

A MESSAGE FROM THE PRINCIPAL

Dear Parents and Student Athletes,

The basketball season is upon us and you have been chosen to represent the Quebec High School Blazers. QHS has a solid reputation of competitive teams, respectful coaches and athletes. We know that is a major commitment to play basketball and it is a long season. It's not just about playing time or wins and losses. Yes, we start every season wanting to take home the banner and every game wanting the win, but we also believe in the importance of sportsmanship, encouraging your teammates, practicing hard and challenging your teammates to improve. We ask that you commit to practices twice a week and to attend every game. It is vital to remember that you represent our school and all the student athletes that came before you and those that will follow.

To the parents, thank you for supporting your kids, our teams and our school community. We know that you have busy schedules, however it is your responsibility to make the necessary arrangements to have your child transported to and from games. It is not realistic to have coaches organize rides for our players.

Finally, to coaches, players and parents, we expect everyone to work their hardest, commit to the team, and always be respectful of your teammates, the opposition and the referees.

Good luck and hope to see you at the games.

Yours,

Mr. Thomson

Principal, Coach and biggest fan.

A MESSAGE FROM THE ATHLETIC DIRECTOR

It's my 29th year at "The High School" and sure enough, the first frosts and snowflakes are here, signalling, at least for me, the start to another Quebec High basketball season. With that, comes the pleasant prospect of a "full house" at the High School Gym, more affectionately known as "The Pit". What can we say about "The Pit"?

On Friday nights, with a double or triple-header on the schedule, the stage and balcony are teeming with players, ex-players, ex students, parents, grandparents and student supporters with faces painted blue and gold and with horns in hand. On the stage, the smell of poutine, fries, chicken strips, and Subway sandwiches abound.

The atmosphere is simply electric! The cheering can even be heard by passersby as they walk along Pere Marquette! In fact, one of the leading referees in the province gave us a huge compliment last season, when he said, "I love coming to ref here, there's no other atmosphere like it!" That is why I asked Mr. Buyck to take a photo of "The Pit" to use as the cover of this season's schedule.

There's a heck of a lot of history and tradition here! Look at it's walls.....look at all the banners won and it will tell you we've more than held our own over the years. There are Tournament, League and Regional banners as well as a Provincial banner that we won nearly 10 years ago. We win a heck of a lot more games here than we lose! In fact, our provincial winning team never lost at "The Pit" in their 5 years together.

Having coached in many gyms all over the province, I can honestly say that "The Pit", though one of the smallest floors around, certainly has the "truest" floor. There are no dead spots! Visiting teams don't like it here. Their players continually step out of bounds on the sideline while being pressured and bullied by our "Blue Press". There's no where to go! They know it, and you can certainly hear them complain about it!

Over the years I'd like a dollar for every time I heard, "Ahh! Cette gymnase!" from an opposing coach, player or parent as they walk out of "The Pit" in disgust. So, the Quebec High basketball season is not just an opportunity for players to play and represent the school, it's an opportunity for students to come out and support the teams, to help minor officiate and get involved. Most importantly, it's an opportunity for us to show other schools, what our school is all about.

I ask you to show our competitive spirit, but at the same time show some class. Respect the game, the players, the coaches, the parents and of course the referees. Humility and sportsmanship are **very important** qualities we embrace!

I hope to see you at "The Pit" this season.

Danny Weston
Athletic Director

BANTAM GIRLS (D3 Level 2 B)

Nov 24th-25th

“Classique des Athletiques” Tournament at Ancienne Lorette

Wednesday, Dec 5 th	vs St Charles Garnier	@ QHS	7:45PM
Tuesday, Dec 18 th	vs Mont St Sacrement	@ QHS	7:45PM
Wednesday, Dec 19 th	@ Juvenat Notre Dame		8:15PM
Friday, Jan 18 th	@ Neufchatel		7:45PM
Tuesday, Jan 22 nd	vs Academie St Louis	@ QHS	7:45PM
Friday, Feb 8 th	@ Roger Comtois		6:15PM
Thursday, Feb 21 st	@ Mont St Sacrement		7:00PM
Friday, Feb 22 nd	@ Rochebelle		5:45PM
Wednesday, Feb 27 th	vs Roger Comtois	@ QHS	7:45PM
Friday, March 15 th	vs Donnacona	@ QHS	5:30PM
Monday, April 1 st	Quarter Final Playoff Game @ Mont St Sacrement		7:30PM

