



**ONOWAY
JUNIOR/SENIOR
HIGH SCHOOL**

EMPOWERING LEARNERS

Athletic Handbook

PHILOSOPHY

Students and parents should understand the philosophy of extracurricular athletics in Onoway. Our after-school sports are designed to develop and provide opportunity for the school's elite athletes. Students must try-out for school teams and successful candidates must be dedicated, hardworking, and skilful in the respective school sport. All players will practise and develop their skills; however, it is the coach's responsibility to assign playing time during competition based on the needs of the team. Coaches will share their vision for their teams during the pre-season parent meeting so athletes and parents know what to expect, and can make a final decision in regards to their child's participation.

As the athletes represent the school within and outside the school division, exemplary behaviour is expected at all times. It is not a right to play in school sports, it is a privilege. When visiting other schools, we strive to leave a positive impression.

Athletes will be given practice time and the best coaching we can provide to develop their potential in extracurricular sports. They will have social opportunities, road trips, and the opportunity for high level competition as well as the chance to win medals, division trophies, and honour for themselves, their school and their community. Coaches of Onoway Junior Senior High School feel that extracurricular sports involvement can be one of the most rewarding experiences available to students.

STRUCTURE OF ATHLETICS

- JUNIOR HIGH
 - League Play- Between schools in the Game Country Athletic Association
 - Exhibition tournaments
 - G.C.A.A. Final tournament
 - Zone tournament for the highest ranking 4J schools in Northern Gateway division
- SENIOR HIGH
 - League Play- Between schools in the Game Country Athletic Association
 - Exhibition tournaments
 - G.C.A.A. Final tournament
 - North Central 2A or 3A Zone tournament. Entry into this tournament is not dependant on winning the GCAA tournament.
 - Player Eligibility:
 - 3 years of eligibility from the time they enter grade 10
 - A minimum of 800 instructional minutes per semester
 - Athletes must be under the age of 19 as of Sept. 1 of the school year
- General Season Length
 - Senior High – 4-6 tournaments, GCAA's, Zones and Provincials
 - Junior Varsity – dependent on the interest and availability of coaches and players
 - Junior High – 2-4 tournaments, GCAA's and possibly Zones

GUIDELINES

1. TEAM SELECTION

- Is the sole responsibility of the coaches and/or designates
- Based on attitude, coachability, skill level and grade level. We are here to develop a program of players and good citizens.
- A parent meeting will be set up after the completion of the try-outs to explain team rules, playtime, how to address parent concerns, and the fees for the sport.

2. FEES

- Players pay school and sports fees before they are allowed to play in league games and/or tournaments. If this poses a problem please contact the school principal.
- Fees are paid to the school accountant and are determined by the school administration.
- Fees are used to help pay some of the cost for uniforms, sports equipment, reffing, tournament fees, first aid supplies, transportation and miscellaneous expenses.

3. UNIFORMS AND EQUIPMENT

- Coaches will hand out and return uniforms at the end of the season.
- During the season of play the equipment is the responsibility of the coach.
- Please inform the athletic director of any lost or broken equipment.
- The team will be charged for any lost equipment and no new equipment will be purchased if money is not collected.
- Team volleyballs and basketballs should not be used outside.
- Uniforms are to be worn only at games

4. TRANSPORTATION

- Buses will be booked for all league games
- If parents are driving a child other than their own they must have the correct paperwork completed:
 - This includes:
 - A volunteer driver form
 - driver's abstract
 - Proof of the necessary insurance
- Players are not allowed to drive to any off-site games, tournaments or events.

5. PRACTICE and GAME TIMES

- All practices are booked through the athletic director.
- There must be a coach or a teacher present at all practices.
- A season calendar of games, tournaments and practices should be given to players at the beginning of the season.
- Tournament Schedules will be given to players in advance however completion time is determined by the team's advancement in the tournament.
- Return times for league games will be determined by the location of the game, number of teams and length of the games.
 - due to the varying time necessary for games to be completed it is best if athletes have a contact number through which they can communicate final arrival times

6. PLAYING TIME

- Coaches will make playing time decisions based on the needs of the team as well as long term team athlete development. Coaches will communicate to athletes where they are in their development and what areas they can improve. Players and parents need to understand that less playing time in competitive matches does not equate less value as a person or team member. Players should maximize the value they get out of practice, formal and informal, if they wish to earn a larger role during competition

7. OVERNIGHT TRIPS

- A school representative is required for supervision.
- A same sex supervisor is required.
- Supervision is required at all times.
- Room checks will happen prior to curfew
- Students who break rules of curfew, drinking or drugs will be reported to administration for automatic suspension from the team and school
- Accommodations and contact numbers will be given to the parents and school administration.

