St. Mary’s School



Senior High

Athletics Policy

(Revised 2013)

*CELTICS AND AURORAS*

***The following are some guidelines used in the development of athletic policy for St. Mary’s senior high extra–curricular sports programs:***

* These programs are a privilege granted, not a right.
* Student athletes are expected to adhere to specific conduct standards established within the school.
* Student athletes pay “player fees”.
* Extra-curricular teams are about competition, and striving to be ‘better’ and ‘best’.

It is about establishing standards of excellence, and being the best we can be.

It is about working hard and learning. “Fun” will be a by-product, not the main focus. That being said, it will be fun.

(These programs are not meant to be equated with gym class or intra-murals, where participation is the focus).

* Systems are taught and specialization is practiced.
* Everyone on teams has roles and responsibilities.
* Everyone’s jobs and duties are not the same.
* Everyone on a team is a vital member of the whole and no one is any more a member than anyone else who is on the team.
* Although individuals will be looked after, the programs are about “team”.
* Kids learn that TEAMS win or lose, not individuals on teams.

# Parents

Parents and families will play a vital role in the “team” concept. They are a major support system, and their assistance will help the program to operate better.

In order to gain maximum enjoyment, and be a supportive influence, **parents should learn the game as best they can.** Knowing the systems and “why” things happen the way they do will add to the enjoyment.

Parents need to **cheer for the team** – not just their own child. The kids learn that it is all about team, not the individuals on it, and the parents need to grasp this concept for the team to operate properly.

It may be a generalization, but never the less, when parents watch a game, they tend to see only one player and gage success through the performance of that player – whom they have seen in game situations only.

The coach has to see performance of all players in practices and games, as well as interact with them on bus rides, watch how they interact with each other, meet with them over problems, follow their school performance, etc. and then make decisions about who should be doing what and when and how often.

Parents may not agree with all of the decisions that a coach may make, but they need to understand that the decisions are made with the best interest of the team in mind. (There is a grievance procedure in place that athletes and parents can follow if they feel an injustice. It is stated in the “Athletic Policy Handbook” that the student/athletes and parents get at the start of the season.

St. Mary’s Athletic Policy

GENERAL PHILOSOPHY

1. Extra-curricular athletics at St. Mary’s is competitive in nature.

1. We strive for excellence.
2. As a team or as an individual, if we work hard and learn our lessons, we will reap the benefits.

St. Mary’s High School recognizes that extracurricular athletics promotes sportsmanship, team building, good citizenship, high academic standards, and community responsibility. Extracurricular athletics provide an opportunity for students to explore their unique talents outside of the classroom setting. These activities demand a high level of commitment, excellence, and self-motivation, which will help prepare students for the challenges they will meet outside the school community.

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. Since the reputation of the school is often judged by its extra-curricular programs, high standards must be maintained. Those who earn the privilege of representing St. Mary’s High School in extracurricular athletics are expected to accept greater responsibilities as school citizens.

Participation in extracurricular athletics is open to all students provided they meet the general requirements as outlined in this handbook, and any requirements specific to the activity of their choice.

Athletic Code

The opportunity to participate in the interscholastic athletic program is afforded to all deserving students enrolled at St. Mary’s School**. However, like any such opportunity, it must be treated as a privilege. Participants in these voluntary programs are expected to conform to specific conduct standards established by the ECEX and the school administration.** The student-athlete who is found in violation of any rules is subject to removal from the program. Provision is made for the student-athlete, who has allegedly violated one or more of the conduct rules, to appeal any disciplinary action.

Athletic Department

* **Athletic Director**  Mr. AJ Bergen-Henengouwen
* **School Administrator**  Mr. Mike Nightingale
* **Coordinating Council Treasurer (ECEX)**

**Extra-curricular Executive (ECEX)**

The Extra-curricular Executive for Junior or Senior High consists of:

1. The Athletic Club Director/SH Athletics Director
2. a representative from the administration
3. a coach or representative for the team

The chair shall be the Athletic Director.

The ECEX shall make decisions regarding money matters and the operation and administration of the sports seasons.

It is to be understood that in High School situations, the St. Mary’s School Athletic policy is directed by the Alberta Schools Athletic Association policy, except where the school policy is more stringent.