REGIONALS APRIL 13th -14th

Emilie LeBarbenchon	#5
Chelsea Melodie Savoie	#6
Kelcie Fequet	#8
Kelly Ann Robillard	#9
Mathilde Bouchard	#10
Marissa Boutin	#11
Clara Gilbert	#14
Chloe Lapierre	#15
Rachel Gagnon	#22
Melina Albert	#55

Coach: Mr. Weston

westond@cqsbc.gc.ca

JUNIOR GIRLS (D3 Level 2 B)

Tuesday, Nov 20 th	@ College de Champigny	8:00PM
Monday, Nov 26 th	@ Louis Jobin	7:00PM
Thursday, Nov 29 th	vs Tilbury HS Ontario @ QHS	8:30PM
Monday, Dec 3 rd	@ Poly Charlesbourg	6:30PM

December 8-9

Les Estacades Tournament in Three Rivers

Thursday, Jan 17 th	vs St Jean Eudes @ QHS	7:45PM
Monday, Jan 21 st	vs Marcelle Mallette @ QHS	7:45PM
Wednesday, Feb 6 th	@ St Jean Eudes	7:00PM

February 16th-18th

Ancienne Lorette Tournament

Monday, Feb 18 th	vs Beaurivage @ QHS	7:45PM
Tuesday, Feb 26 th	@ St Charles Garnier	7:00PM

Friday, March 1st "Dunn" English School Schools Tournament, Alexander Galt HS Lennoxville

Monday, March 18 th	vs Pointe Levy @ QHS	7:45PM
Monday, March 25 th	vs Poly Charlesbourg @ QHS	7:45PM

REGIONALS APRIL 6TH-7TH

Didi Luis Laverture	#4	Jaymie Bisson	#22
Christine Baker	#5		
Abigail Pilote	#6		
Emmanuel Tregan	#7		
Sarah Lavallee	#8		
Shelby Meehan	#9		
Anna Levesque	#10		
Catherine Vallee	#11		
Aurelie Aziz	#12		

Coach: Mr. Buteau

james.buteau@investia.ca

SENIOR GIRLS (D3 Level 1)

Wednesday, Nov 28 th	@ Seminaire des Peres Maristes	8:15PM
Thursday, Nov 29 th	vs Tilbury HS Ontario @ QHS	5:30PM
Tuesday, Dec 4 th	vs Rochebelle @ QHS	7:45PM

December 8th-9th Tournament at "Les Estacades" in Three Rivers

Monday, Dec 17 th	vs Academie St Louis @ QHS	6:00PM
Friday, Jan 11 th	@ St Patrick's High School	7:00PM
Wednesday, Jan 16 th	@ Les Etchemins	5:30PM
Wednesday, Jan 23 rd	@ Rochebelle	6:30PM
Friday, January 25 th	@ St Jean Eudes	6:00PM
Tuesday, Feb 12 th	vs Les Etchemins @ QHS	7:45PM

Feb 15th – 17th Anderson Bailly Small Schools Tournament, Stanstead College

Wednesday, Feb 20 th	vs St Jean Eudes @ QHS	7:45PM
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Feb 28th-March 1st Visser Macleod English Schools Provincial Tournament, Massey Vanier HS

Wednesday, March 13 th	vs Seminaire des Peres Maristes @ QHS	7:45PM
Friday, March 15 th	@ Academie St Louis	8:15PM
Friday March 22 nd	vs St Patrick's High School @ QHS	7:00PM

REGIONALS APRIL 6TH-7TH

Leah Gagnon	#4	Mia Tenasco	#15
Melissa Hartley	#7	Kelly Eden	#44
Marylou Larose	#8	Stephanie Frechette	#55
Josephine Dammers	#9		
Romy Vasilakos	#10		
Cloe Guillemette	#11		
Dominique Baker	#12		
Mina Remillard	#13		
Millie Sweeney	#14	Coach: Mr. Thomson	thomsonw@cgsb.qc.ca

BANTAM BOYS #1 (D3 Level 2)