8. PARENTAL COMMUNICATION

- Team communication methods will be established by coaches at the beginning of the season. This typically includes electronic communication. Parents will need to closely monitor electronic communication for last minute changes, cancellations, etc
 - if electronic communication is not possible an alternate plan must be arranged with the coach immediately
- Parent concerns are not to be discussed with coaches on site (at games or practices). Parents should wait 24 hours before discussing anything with coaches.
 - Parents always have the right to remove their child from the team if they are unsatisfied with how things are being run
- If a concern arises parents are to call the school and arrange to have a meeting with Mr Loughheed and/or Ms Villneff, and the coach.

9. TEAM TREATMENT

- No hazing rituals will be permitted. There are absolutely no initiations of any kind.

10. PLAYER ELIGIBILITY

- A player must maintain a satisfactory work effort in all courses to be eligible to play on any team.
 - priority areas include: attending classes and the completion of assignments
- Students must be in attendance the day of the game in order to participate. Communication to the school from a parent/guardian *may* excuse an athlete for the absence

- Players who are not meeting behavioural or academic expectations in a class may be suspended from play until the problem is resolved.

11. AWARDS ***please note, this is being reviewed right now, changes could be coming***

- Athlete of the Year
 - > 2 points for each major sport
 - > 1 point for minor sport
 - > 3 points for MVP
 - > 1 point for All Star
 - > 1 point for GCAA banner
 - > 1 point for a Zone 1st or 2nd
 - > 2 points for Provincial Medal
 - > Average of all Effort , Behavior and Skill ratings by the coaches
- 5 Points will be deducted for any out of school suspension
- 2 points will be deducted for any in school suspension

CRITERIA

12. CRITICAL RESPONSE PLANS

- In case of emergencies while travelling please refer to the critical response plans at the end of this document.
- If an athlete is critically injured and immediate medical attention is required, **call 911 and then call the parents.**
- Emergency contact numbers for staff are:
 - > OJSH School - 789-967-2271
 - > Ms Villneff – 780-262-1000
 - > Mr Corey Lougheed - 587-984-9073

RULES OF THE GYM

1. No Students are allowed in the gym unless supervised by a teacher or coach.
2. Proper non-marking athletic shoes must be worn.
3. Coaches and players are responsible for any equipment used. All equipment should be put back neatly and locks secured. All equipment rooms should be locked on departure.
4. There should be no one else in the gym except team players.
5. Coaches must turn the lights in the gym off before they leave and make sure the doors are locked.
6. While waiting for practice or games, athletes must not wander the halls.

WAITING FOR PRACTICE

Athletes with practices starting after school (4:00 or earlier) can wait on site at the school until practices begin. They are to remain in the foyer area, quietly awaiting the arrival of their coach who can then invite them into the gym. Athletes cannot remain at the school if they have a late practice (starting after 4:00pm) unless they have previously arranged supervision through their coach or other staff member. The school does not provide after school supervision outside of practices and athletes are not permitted in the building unsupervised.

PARENT / COACH COMMUNICATION

Communication coaches should accept from student athletes:

- Concerns expressed immediately and directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regards to a coach's expectations and/or philosophy

As your son or daughter becomes involved in the sports programs at Onoway Jr Sr High School he/she will experience some of the most rewarding moments in their high school career. It is important to understand however that there will be times when things do not go the way you or your son/daughter wish. At these times, discussion with the coach is encouraged.