Programs

St. Mary’s School offers the following sports programs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sport** | **Girls** | | **Boys** | | **Mixed** | |
| **Jr** | **Sr** | **Jr** | **Sr** | **Jr** | **Sr** |
| **Golf** | **•** | **•** | **•** | **•** |  |  |
| **Cross Country** | **•** | **•** | **•** | **•** |  |  |
| **Volleyball** | **•** | **•** | **•** | **•** |  |  |
| **Basketball** |  | **•** |  | **•** |  |  |
| **Curling** |  | **•** |  | **•** |  | **•** |
| **Badminton** | **•** | **•** | **•** | **•** | **•** | **•** |
| **Softball** |  | **•** |  |  |  |  |
| **Track & Field** | **•** | **•** | **•** | **•** |  |  |
| **Others???** |  |  |  |  |  |  |

# Player Fees and Contracts

The student-athlete shall pay the “player fees” as charged by the Athletic Club/SH Athletics. Player fees are to help cover the cost of transportation, athletic awards night and other expenses such as referee costs, tournament entries and uniform costs incurred by St. Mary’s Athletics. By no means does the payment of fees entitle the student-athlete a certain amount of playing time. Playing time is at the discretion of the coaches and coaching staff.

**\*\* Fees are due before the student-athlete is eligible to play. Arrangements for payment schedules may be made.**

2013-2014 Season

**Fees:** Golf ($60)

Cross-Country ($30)

Volleyball ($235)

Curling ($50)

Basketball ($235)

Badminton ($35)

Baseball ($65)

Softball ($65)

Track and Field ($30)

# Player Contracts

**Student-athletes must sign a contract** (developed and approved by the ECEX and School Administration) **thus taking responsibility** for understanding and accepting the contents, with regard to:

1. academic performance
2. athletic performance
3. expectations
4. responsibilities
5. conduct

Parents/guardians must attend a Team Meeting. There the contracts can be passed in, fees can be paid (or arrangements made for a payment schedule). At this point, uniforms can be passed out.

Fundraising

**St. Mary’s High School annually conducts a school wide fundraising project our SMS Hockey Pool. Money raised through general fundraising allows us to maintain lower participation fees. All student athletes who participate in Golf, Cross Country, Volleyball, Basketball, Badminton, Track and Field, Softball or Baseball are required to participate in this project.**

**No team/activity shall participate in, or organize any other fundraising event without the consent of the Athletic Department.**

# Uniforms and Equipment

**All uniforms will be provided by St. Mary’s High School.**

**Uniforms will be distributed by the coach or Athletic Director, whichever is the most practical.**

**Players will be responsible for the care and maintenance of uniforms while they are in their possession.**

**Players will be responsible for the cost of replacement of any uniform damaged or lost while in their possession.**

**All uniforms are to be cold water washed and hang dried.**

**Teams may be provided equipment, specific to their activity. This equipment is owned by the school. The care and supervision of this equipment shall be the responsibility of the coach or their designate. This equipment is provided for team use, and not for use by the Physical Education department or public use**

# Transportation

**The transportation for league, invitational, zone, and/or provincial events may be handled in two fashions at the discretion of the coach. The preferred method of transportation is school buses.**

## *Friends of St. Mary’s School Bus*

* **The school owned buses must be booked through the Google Calendar or athletic department.**
* **The cost of using buses for league transportation as outlined in Section 5 will be pulled out of our Athletics Program. The cost of using buses for invitational events will be billed to the activity at a rate of $0.44 per km (round trip) and $35.00 per day.**
* **A Class 4 license is required prior to driving these buses. See the Athletic Director for details.**
* **When using the buses, drivers must file a usage report. Usage reports are available in the bus binder at the office or from the Athletic Director.**
* **Buses should be returned to the bus compound with no less than a ½ full tank of gas. All garbage is to be removed from the bus.**
* **Gas credit card for gasoline purchase can be obtained from the bus binder or from the Athletic Director. These cards are to be returned to the binder or Athletic Director, along with applicable receipts at the conclusion of the trip.**
* **Keys and credit cards should returned to the bus binder or Athletic Director on the same day when possible, or the next morning when returning late.**

## *Volunteer (Parent/Private) Vehicle*

* **Family members may transport other immediate family members to events.**
* **Players may be transported to events by registered Volunteer Drivers.**
* **To become a registered Volunteer Driver, drivers must complete Holy Spirit Schools Volunteer Driver Form and meet all requirements as stated on the form.**
* **Volunteer Driver forms are available from the school office or Athletic Director.**
* **Volunteer vehicles used for league transportation will not be eligible for financial compensation from the school.**

**Student-athletes are encouraged to travel with their group whenever possible.** If they do not travel by the transportation provided by the school, they may travel to and from the sight of the activity with their parents or designated adult, providing prior arrangements have been made.