Monday, Nov 19th	vs Juvenat Notre Dame	@ QHS	7:45PM
Thursday, Nov 29 th	@ St Jean Eudes		6:00PM
Monday, Dec 10 th	vs Seminaire St Francois	@ QHS	7:45PM
Monday, Dec 17 th	vs Mont Saint Sacrement	@ QHS	7:30PM
Friday, Jan 11 th	@ Donnacona		6:00PM
Wednesday, Jan 16 th	@ St Patrick's High School		7:00PM
Saturday, Feb 23 rd	@ Poly La Pocatiere		11:00AM
Tuesday, Feb 26 th	vs Poly Ancienne Lorette	@ QHS	7:45PM
Monday, March 18 TH	@ College de Levis		6:30PM
Tuesday, March 19 th	vs Rochebelle	@ QHS	7:45PM

REGIONALS APRIL 13th -14th

Mikael Tremblay Gordon	#4
Mathieu Giroux	#5
Antoine Lockhart	#7
Samuel Leclerc	#8
Justin Philip	#10
Antoine Belanger	#11
Alexis Lemay	#12
Alexis Ouellet	#15
Tommy Nadeau	#22

Coach: Mr. Chan chand@cqsbc.qc.ca

BANTAM BOYS #2 (D3 Level 3 Red A)

Wednesday, Nov 21st	@ Les Sentiers	6:30PM
Wednesday, Nov 28 th	vs Poly Charlesbourg @QHS	7:45PM
Thursday, Dec 6 th	vs Louis Jobin @ QHS	7:45PM
Wednesday, Dec 12 th	@ Neufchatel	6:15PM
Thursday, Dec 20 th	@ Seminaire St Francois	7:30PM
Friday, Jan 11 th	vs Seminaire St Francois @ QHS	5:30PM
Wednesday, Feb 6 th	@ Courvillose	6:30PM
Thursday, Feb 14 th	@ Louis Jobin	7:00PM
Friday, March 15 th	vs Neufchatel @QHS	7:00PM
Wednesday, March 27 th	vs Mont Saint Sacrement @ QHS	7:45PM

REGIONALS APRIL 13th -14th

Vincent St Laurent	#4
Alexander Dion	#5
Adam Auger	#6
Antoine Cote	#8
Jacob Lacombe	#9
Daniel Boden	#10
Jeremie Bernatchez	#11
Dalio Lemieux	#12
Olivier Black	#13
Justin Dion	#14
Leandre Poulin	#55

Coach: Mr. Grant

grantd@cqsbc.gc.ca

SENIOR BOYS #2 (D3 Level 4)

Friday, Nov 23 rd	vs College de Levis	@ QHS	7:00PM
Thursday Nov 29 th	vs Tilbury HS Ontario	@ QHS	7:00PM
Tuesday, Dec 18 th	vs Francois Bourrin	@QHS	6:15PM
Tuesday, Jan 22 nd	@ AS Johnson High School		7:30PM
Thursday, Feb 14 th	@ Louis Jobin		8:30PM
Monday, Feb 18 th	@ Le Seigneurie		7:15PM
Tuesday, Feb 19 th	vs College des Compagnons	@ QHS	7:45PM
Friday, Feb 22 nd	vs Courvillose	@QHS	8:30PM
Tuesday, March 12 th	@ Poly Ancienne Lorette		6:45PM
Friday, March 22 nd	vs Seminaire des Peres Maristes	@ QHS	5:30PM
Thursday, March 28 th	vs St Marc des Carrieres	@ QHS	7:45PM

REGIONALS APRIL 13th -14th

Alexis Desrosiers	#4
Olivier Royer	#5
Bradley Sheridan	#6
Fred Dion	#7
William Gosselin Thiboutot	#8
Wilson McBain	#9
Derek Laforest	#10
Trevor Theriault	#14
Mathieu Bussieres	#22
Christophe Lemieux	#44
Ian Craig	#55

Coaches: Scott Mc Bain

scott.mcbain@ver-mac.com

Denis Kismic

SENIOR BOYS #1 (D3 Level 1 Gold A)

November 17th-18th

Les Asteries Pre Season Tournament in Victoriaville

Thursday, Nov 29 th	vs Tilbury HS Ontario @ QHS	4:00PM
Monday, Dec 3 rd	vs College de Levis @ QHS	7:45PM
Wednesday, Dec 5 th	@ Juvenat Notre Dame	8:15PM
Friday, Dec 14 th	vs Seminaire des Peres Maristes @ QHS	6:15PM

