFINS

VOLLEYBALL

Ernest Manning High School's Girls & Boys Junior and Senior Volleyball teams are renowned for their competitive spirit and sportsmanship within the city of Calgary. All Ernest Manning Volleyball teams are set to compete at the Division 1 level for the 2025 fall season.

The coaching staff at EMHS is known for its collaboration and extensive experience in both coaching and playing volleyball. Their dedication brings out the best in our athletes and plays a key role in the continued success of the program. Many Griffin Volleyball players go on to compete at the post-secondary level, including 2019 graduate Chris Bryant, who recently won the 2025 U Sports National Championship with Brandon University, and 2024 graduate Jonas Kleiner, who is now playing at UBC Okanagan.

The volleyball program at EMHS offers a rewarding experience for both Junior and Senior athletes. Senior teams often travel to out-of-town tournaments, broadening their competitive exposure, while Junior teams compete locally within the Calgary area. Both Senior teams also participate in the prestigious Griffin Invitational, hosted annually at Ernest Manning. The program emphasizes not only competition but also a supportive team environment that fosters personal growth, camaraderie, and school spirit among its members.

Ernest Manning High School is proud to partner with Hudl. Our Hudl camera allows us to film and livestream volleyball games, support student-athlete recruitment through access to game footage, and serve as a valuable coaching tool for skill development and team analysis.

Senior Boys' and Girls' Volleyball tryouts will begin on Wednesday, August 27th at 1:30 PM. These tryouts are open to Grade 11 and 12 student-athletes only. Grade 10 students who wish to try out for the Senior team must request special permission from the coaching staff in advance.

Junior Boys' and Girls' volleyball tryouts will begin on Wednesday, September 3rd. More information will be provided at the athletics fair.

For more information on EMHS Volleyball please contact:

Senior Boys Head Coach - Diandra Bridges (dlbridges@cbe.ab.ca)

Senior Girls Head Coach - Rachel Sorley (rasorley@cbe.ab.ca)

Junior Boys Head Coach - Trevor Goudreau (tpgoudreau@cbe.ab.ca)

Junior Girls Head Coach - Jennifer Biglin (jebiglin@cbe.ab.ca)



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GO GRIFFINS

GOLF

The Ernest Manning golf program enters its third year this season. Last year, the team built on the momentum of its inaugural season by capturing a Boys Zone Championship banner. The program also celebrated two graduates moving on to compete at the NCAA level: Jared Code at Illinois Wesleyan University and Luke Wennberg at Wheeling University. The team looks forward to another fantastic season ahead!

Tryout dates, as well as tournaments dates will be announced at our Fall Athletics Fair (September 2nd).

For more information on EMHS Golf please contact:

Head Coach - Taylor Slaght (twslaght@cbe.ab.ca)



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GO GRIFFINS

GIRLS SOCCER

Calling all grade 10–12 female student-athletes! The Ernest Manning Senior Girls Soccer Team is gearing up for another exciting season of skill, teamwork, and competitive spirit.

After an incredible run last year finishing in a penalty shootout, the Girls Soccer program proudly brought home the Division 2 City Championship! The team will carry this momentum into the 2025 season moving up into Division 1.

The coaching staff at EMHS Girls Soccer is known for their strong collaboration and wealth of experience, both as coaches and former players. Their commitment to athlete development helps foster a positive, competitive environment where players can thrive both on and off the field.

Thanks to this dedication, many Griffin Soccer athletes have gone on to play at the post-secondary level. Notable alumni include Brooke Burrows, who committed to UBCO, and Macy Schmaltz, who continued her soccer journey at Medicine Hat College.

Whether you're a returning player or new to the program, tryouts will be held on August 28, and all eligible student-athletes are encouraged to come out and showcase their skills. This is a fantastic opportunity to join a dynamic and supportive team while representing Ernest Manning with pride.

Coaches:

Simon Schofield (ssschofield@cbe.ab.ca)

Michelle Roussy (mlroussy@cbe.ab.ca)

Alana Adams (agadams@cbe.ab.ca)



Follow us on Instagram!

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GO GRIFFINS

SWIMMING

Ernest Manning's swim team is a non-cut team, meaning that swimmers of all abilities can join and compete! The team practices three times a week in the morning throughout the fall. With multiple events and categories, there is something for everyone! The swim team provides a fantastic community for student-athletes to meet others and have fun. The season culminates in a meet at the MNP Centre, one of the most exciting athletic events of the entire school year!

Coaches Omnia Anderson and Sydney Talbot cultivate a fun, competitive and energetic atmosphere where students can improve their swim skills and feel part of a team.

More information about Swim practices will be given at our Fall Athletics Fair on September 2nd.

For more information about Swim please contact:

Coach Omnia Anderson (oanderson@cbe.ab.ca)

Coach Sydney Talbot (sythalbot@cbe.ab.ca)



Follow us on Instagram!

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GO GRIFFINS

CROSS COUNTRY

Ernest Manning's Cross Country team is a non-cut program that welcomes runners of all abilities to join and compete! The team participates in three meets throughout the city, leading up to the City Championships and Provincials.

Highlights from last season included a second-place finish by our Senior Girls at the City Championship and seven athletes qualifying for Provincials.

Head Coach Brett Madill oversees the cross country team and is also involved in track and field coaching, allowing him to support runners development year-round. Cross country offers an excellent opportunity to compete, stay active outdoors, cross-train for other sports, and connect with a diverse group of student-athletes.

More information about Cross Country practices will be given at our Fall Athletics Fair on September 2nd !

For more information about Cross Country please contact:

Head Coach - Brett Madill (bdmadill@cbe.ab.ca)



Follow us on Instagram!

@emhs.athletics @emhscbe



GO GRIFFINS

Athletics Available at Ernest Manning High School

Fall Sports	Winter Sports	Spring Sports
<ul style="list-style-type: none">• Football• Volleyball• Golf• Girls Soccer• Cross Country• Swimming	<ul style="list-style-type: none">• Wrestling• Basketball	<ul style="list-style-type: none">• Badminton• Rugby• Handball• Track & Field (including Pole Vault this year!)• Boys Soccer• Field Hockey• Girls Flag Football

It's going to be a fantastic year for Ernest Manning Athletics!

We look forward to seeing all students at our Fall Sports Fair on Tuesday, September 2nd. Please follow our Instagram **@emhs.athletics** for updates on our sports teams.

If you have any questions, please feel free to contact me at
miklukas@cbe.ab.ca.

Go Griffins!