**Student-athletes are not allowed to drive their own vehicles or catch rides until the group has returned to St. Mary’s**. Once the student-athlete returns to the school, he or she is now the responsibility of parent or guardian.

# Practice and Game Times

**All gym usage shall be booked through the Athletic Director.**

**League games and home tournaments have booking priority over practices.**

**Any activity under way shall have priority over the following season of play (e.g.**

**volleyball over basketball)**

**There must be a coach or teacher present at all practices and games.**

**Coaches may request specific practice times. While all efforts will be made to accommodate requests, it shall be the priority of the Athletic Director to provide a practice schedule which is equitable to all teams in accordance with priorities.**

**The Athletic Director will create a practice schedule on a monthly basis. In some instances where seasons overlap it may be appropriate to develop a schedule on a weekly basis.**

*Coaches are encouraged to provide players and parents with individual copies of these schedules as they are available, and the Athletic Director shall place copies on his/her office door, as well as the respective locker rooms*

# Guidelines for Student Athletes

# Try-outs

**Students take a risk when they try out for a team** – where necessary, ‘cuts’ will be made. They could happen for a variety of reasons, but they will be made with the best interest of the team, the student-athlete, and the school in mind. The decisions of the coach and/or the ECEX in these matters are final.

# Expectations of Student-Athletes

## Attitude

**A good, positive attitude and a strong commitment** to effort and the team goals and philosophies is a must.

## Preparation

Student-athletes should **come to a school team prepared to concentrate and work hard**. They are expected to be prompt for all practices and games and to be prepared with all equipment and gear.

**It is expected that all players will be on time and ready to go (dressed) for all basketball activities.**

* **Present 20 minutes before scheduled practice**
* **45 minutes before Games**

**Unexcused absences will result in a loss of playing time**.

## Attendance

Understanding that sometimes events and occurrences can keep a student-athlete from attending a practice or a game, it is expected that **the student-athlete will notify the coach personally beforehand,** whenever possible, by note or conversation. However, even this prior notification does not ensure the student-athletes’ status regarding playing time.

# Playing Time

It is expected that student-athletes at St. Mary’s learn to **develop an understanding of the TEAM concept. Decisions that are made are done so primarily with the best interests of the team in mind**. If athletes or parents come into a team situation expecting that there will be “equal” playing time for everyone, then it is suggested that a competitive team is not the best place for them to be spending their time as they will likely be disappointed. Coaches alone get the opportunity to make the decisions.

It is our goal at St. Mary’s to operate “programs” as opposed to “teams”. The difference here is that a program is on-going and serves the student-athletes over the course of their years in the program. A team, on the other hand, functions for only a season. Very often decisions made regarding playing time are made with more in mind than the present desires of everyone involved. Quite often past and future considerations are also part of the overall picture.

24 Hour Rule- the 24 hour rule is in place in the event that a player or parent has a question regarding playing time or any other issue. The premise behind the 24 hour rule is that all questions directed at the coach regarding playing time, etc. should be asked 24 hours after the game.

# Basic Premise

The basic premise is that practiced players play, but also that all game time is to be determined by the coach.

# Academic Performance

**The student-athlete is expected to keep up with their studies and assignments**. A teacher-student-coach meeting shall be held if necessary to solve problems which occur. The student-athlete will be given a probationary period to get his or her marks and assignments to an acceptable level. If a student is not completing assignments, not maintaining a passing mark or teacher established standards and unable to reach agreed upon levels, the student-athlete will be ineligible to participate in extra-curricular activities until improvement is made and the student-athlete is reinstated. D**oing as well as possible is always expected.**

# School Attendance

Attendance at school is the responsibility of the students and parents. Student-athletes must meet school attendance requirements**. Student-athletes must be present game days and practice days or they will be in ineligible to participate in games or practices.** (Excused exceptions would be for medical/dental appointments, funerals, etc. Sickness or shopping trips would not be exceptions.)

# Substance Use

Student-athletes must abstain from possessing, buying, consuming, using, selling or giving away any illegal or non-prescription substance including tobacco, alcohol, recreational drugs or anabolic steroids.

# Dress Code

Student-athletes are expected to **dress appropriately** when representing their teams and St. Mary’s School. Specific dress code may be determined by the coach.