Jan 11th-13th

Classique de Quebec Tournament @ Laval University

Wednesday, Jan 16 th	@ Les Etchemins	8:30PM
Friday, Jan 18 th	@ St Patrick's High School	7:00PM
Tuesday, Jan 22 nd	@ Academie St Louis	8:00PM

Feb 15th – 17th

Anderson Bailly Small Schools Tournament, Stanstead College

Friday, Feb 22 nd	vs Juvenat Notre Dame @ QHS	7:00PM
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Feb 28th-March 1st Visser Macleod English Schools Provincial Tournament, Massey Vanier HS

Wednesday, March 13 th	@ Le Seigneurie	8:30PM
Friday, March 15 th	vs Les Etchemins @ QHS	8:30PM
Friday, March 22 nd	vs St Patrick's High School @ QHS	8:30PM

REGIONALS APRIL 6TH-7TH

Lucas Beaumont	#4	Edouard Bouchard	#44
Henrique Kato Miglioranzi	#5	Josh Trudel Triantafillou	#55
Tristan Greaves	#6		
Adam Hannani	#7		
William Ross	#9		
Justin Gaumont	#10		
Andrew Lavallee	#11		
Sam McCoubrey	#13		
Gabe Gaumont	#15		
Charles Emile Gagnon	#22	Coach: Mr. Dwyer	dwyerr@cqsbc.gc.ca

ADDRESSES FOR AWAY GAMES

COLLEGE DE LEVIS

9 Rue Monseigneur Gosselin, Levis, Qc G6V 5K1

SEMINAIRE DES PERES MARISTES

2315 Chemin St Louis, Ville de Quebec, Qc G1T 1R5

ACADEMIE ST LOUIS

1500 Rue de la Rive Boisee, Quebec, Qc G2C 2B3

ECOLE SECONDAIRE ROGER COMTOIS

158 Boulevard des Etudiants, Ville de Quebec, Qc G2A 1N8

ECOLE SECONDAIRE DONNACONA

320 Rue de l'Eglise, Donnacona, Qc G3M 2A3

JUVENAT NOTRE DAME

30 Rue du Juvenat, Saint Romuald, Qc G6W 7X2

ST PATRICK'S HIGH SCHOOL

75 Rue de Maisonneuve, Ville de Quebec, Qc G1R 2C4

POLYVALENTE ANCIENNE LORETTE

1801 Rue de Notre Dame, L'Ancienne Lorette, Qc G2E 3C6

POLYVALENTE LA POCATIERE

950 12^E Avenue Boulevard Dallaire, La Pocatiere, Qc G0R 1Z0

COLLEGE ST CHARLES GARNIER

1150 Boulevard Rene Levesque O, Ville de Quebec, Qc G1S 1V7

ECOLE SECONDAIRE LES ETCHEMINS

3724 Avenue des Eglises, Charny, Qc G6X 1X4

ECOLE SECONDAIRE LOUIS JOBIN

400 Boulevard Cloutier, Saint Raymond, Qc G3L 3M8

EXTERNAT ST JEAN EUDES

650 Avenue du Bourg-Royal, Québec, QC G2L 1M8

SEMINAIRE ST FRANCOIS

4900 Rue Saint-Félix, Saint-Augustin-de-Desmaures, QC G3A 0L4

MONT SAINT SACREMENT

200 Boulevard St Sacrement, Saint-Gabriel-de-Valcartier, QC G0A 4S0

ECOLE SECONDAIRE DE ROCHEBELLE

1095 Avenue de Rochebelle, Québec, QC G1V 4P8

ECOLE LES SENTIERS

1090 Chemin de Château Bigot, Québec, QC G2L 1G1

ECOLE SECONDAIRE NEUFCHATEL

3600, avenue Chauveau, Québec G2C 1A1

ECOLE COURVILLOISE

2265 Avenue Larue, Québec, QC G1C 1J9

ECOLE FRANCOIS BOURRIN

50 Avenue des Cascades, Québec, QC G1E 2J7

AS JOHNSON HIGH SCHOOL

919 Rue Mooney O, Thetford Mines, QC G6G 3L7

ECOLE SECONDAIRE DE LA SEIGNEURIE

645 Avenue du Cénacle, Québec, QC G1E 1B3

COLLEGE CHAMPIGNY

1400 Route de l'Aéroport, Québec, QC G2G 1G6

POLYVALENTE CHARLESBOURG

900 Rue de la Sorbonne, Québec, QC G1H 1H1