Communication coaches should accept from parents:

- Concerns expressed directly to the coach away from the court setting (24 hour rule)
- Notification of any scheduling conflicts well in advance
- Specific concerns in regards to a coach's philosophy and or expectations.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child mentally or physically
- Questions regarding how to help your child improve
- Concerns about your child's behaviour

It is difficult to accept your child is not playing as much as you or they may hope. Coaches are dedicated individuals who make judgement decisions based on what they believe to be the best for all athletes involved. There are certain things that should be discussed with your child's coach, however there are also certain things that should not be discussed. Those decisions will be left to the coach's discretion.

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling

- Other student athletes unless it directly impacts your own

These are situations that may require a conference between the coach and the parent. These are to be encouraged but the following procedures should be followed to help promote a resolution to the issue of concern.

Procedure for communicating an issue regarding your child.

- Wait 24 hours from the day of the game and incident.
- Communicate first with the coach in the manner the coach establishes.
- Only speak to the topics listed above that are with the coaches authority.
- If further mediation is needed call and set up an appointment with the coach, Mr Lougheed and or Ms Villneff

CRITICAL RESPONSE PLAN

When an injury occurs:

- The staff member sponsoring the event is to take charge.
- NGRD Participation forms– must be available
- Take Control of the situation or find a first aid person to help you
- Exercise precautions when dealing with blood or fluids
- Do NOT Move an injured person!!
- Instruct bystanders to leave the person alone.
- Access the injury and see if the athlete needs further medical attention.
- If an ambulance is needed, find a bystander to call for one. Do not leave the athlete alone.
- Document the incident and file a copy with the office.

When travelling (vehicle accident) or for an offsite emergency:

- Enlist the help of bystanders, other staff or students.
- Verify that all of Onoway athletes are accounted for.
- Contact emergency police/ambulance.
- Contact the school administration and contact parents.

ONOWAY MUSTANG ATHLETICS - PARENT CONTRACT

have read and fully understand the athletic handbook.

I understand that the coaches at Onoway High school are all voluntary.

- > I will not attempt to deter, through negative comments and confrontations the ability or willingness of these volunteers to coach at the school.
- > Communication will be conducted according to the athletic handbook.

I understand that as a spectator at school events my own behaviour and communication is governed by the same expectations as the players and that I must follow any and all rules of the host school. I agree to conduct myself politely and respectfully at all times and understand that event hosts, school staff and administration have the right to ask me to leave if I fail to do so. Failure to comply can result in my child being removed from a team.

I understand that if an athlete:

- > is LATE FOR PRACTICE they may see reduced playing time for the next game.
- > MISSES A PRACTICE they may not play in the next game
- > Has an INEXCUSABLE ABSENCE from CLASS THE DAY OF THE GAME, that they will not be allowed to play in any game that day.

understand that:

- > outstanding NHI assignments are grounds for temporary suspension from the team by school administration
- > failing one or more classes can result in temporary or event permanent suspension from the team by school administration

Students earn the privilege of participating in athletics based on good school citizenship, accepting responsibility and maintaining appropriate behaviour in school and at school events. Onoway High School staff and administration believe that all students should be accountable for their actions.

I understand that teachers and administrators may remove athletes from competitions based on behaviours exhibited in or out of class, during school hours or at school events. Those students may be excluded from all extracurricular activities.

understand that the care of equipment is each athlete's responsibility. Each piece of equipment issued to the athlete must be returned. Any athlete who owes the return of equipment, including uniforms, will be required to pay for that equipment prior to participation on any further athletic teams.

I understand that:

- All players will ride to and from games on the team bus under the supervision of a coaching staff member.
- Proper conduct is expected at all times while riding on school transportation.
- Parent drivers transporting student athletes other than their own must be approved through the school and have submitted proper documentation (drivers abstract and copy of Insurance with minimum 1,000,000.00 Liability)
- **Students are not allowed to drive themselves to and from an athletic activity that is held off campus without permission from school administration, as per Northern Gateway Public School policy**
- When it becomes necessary for a parent to pick up their son/daughter from a game or venue it must be cleared with the coach before the athlete leaves.

I have read and fully understand and agree to fully abide by the terms of the Parent and Athlete's Contract:

_____	_____	_____
Date	Student's Signature	Print Name
_____	_____	_____
Date	Parent or Guardian's Signature	Print Name