# Sportsmanlike Conduct

Student-athletes are expected to conduct themselves in a manner which would befit a good ambassador or representative of our school. Also, **student-athletes are expected to treat officials, opponents, fans, teammates, coaches and all facilities with the utmost respect.**

## Hazing

**Hazing or negative initiation activities are prohibited by St. Mary’s School. The planning, initiation of, or participation in such activities shall be dealt with under the behavioral expectation of SMS Athletics, and may lead to suspension or removal from a team and or school.**

**Social Networking**

Social Networking programs (ie: Facebook) are wonderful when used appropriately. They can also be a serious source for concern. Problems that occur in this regard will be dealt with according to school policy. It needs to be clear that consequences for inappropriate actions will be severe.

Guidelines for Parents

# Role of the Parents

Much work goes into the planning, organizing, practicing, and competition components of a sport season. The coach and school will deal with the majority of the load, but there are areas that parents and family can help out. Fundraising, transportation, scorekeeping, clean-up, taking admission etc. are all areas where parents and family can get involved.

A parent-information meeting will be held near the beginning of each sport season. It is necessary that parents attend these meetings as it is a prime opportunity to sign up for duties, voice concerns and present ideas. A parent rep for each team will be identified at this meeting. It is also here that player contracts, fees, and uniforms are dealt with.

# Spectator Conduct

The conduct of student-athletes, coaches, fans and anyone else involved in an activity who has ties to the school, reflects back on the school. **It is expected that all involved will act in a reasonable and responsible manner** or be held accountable for their actions.

# Student-Athletes / Parents Grievance Procedures

The student-athlete and the coach should try to make every effort to resolve disputes when they arise.

Meetings with coach/ player or coach/player/parent can often times be enough to settle an issue. This avenue should be taken whenever necessary.

1. When a student-athlete or parent has a grievance, an appointment with the coach can be requested to discuss it.
2. If the problem has not been resolved, then the ECEX can be approached with the matter.
3. If there has still not been a resolution, then the Principal may be approached.

Awards and Recognition

**Each year in June, after the conclusion of all school sponsored athletic activities the Athletic Department will sponsor and host an “St. Mary’s Athletic Awards Evening”. At this evening individual activity awards as determined by the athletic department, and selected by the respective coaching staffs, shall be presented. In addition, the Athletes of the Year, and Career Athletes, as selected by a designated committee shall be presented.**

The coach of each team will be asked to give 3 different awards to players on their team. The coach can choose from any of the following categories below:

***Awards -*** ***Criteria***

Most Valuable Player The very best player. Would not have done as well without. Dominant.

Most Dedicated Player Went ‘above and beyond’ the other players in terms of effort in order to make

him (her) self better.

Most Improved Player This award goes to the player who showed the most improvement of skill among the

other players throughout the course of the year. Experienced unexpected success. Showed the most growth in the activity.

“Hustle Award” Awarded to the athlete who showed the most effort on the playing area. Played with great pride, and a “never give up” attitude.

SMS Sportsmanship Award Awarded to the athlete who best demonstrated good sportsmanship throughout the year. Presented him/herself as a positive role model, and a good example for others on the team.

Best Offensive Player Awarded to the athlete who best demonstrated their offensive skill in their respective sport.

Best Defensive Player Awarded to the athlete who best demonstrated their defensive skill in their respective sport.

Athlete of the Year These awards are given to the top Male and Female Athlete from our Senior High. These athletes showed all around great skill, sportsmanship and effort in all sports participated in.

Academic Athlete Awarded to athletes who achieved the highest academic standing while participating in 2 major sports.

Multi-Sport Athlete Awarded to students who participated in 4 or 5 programs offered in the year

Brother Beaudoin Award Awarded to a Grade 12 graduating student who best fits list of criterion.

# Forms: FOIPP / Travel Consent

FOIPP (Freedom of Information Protection and Privacy)

Travel Consent forms list all scheduled travel for the season.

**All student-athletes and parents must sign the FOIPP and Travel Consent forms to be eligible to participate in the athletic programs**.

These forms are provided by the Holy Spirit School Division. The forms must be returned prior to the first competition for any sport.

# Team Pictures

Team pictures for yearbook purposes will be taken at some time during the sport season.

St. Mary’s School

*CELTICS AND AURORAS*

**Athletics Policy Agreement 2013-14**

We the, undersigned, have read and

understand the contents of this policy

and agree to accept its terms.

# Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Print Signature

**Parent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Print Signature